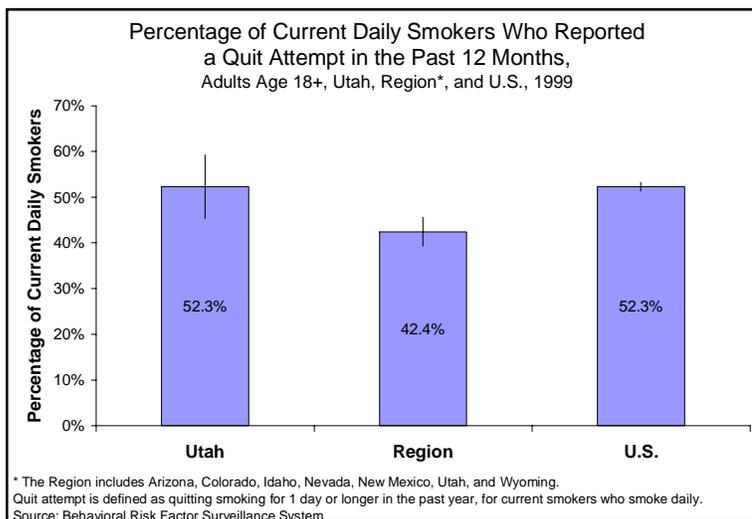


Quit Attempt

Question: During the past 12 months, have you quit smoking for 1 day or longer?

Quitting smoking carries major and immediate health benefits for men and women of all ages, even those in the older age groups who have smoked for many years. Tobacco addiction is so powerful that millions of tobacco users have been unable to overcome their dependence. Since 1977, the American Cancer Society (ACS) has sponsored the annual Great American Smokeout to encourage smokers to stop smoking for at least 24 hours in the hopes that they will then be able to quit completely. From 1991 to 1993 the BRFSS asked this question of all current smokers (those who smoked everyday and somedays). However, since

1994 the BRFSS asked this question of only a subset of current smokers, those who reported smoking everyday. Due to the change in who was asked the question, this report looks at the data from 1994 to 1999 only. One shortcoming of this question is that it doesn't measure the percentage of persons who actually were successful at quitting smoking in the past 12 months.



- In Utah, the estimated percentage of current daily smokers who reported quitting smoking for one day or longer in the past 12 months did not change significantly from 48.4% in 1994 to 52.3% in 1999.
- In the Region the percentage of current daily smokers who reported quitting smoking for one day or longer in the past 12 months decreased significantly from 46.3% in 1994 to 42.4% in 1999.
- There was a significant increase in the percentage of current daily smokers who reported quitting smoking for one day or longer in the past 12 months in the U.S. from 44.9% in 1994 to 52.3% in 1999. This overall increase occurred primarily between 1996 and 1999 as indicated by a significant non-linear trend.
- Utah and the U.S. reached the Healthy People 2000 objective to increase to at least 50% the proportion of cigarette smokers who stopped smoking for at least one day during the preceding year.

Utah Objective: No objective listed.

HP2000 Goal 3.6: Increase to at least 50% the proportion of cigarette smokers aged 18 and older who stopped smoking cigarettes for at least one day during the preceding year.

