

# Influence of a tobacco-free hospital campus policy on the smoking status of hospital employees

Adam Goldstein, MD, MPH, Anthony Viera, MD, MPH, Kathryn Kramer, PhD, and Carol Ripley-Moffitt, MDiv  
 UNC School of Medicine, Department of Family Medicine

## Introduction

An increasing number of hospitals are adopting tobacco-free hospital campus (TFHC) policies to

- reduce exposure of employees, patients, and visitors to second-hand smoke,
- encourage employee cessation attempts, and
- create an environment where non-smoking is the norm.

Little research documenting successes, challenge, or effectiveness of TFHC policies.

## Aim

To examine the influence of a TFHC policy on employee behaviour.

## Method

### Design

Combined cross-sectional and prospective study of hospital employees

### Sample

5534 UNC Health Care System Employees with email addresses (84% of employees)

Current smokers or those quitting within six-months of policy implementation

### Procedure

Web based surveys prior to and six months after TFHC policy implementation

### Analysis

Descriptive statistics using Stata 8.1

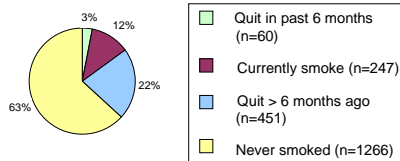
### Respondents

2024 employees responded to initial survey (37% response rate)

82% female, 73% white, 98% insured, 90% post-high school education

## Results

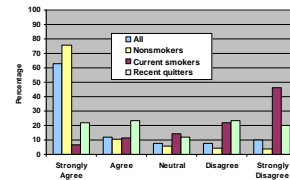
### Self-reported smoking status of UNC hospital employees, June 2007 (n=2024)



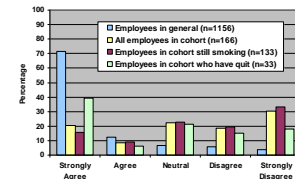
### Employee Attitudes about TFHC policy

Level of Agreement with Statement, "I am pleased that the UNC Health Care system has adopted a policy prohibiting smoking anywhere on hospital property."

#### Pre-policy implementation



#### 6 months post-policy implementation

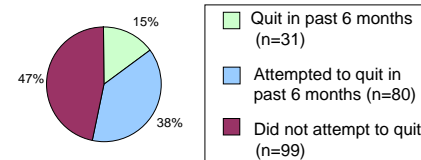


### Communication about the TFHC policy

70% of cohort respondents agreed with the statement: "Information about the UNC Health Care System's tobacco-free campus policy has been /is communicated adequately."

### Employee cohort baseline

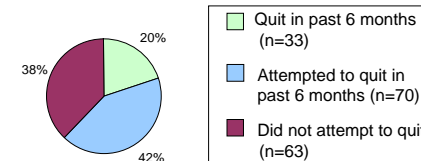
210 smokers and recent quitters



- Two-thirds of those quitting reported that the TFHC policy influenced their decision.
- 75% of current smokers indicated desire to quit
- 61% planning to quit in next 6 months.

### Employee cohort 6 months post-policy implementation

166 (79%) of cohort responded



- Two-thirds of those quitting indicated that the TFHC policy continued to influence their decision to quit.
- 71% of current smokers indicated desire to quit
- 64% indicated planning to quit in the next 6 months, with 30% planning to quit in the next 30 days.

## Conclusion

- The majority of employees at UNC Hospitals were pleased with the TFHC policy, with higher displeasure from smokers.
- The campus policy motivated employees to attempt to quit smoking at baseline and at follow-up, with two thirds of the cohort acknowledging it's influence.
- The TFHC policy increased the numbers of employees who successfully quit smoking, both at the time of the policy and at least 6 months later.

### Recommendations:

- All US hospitals should adopt TFHC policies to positively impact employee smoking behaviour.
- Communication about the policy and resources to support quitting helps in policy implementation.

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## For more information

Adam O. Goldstein MD, MPH  
 UNC School of Medicine  
 Department of Family Medicine  
 Director, Nicotine Dependence Program  
[aog@med.unc.edu](mailto:aog@med.unc.edu)