

Quit Smoking Attempt

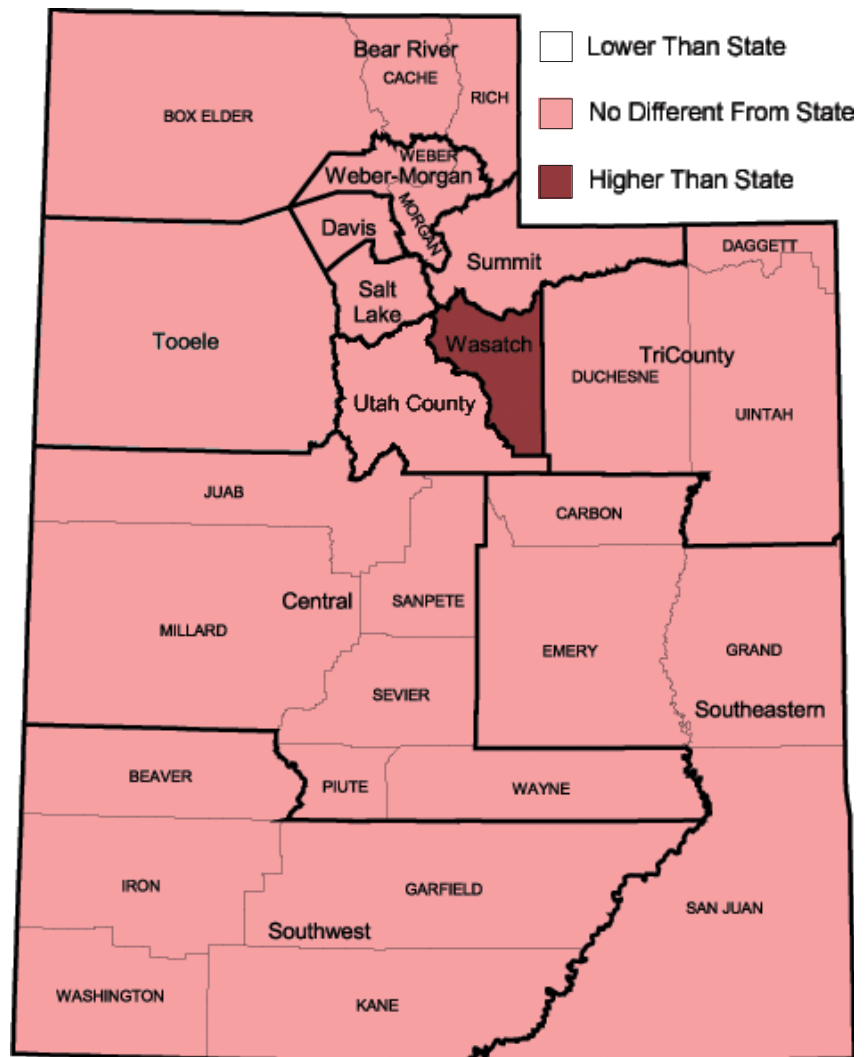


Question: During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

There is overwhelming evidence that the nicotine found in tobacco is addictive, making it very difficult for people to quit smoking. Smokers often try to quit more than once before they succeed. 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. Quitting smoking decreases the risk of: cancers of the lung, mouth, larynx, bladder, kidney, pancreas, and cervix; respiratory diseases such as emphysema, chronic bronchitis, pneumonia, and chronic obstructive pulmonary disease (COPD); and cardiovascular diseases such as stroke and heart disease. This analysis was limited to current smokers who smoked everyday.

- The map shows that when comparing the age-adjusted data for each health district to the state's overall rate, current smokers living in the Wasatch County Health District were more likely to try quitting.
- Utah's overall age-adjusted rate for quit smoking attempt was 53.1%. This was not significantly different than the U.S. rate of 49.7%. Utah was still below the HP2010 objective of 75%.
- Crude rates for quit attempt ranged from 45.8% in Summit County Health District to a high of 66.3% in Utah County Health District.

Quit Smoking Attempt in Past 12 Months by Whether the Local Health District Percentage Differed From the State, Utah Adult Current Daily Smokers Ages 18+, 1999-2001