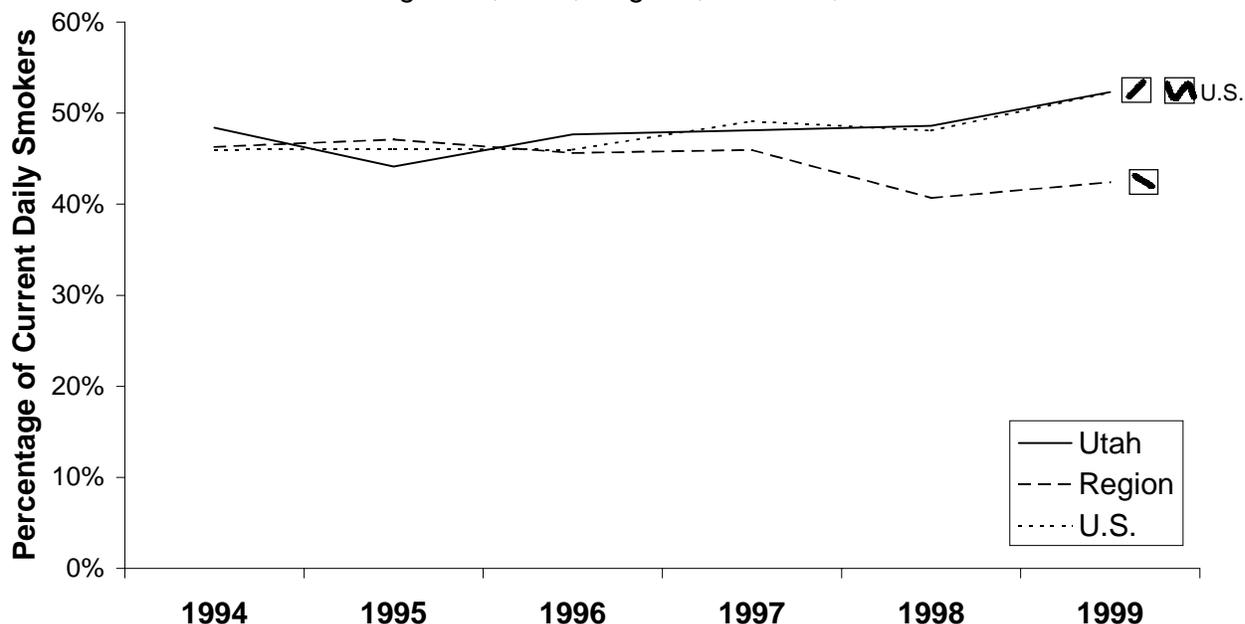
HP2010 Goal 27-5: Increase smoking cessation attempts by adult smokers to 75% (cigarette smokers aged 18 years and older who stopped smoking for a day or longer because they were trying to quit).

CDI: Not used.

CHSI: Not used.

Quit Attempt

Percentage of Current Daily Smokers Who Reported a Quit Attempt in the Past 12 Months, Adults Age 18+, Utah, Region*, and U.S., 1994-1999



* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.

Note: Quit attempt is defined as quitting smoking for 1 day or longer in the past year, for current smokers who smoke daily.

Source: Behavioral Risk Factor Surveillance System

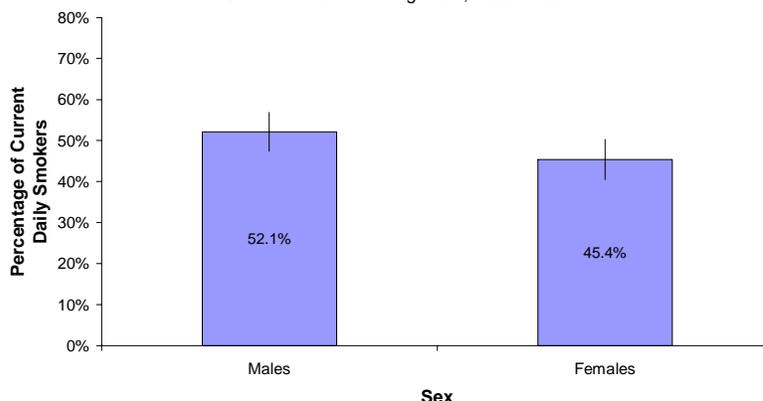
Year	Utah			Region			U.S.		
	Percentage of Smokers	95% Confidence Intervals		Percentage of Smokers	95% Confidence Intervals		Percentage of Smokers	95% Confidence Intervals	
		Lower	Upper		Lower	Upper		Lower	Upper
1994	48.4%	41.4%	55.4%	46.3%	43.1%	49.5%	46.0%	44.9%	47.1%
1995	44.2%	37.3%	51.0%	47.1%	44.2%	50.1%	46.1%	45.0%	47.1%
1996	47.7%	41.3%	54.0%	45.6%	42.6%	48.7%	46.0%	45.0%	47.0%
1997	48.1%	41.4%	54.8%	46.0%	42.8%	49.1%	49.1%	48.2%	50.1%
1998	48.6%	41.4%	55.8%	40.7%	37.7%	43.6%	48.1%	47.1%	49.1%
1999	52.3%	45.4%	59.3%	42.4%	39.2%	45.6%	52.3%	51.3%	53.3%

