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**Tobacco Use among College Students**

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Presenter Information
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Tobacco Use among College Students
Winnie Asrevi, BSN Student, Victoria Cruz, BSN Student, Tasnim Mohamed, BSN Student, Karina Ramirez, BSN Student, Keiko Sayson, BSN Student, Marybeth Duffy, DNP, RN, Patricia Ruiz, DNP, RN and Sarah Kelly PhD, RN
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Background
- College students engage in risk-taking behaviors
  - Tobacco use
  - Various reasons such as: Psychological coping for their stress and anxiety
  - Social influence of peer pressure
- Tobacco use comes in different forms
  - traditional cigarettes
  - pipes
  - cigars
  - e-cigarettes
  - chew
- The use of these substances by a parent, sibling, or peer is highly associated with high levels of use among college students.
- Students are more likely to use an alternative tobacco product as a form of cigarette cessation.

Purpose
To gain an understanding of tobacco use among college students.

Methods
- A retrospective review of 477 electronic health records, from college students enrolled in a State University from 2016-2017
- The information collected focused on tobacco use, such as smoking cigarettes, using pipes, cigars, and e-cigarettes.

Analysis
- Descriptive statistics, including frequencies
- Chi-square used to determine differences based on gender
- SPSS 25 used for data analysis

Results
- N = 399 students answered the overall question regarding smoking.
- Our study showed that there was a small percentage of people who smoke cigarettes or used any other type of tobacco product.
- More men reported using cigarettes or other tobacco products than women.
- Our study showed that there were no significant differences based on gender and the current use of tobacco products.
- There was a significant difference in gender based on previous smoking habits.

Discussion
- We found that more males report smoking when compared to females. We think this is due to males bad boy image while females may have helped each by encouraging friends not to smoke too much or be seen smoking outside a party context.
- Surprisingly, there was no statistical difference based on gender regarding e-cigarette usage. Previous studies have found that e-cigarettes have become very popular over the past couple years, participants felt that smoking benefited them in all social aspects.

Conclusion
- Smoking helped make some feel like they belonged to a group or community of people.
- Ultimately, many students have stated their reason for starting to smoke was because of peer influence, the flavors/tastes, and easy environmental access to low costs. The students continued smoking because tobacco was managing their stress.

Future Implications
- Further explore the current use of e-cigarettes
- Explore the effects of a smoke free campus

Limitations
- This study was conducted using a retrospective chart review from 2016-2017.
- We were also limited by the number of questions we could as well as they type of questions.
- Students left some questions blank, students could have also provided false response since it was a self reported questionnaire.

Table 1: Frequency of variables of interest. (number of subjects varies)

<table>
<thead>
<tr>
<th>Variable</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you smoked previously</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>25 (27%)</td>
<td>53 (56%)</td>
</tr>
<tr>
<td>Yes</td>
<td>11 (12%)</td>
<td>5 (5%)</td>
</tr>
<tr>
<td>Do you smoke cigarettes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>160 (40%)</td>
<td>210 (53%)</td>
</tr>
<tr>
<td>Yes</td>
<td>11 (3%)</td>
<td>10 (3%)</td>
</tr>
<tr>
<td>Do you use pipe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>57 (40%)</td>
<td>76 (54%)</td>
</tr>
<tr>
<td>Yes</td>
<td>2 (1%)</td>
<td>4 (3%)</td>
</tr>
<tr>
<td>Do you use a cigar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>57 (41%)</td>
<td>71 (51%)</td>
</tr>
<tr>
<td>Yes</td>
<td>3 (2%)</td>
<td>4 (3%)</td>
</tr>
<tr>
<td>Do you use e-cigarette</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>57 (44%)</td>
<td>71 (54%)</td>
</tr>
<tr>
<td>Yes</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Do you use snuff</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>58 (43%)</td>
<td>73 (55%)</td>
</tr>
<tr>
<td>Yes</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Do you use chew</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>56 (42%)</td>
<td>73 (54%)</td>
</tr>
<tr>
<td>Yes</td>
<td>2 (2%)</td>
<td>1 (1%)</td>
</tr>
</tbody>
</table>

Table 2. Chi-Square analysis based on gender

<table>
<thead>
<tr>
<th>Variable</th>
<th>Chi-Square</th>
<th>DF*</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you previously smoked</td>
<td>7.57</td>
<td>1</td>
<td>0.006</td>
</tr>
<tr>
<td>Do you smoke cigarettes</td>
<td>1.083</td>
<td>2</td>
<td>0.582</td>
</tr>
<tr>
<td>Do you use a pipe</td>
<td>0.353</td>
<td>2</td>
<td>0.838</td>
</tr>
<tr>
<td>Do you use a cigar</td>
<td>0.172</td>
<td>2</td>
<td>0.918</td>
</tr>
<tr>
<td>Do you use chew</td>
<td>0.728</td>
<td>2</td>
<td>0.695</td>
</tr>
</tbody>
</table>

Reference