

On Track for a Smoke-Free Orange County

CG 15-100, Contract #15-10222

**Multi-Unit Housing (MUH) Presentation
 Orange County Voluntary**

Pre/Post Test Key Findings

July 2019

KNOWLEDGE ABOUT SMOKING SAFETY

Between November 2016 and April 2019, 337 respondents at ten different tobacco education presentations completed a pre- and post-test to gauge their knowledge about tobacco and the effects of smoking. **Before the presentations, respondents’ knowledge of health hazards related to smoking varied widely depending on the hazard.** Respondents were already highly knowledgeable about the dangers of secondhand smoke, with 89% reporting awareness of its toxic and carcinogenic qualities. However, only 61% of participants were initially aware that secondhand smoke can travel between apartment units. Prior to education, 69% participants were aware that smoking in a house where children live is always unsafe, but less than half (51%) were aware that fires caused by smoking remain a significant cause of at-home injuries and death. Half (48%) of respondents before the presentation were aware that third-hand smoke also poses a significant health threat.

Tobacco education participants demonstrated significant knowledge gains after the presentation as shown by the percentage of correct answers on the post-test. The number who were aware of the continuing risk of at-home injuries and deaths from fires caused by smoking almost doubled (+ 75%). There was a 48% increase in the number of participants who understood that secondhand smoke can travel between apartment units, and a 39% increase in the number of participants who understood that smoking in a house where children live is never safe. The number of respondents who said they were aware that third-hand smoke threatens health decreased by 4%; it is likely many were confused by the two-part nature of the question that defined third-hand smoke truthfully but went on to falsely misstate its health effects. The increase in awareness of the toxicity of secondhand smoke was just 8% due to a ceiling effect leaving little room for improvement over baseline scores beyond 96% accuracy.

	Pre Test % Correct	Post Test % Correct	% Change
Secondhand smoke contains hundreds of chemicals known to be toxic or cause cancer. (True)	89%	96%	+ 8%
It is not possible for secondhand smoke to travel between apartment units. (False)	61%	90%	+ 48%
Smoking with children in the house is safe as long as you don’t do it too often and don’t do it with them in the room. (False)	69%	96%	+ 39%

Due to widespread use of smoke alarms, fires caused by smoking are no longer a significant cause of at-home injuries and deaths. (False)	51%	89%	+ 75%
Third-hand smoke refers to tobacco residue that remains on people who smoke and in smoking areas after the smoke clears away; it does not pose a threat to anybody's health. (False)	52%	50%	- 4%

ADVANTAGES OF SMOKE-FREE POLICIES

Nine in ten (90%) residents who heard the presentation could afterward correctly identify all of the advantages associated with the reduction or elimination of smoking in multiple unit housing complexes. This represents a 120% increase in knowledge over their answers prior to the presentation. The greatest gains were seen in knowledge of “reduced insurance rates” (up 77% to 92%), “lower upkeep and cleaning costs” (up 57% to 91%), and “reduced exposure to cancer-causing toxins contained in secondhand smoke” (up 48% to 95%). Gains in knowledge were also seen in “reduced health dangers to children and people with respiratory problems” (up 33% to 97%), “reduced risk of fire” (up 31% to 97%), and “protection of residents’ health” (up 14% to 96%).

	Pre Test	Post Test	% Change
Protection of residents’ health	84%	96%	+ 14%
Reduced risk of fire	74%	97%	+ 31%
Lower upkeep and cleaning costs	58%	91%	+ 57%
Reduced insurance rates	52%	92%	+ 77%
Reduced health dangers to children and people with respiratory problems	73%	97%	+ 33%
Reduced exposure to cancer-causing toxins contained in secondhand smoke	64%	95%	+ 48%
All of the above	41%	90%	+ 120%

SUPPORT FOR SMOKE-FREE POLICIES

Before tobacco education, participants did not strongly support smoke-free policies in MUH. Only half (52%) strongly agreed they would support a policy that would make all apartments in Orange County smoke-free including patios and common areas. Only 43% strongly agreed they would be more likely to move into a building that had an indoors and outdoors smoke-free policy than one that did not. More than half (61%) strongly agreed that secondhand smoke is dangerous to their health and their family’s health. Only half (54%) believed that third-hand smoke is dangerous to their health and their family’s health.

On all measures, awareness of the dangers of smoking and support for smoke-free policies increased tremendously due to tobacco education. The greatest improvement occurred in the number of participants who strongly agreed they would be more likely to move into a building that had an indoors and outdoors smoke-free policy than one that did not: that figure increased 67% over baseline to 72%. The number of participants who strongly agreed that third-hand smoke is dangerous to their health and their family’s health increased 52% to 82%. The number of participants who strongly agreed that secondhand smoke is dangerous to their health and their family’s health increased 38% to 84%. Lastly, the number of participants who strongly support a policy that would make all apartments in Orange County smoke-free (including patios and common areas) increased 52% to 79%.

Pre Test (1= Strongly Disagree; 5 = Strongly Agree)	1	2	3	4	5
I support a policy that would make all apartments in Orange County smoke-free including patios and common areas.	6%	5%	14%	23%	52%
I would be more likely to move into a building that had an indoors and outdoors smoke-free policy than one that did not.	10%	6%	19%	22%	43%
I believe that secondhand smoke is dangerous to my health and my family's health.	4%	4%	11%	19%	61%
I believe that third-hand smoke is dangerous to my health and my family's health	5%	5%	13%	22%	54%

Post Test (1= Strongly Disagree; 5 = Strongly Agree)	1	2	3	4	5
I support a policy that would make all apartments in Orange County smoke-free including patios and common areas.	2%	1%	4%	13%	79%
I would be more likely to move into a building that had an indoors and outdoors smoke-free policy than one that did not.	4%	1%	5%	17%	72%
I believe that secondhand smoke is dangerous to my health and my family's health.	1%	1%	3%	12%	84%
I believe that third-hand smoke is dangerous to my health and my family's health	1%	1%	3%	14%	82%

Percent increase on answer 5 "Strongly Agree" between pre-test and post-test	% Change
I support a policy that would make all apartments in Orange County smoke-free including patios and common areas.	+ 52%
I would be more likely to move into a building that had an indoors and outdoors smoke-free policy than one that did not.	+ 67%
I believe that secondhand smoke is dangerous to my health and my family's health.	+ 38%
I believe that third-hand smoke is dangerous to my health and my family's health	+ 52%