-  upward linear trend
-  downward linear trend
-  non-linear trend

Quit Attempt

- There was no significant difference in the percentage of current daily smokers who reported a quit attempt in the past 12 months between males and females.

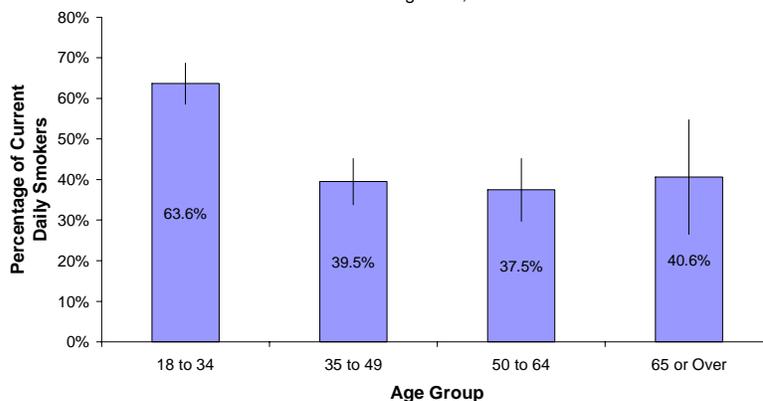
Percentage of Current Daily Smokers Who Reported a Quit Attempt* in the Past 12 Months by Sex, Utah Adult Smokers Age 18+, 1996-1999



*Quit attempt is defined as quitting smoking for 1 day or longer in the past year, for current smokers who smoke daily. Source: Behavioral Risk Factor Surveillance System

- Utah current daily smokers 18 through 34 years old were much more likely to report quitting smoking for one day or longer during the past 12 months than older smokers. ($p < 0.0001$)

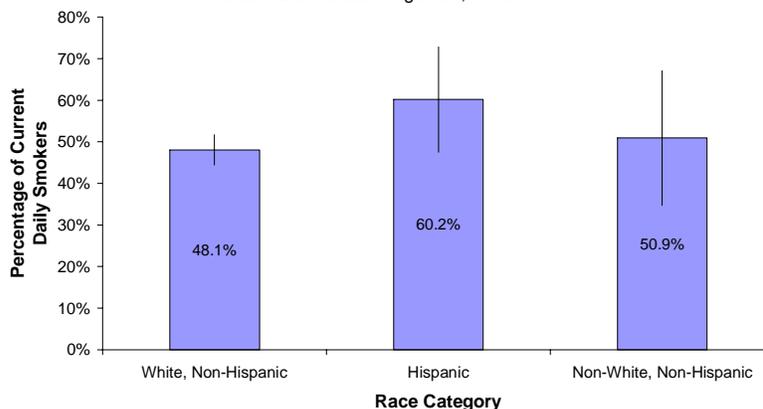
Percentage of Current Daily Smokers Who Reported a Quit Attempt* in the Past 12 Months by Age, Utah Adult Smokers Age 18+, 1996-1999



*Quit attempt is defined as quitting smoking for 1 day or longer in the past year, for current smokers who smoke daily. Source: Behavioral Risk Factor Surveillance System

- Because of the small numbers of current daily smokers in Utah, even with four years of combined data, nothing can be said about differences between racial, income and educational groups regarding the percentage who reported quitting smoking for one day or longer during the past 12 months.