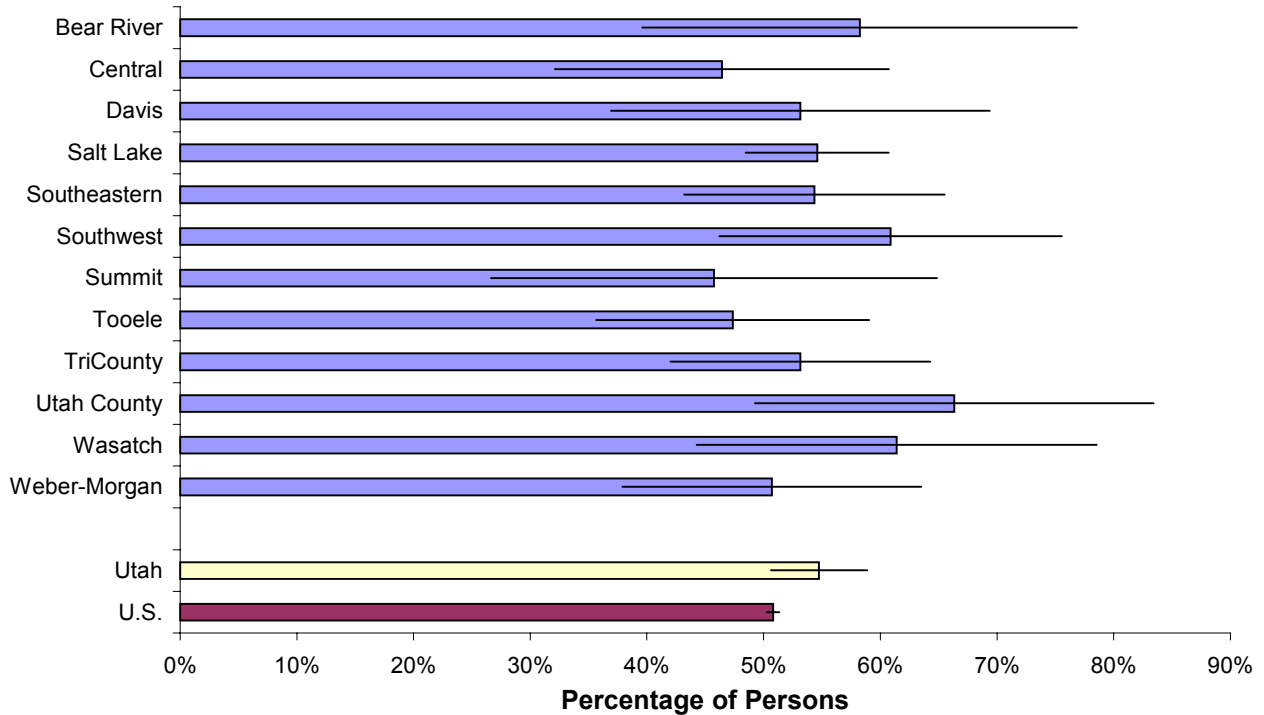
Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Note: Quit attempt is defined as quitting smoking for one day or longer in the past 12 months for current smokers who smoke every day. Source: Behavioral Risk Factor Surveillance System



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

by Local Health District, Utah, and U.S., Adults Ages 18+, 1999-2001



* crude rates

Note: Quit attempt is defined as quitting smoking for 1 day or longer in the past 12 months for current smokers who smoke every day.
Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Current Daily Smokers	Crude Rates			Age-adjusted Rates**		
			Number of Smokers With Quit Attempt	Percent	95% CI Range	Percent	95% CI Range	
Bear River	37	7,786	4,500	58.2%	39.6% 76.8%	51.7%	37.5% 65.9%	
Central	62	5,350	2,500	46.4%	32.1% 60.7%	45.1%	32.4% 57.8%	
Davis	58	20,365	10,800	53.2%	36.9% 69.4%	46.9%	34.0% 59.8%	
Salt Lake	310	101,085	55,200	54.6%	48.5% 60.7%	52.2%	46.6% 57.8%	
Southeastern	93	6,929	3,800	54.4%	43.2% 65.5%	51.8%	40.2% 63.4%	
Southwest	58	12,053	7,300	60.9%	46.2% 75.6%	62.5%	51.9% 73.0%	
Summit	34	1,774	800	45.8%	26.6% 64.9%	50.9%	36.9% 64.8%	
Tooele	117	4,970	2,400	47.4%	35.7% 59.0%	45.3%	35.7% 54.9%	
TriCounty	100	5,098	2,700	53.2%	42.0% 64.3%	50.0%	39.8% 60.3%	
Utah County	41	14,274	9,500	66.3%	49.3% 83.4%	66.6%	50.0% 83.1%	
Wasatch	37	987	600	61.4%	44.3% 78.5%	72.3%	61.6% 82.9%	
Weber-Morgan	77	22,616	11,500	50.7%	37.9% 63.5%	48.0%	36.1% 60.0%	
Utah	1,181	203,391	111,300	54.7%	50.6% 58.9%	53.1%	49.0% 57.2%	
U.S.				50.8%	50.3% 51.3%	49.7%	49.1% 50.3%	

** Age adjusted to U.S. 2000 standard population

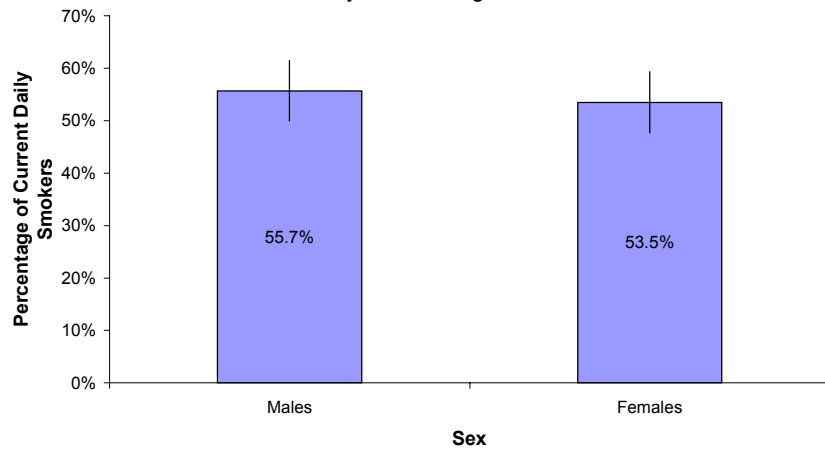
Note: Estimates based on a sample size of less than 50 should be considered statistically unreliable.

