

Table 2. A breakdown of cohort feedback concerning the workshop experience

Question	Tobacco (<i>n</i> = 198)		N/PA (<i>n</i> = 196)	
	Yes		Yes	
	No.	%	No.	%
Do you think that college students are more relatable (to yourself) than adults or medical professionals?	125	63	118	60
Would you recommend this type of workshop to your friends?	164	83	129	66
Do you plan on sharing anything you learned in the workshop with friends and/or family?	154	78	125	64
Do you think that you will use any of the information you learned in the workshop to make future decisions about your health?	164	83	137	70

N/PA = nutrition and physical activity.