Percentage of Current Daily Smokers Who Reported a Quit Attempt* in the Past 12 Months by Race, Utah Adult Smokers Age 18+, 1996-1999



*Quit attempt is defined as quitting smoking for 1 day or longer in the past year, for current smokers who smoke daily. Source: Behavioral Risk Factor Surveillance System

Quit Attempt

Percentage of Current Daily Smokers Who Reported a Quit Attempt* in the Past 12 Months

by Selected Demographic Characteristics, Utah Adult Current Daily Smokers Age 18+, 1996-1999.

Demographic Subgroup	Utah Population		Survey Estimates of Current Daily Smokers Who Reported a Quit Attempt in Past 12 Months					Distribution of Adult Current Daily Smokers Who Reported Quit Attempt in Past 12 Months by Category
	Distribution	Number of Current Daily Smokers ¹	Percentage of Adult Current Daily Smokers Who Reported Quit Attempt in Past 12 Months	95% Confidence Intervals		Number of Current Daily Smokers ^{1,2}		
				Lower	Upper			
Quit Attempt								
Yes	49.1%	74,300						
No	50.9%	77,000						
Total, All Adult Current Daily Smokers Age 18+	100.0%	151,300						
Sex								
Males	55.1%	83,300	52.1%	47.4%	56.9%	43,400	58.4%	
Females	44.9%	68,000	45.4%	40.5%	50.2%	30,900	41.6%	
Total, All Adult Current Daily Smokers Age 18+	100.0%	151,300	49.1%	45.7%	52.5%	74,300	100.0%	
Age Group								
18 to 34	40.4%	61,100	63.6%	58.6%	68.7%	38,900	52.5%	
35 to 49	36.7%	55,600	39.5%	33.8%	45.2%	22,000	29.7%	
50 to 64	17.1%	25,900	37.5%	29.7%	45.2%	9,700	13.1%	
65 or Over	5.8%	8,700	40.6%	26.5%	54.7%	3,500	4.7%	
Total, All Adult Current Daily Smokers Age 18+	100.0%	151,300	49.1%	45.7%	52.5%	74,300	100.0%	
Race								
White, Non-Hispanic	88.5%	133,900	48.1%	44.5%	51.7%	64,400	86.7%	
Hispanic	7.4%	11,200	60.2%	47.5%	72.9%	6,700	9.0%	
Non-White, Non-Hispanic	4.1%	6,200	50.9%	34.7%	67.1%	3,200	4.3%	
Total, All Adult Current Daily Smokers Age 18+	100.0%	151,300	49.1%	45.7%	52.5%	74,300	100.0%	
Income								
Less Than \$20,000	25.8%	39,000	53.0%	46.5%	59.5%	20,700	28.1%	
\$20,000-\$49,999	54.0%	81,700	48.2%	43.3%	53.1%	39,300	53.4%	
\$50,000 or Over	20.2%	30,600	44.6%	36.1%	53.1%	13,600	18.5%	
Total, All Adult Current Daily Smokers Age 18+	100.0%	151,300	49.1%	45.7%	52.5%	74,300	100.0%	
Education								
Less Than High School	17.2%	26,100	52.9%	44.8%	61.0%	13,800	18.6%	
H.S. Grad or G.E.D.	46.1%	69,700	46.2%	41.1%	51.3%	32,200	43.4%	
Some Post High School	26.2%	39,700	48.8%	42.3%	55.3%	19,400	26.1%	
College Graduate	10.5%	15,900	55.1%	43.8%	66.3%	8,800	11.9%	
Total, All Adult Current Daily Smokers Age 18+	100.0%	151,300	49.1%	45.7%	52.5%	74,300	100.0%	

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of missing values on the grouping variables.

*Quit attempt is defined as quitting smoking for 1 day or longer in the past year, for current smokers who smoke daily.

Source: Utah Behavioral Risk Factor Surveillance System