

# SECONDHAND? I'M NOT A BACK UP

## EFFECTS OF SECONDHAND SMOKE ON STUDENTS' LIKELIHOOD TO START SMOKING CIGARETTES OR E-VAPE

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### BACKGROUND

- Despite anti-smoking policies, **smoking and secondhand smoke (SHS) remain common on campus.**
- SHS poses health risks and can normalize smoking, especially in social settings.
- Studying SHS's impact on smoking helps guide better campus policies

### OBJECTIVE

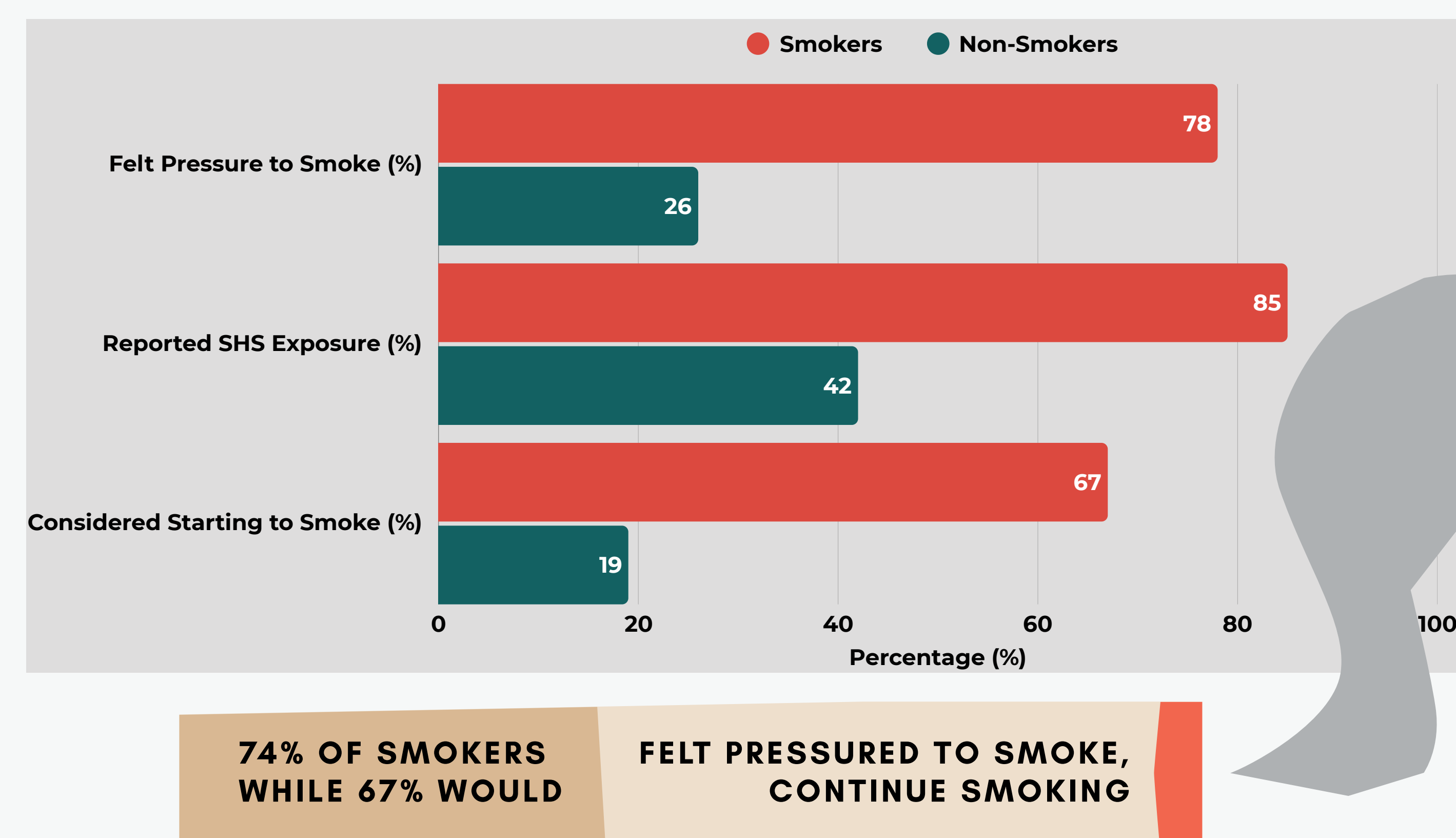
- To examine how SHS and peer influence affect UCSD students' interest in smoking

### METHODS

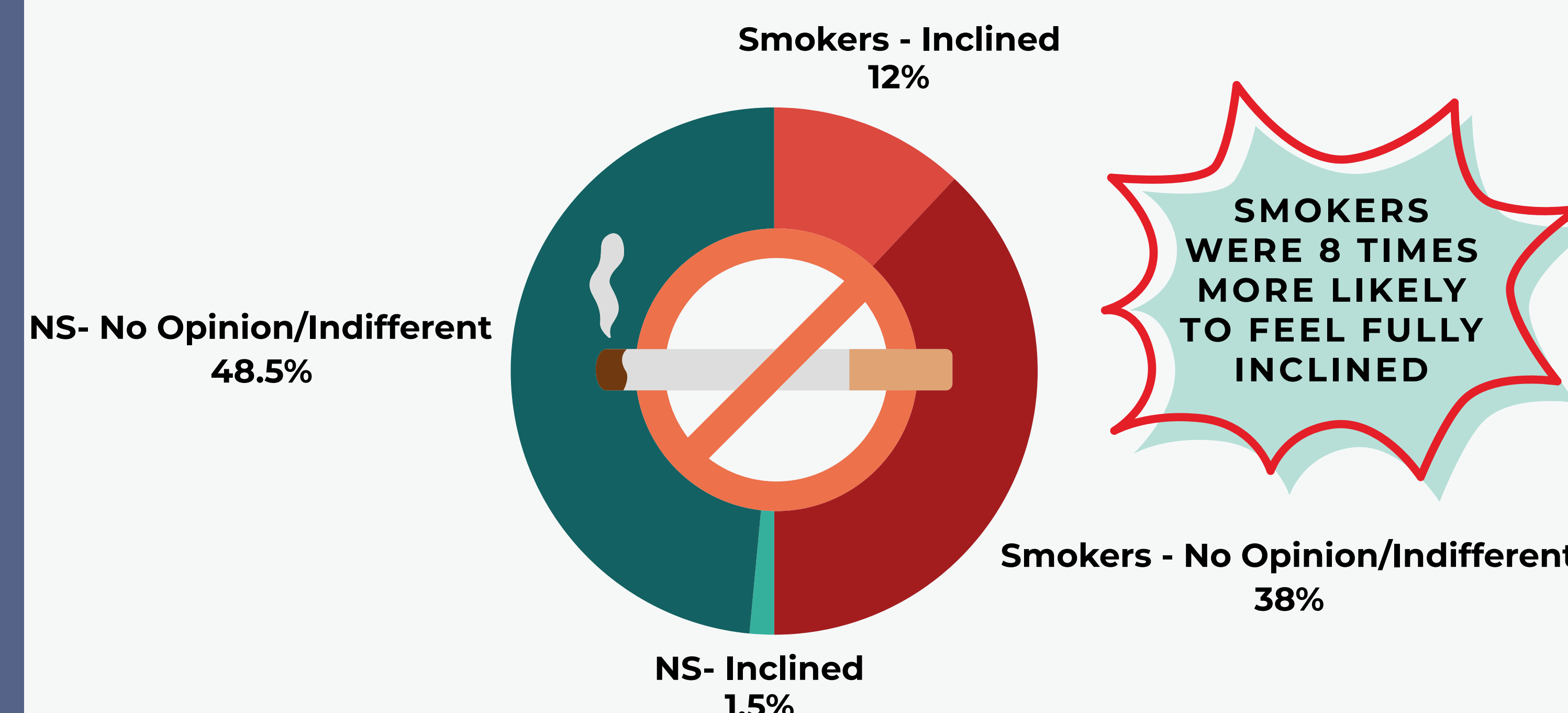
- Design & Participants:** Cross-sectional survey at UC San Diego (2024–2025) with students 18+ recruited via email, social media, Canvas, and word of mouth.
- Exposure & Outcome:** SHS and smoking initiation desire assessed via Likert scales; also gathered demographic and peer influence data.
- Data Collection:** Anonymous, voluntary Qualtrics survey with no personal identifiers, conducted with informed consent.
- Data Analysis:** Data analysis using descriptive stats identified associations to guide campus tobacco prevention efforts.

### RESULTS

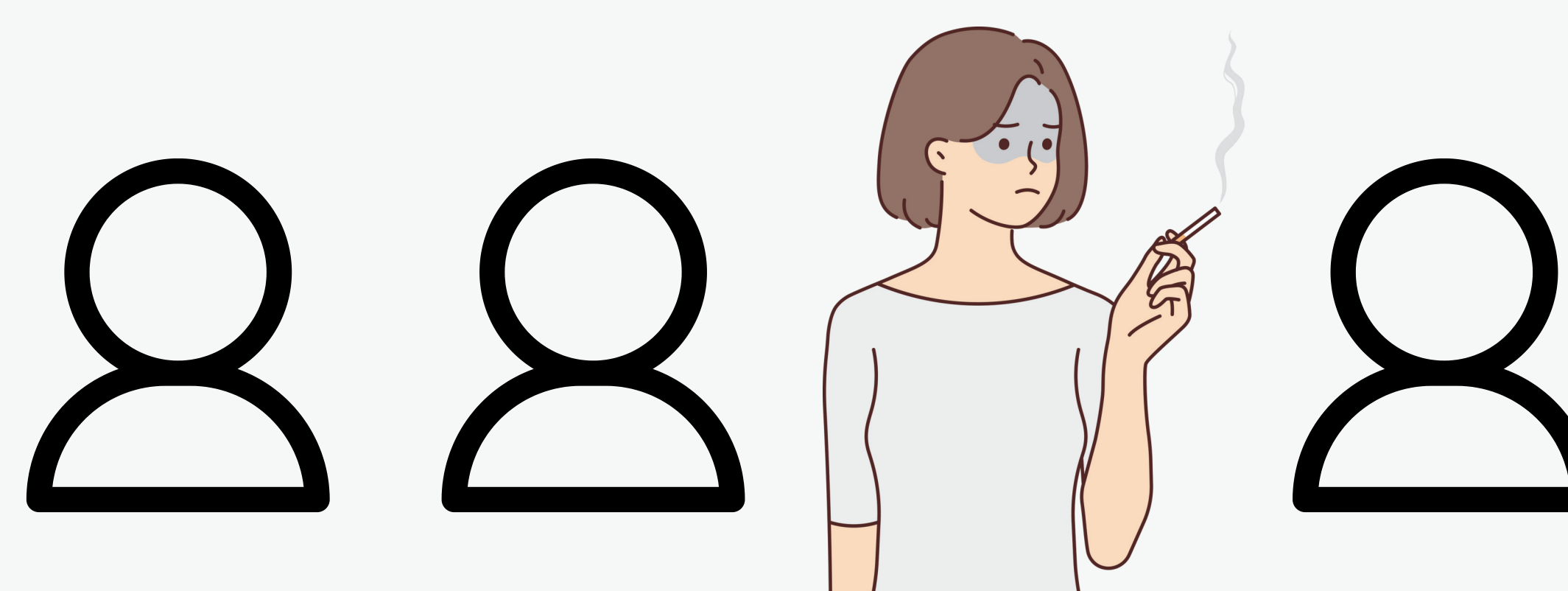
**Figure 1:** Smokers vs. Non-smokers on Smoking Pressure, SHS Exposure, and Considerations to Start Smoking (%) Bar Graph.



**Figure 2.** Smokers vs. Non-Smokers (NS) Inclination to Start Smoking Pie Chart (%).



**Figure 3.** 1 in 4 smokers felt fully inclined to smoke, compared to just 1 in 33 nonsmokers.



### CONCLUSIONS

- Campus SHS exposure boosts smoking urges: **1 in 4 smokers** feel tempted when they see others (Fig.3).
- Smokers reported **higher pressure to smoke**, greater SHS exposure, and more consideration of starting smoking (Fig. 1).
- Nearly **half** of the participants (48.5% of non-smokers and 38% of smokers) **were indifferent to start smoking** (Fig.2).

### POLICY IMPLICATIONS

- Implementing a policy that has interventions that reduces environmental smoking cues and addresses peer dynamics among current smokers.

### ACKNOWLEDGEMENTS

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### REFERENCES