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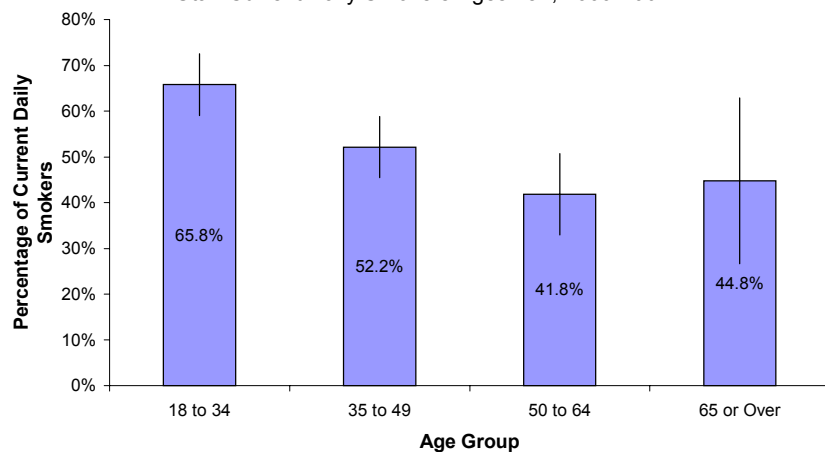
- There was no difference in the percentage of men and women smokers who reported a quit attempt.

Percentage of Current Daily Smokers Who Reported a Quit Attempt* in the Past 12 Months by Sex, Utah Current Daily Smokers Ages 18+, 1999-2001



- Utah's young adult smokers ages 18-34 were the most likely to report a quit attempt (65.8%). The older age groups were less likely to try quitting (41.8%-52.2%).
- There was no significant difference in this measure for the education and income groups used (not graphed).

Percentage of Current Daily Smokers Who Reported a Quit Attempt* in the Past 12 Months by Age, Utah Current Daily Smokers Ages 18+, 1999-2001



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

The Tobacco Prevention and Control Program at the Utah Department of Health encourages teen and adult tobacco users to quit by providing information and education about the negative health effects of tobacco use and by supporting diverse statewide cessation services. The Utah Tobacco Quit Line (1-888-567-TRUTH) offers free cessation counseling to Utah teens and adults. For a listing of community-based programs to quit tobacco use, call the Tobacco Free Resource Line at 1-877-220-3466.

Utah Objective: same as HP2010 Objective.

HP2010 Objective 27-5: Increase smoking cessation attempts by adult smokers to 75% (age adjusted to the U.S. 2000 standard population).



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Percentage of Current Daily Smokers Who Reported a Quit Attempt* in the Past 12 Months by Selected Demographic Characteristics, Utah Current Daily Smokers Ages 18+, 1999 - 2001.

Demographic Subgroup	Utah Population		Survey Estimates					
	Distribution	Number of Persons ¹	Percentage of Current Daily Smokers Who Reported Quit Attempt in Past 12 Months ²			Number of Persons ^{1,3}	Distribution of Current Daily Smokers Who Reported Quit Attempt in Past 12 Months by Category	
			95% Confidence Intervals Lower	95% Confidence Intervals Upper				
Quit Attempt								
Yes	54.7%	80,600						
No	45.3%	66,600						
Total, Current Daily Smokers	100.0%	147,200						
Sex								
Males	56.4%	83,000	55.7%	50.0%	61.5%	46,200	57.3%	
Females	43.6%	64,200	53.5%	47.7%	59.4%	34,400	42.7%	
Total, Current Daily Smokers	100.0%	147,200	54.7%	50.6%	58.9%	80,600	100.0%	
Age Group								
18 to 34	47.1%	69,300	65.8%	59.0%	72.6%	45,600	54.5%	
35 to 49	34.1%	50,300	52.2%	45.5%	58.9%	26,200	31.3%	
50 to 64	14.8%	21,900	41.8%	33.0%	50.7%	9,200	11.0%	
65 or Over	3.9%	5,800	44.8%	26.7%	62.9%	2,600	3.1%	
Total, Current Daily Smokers	100.0%	147,200	54.7%	50.5%	58.8%	80,600	100.0%	
Race/Ethnicity								
White, Non-Hispanic	85.3%	125,500	54.0%	49.6%	58.5%	67,800	83.7%	
Hispanic	10.3%	15,200	64.8%	48.9%	80.6%	9,800	12.1%	
Non-White, Non-Hispanic	4.4%	6,500	52.8%	32.3%	73.3%	3,400	4.2%	
Total, Current Daily Smokers	100.0%	147,200	54.7%	50.4%	58.7%	80,600	100.0%	
Income								
Less Than \$20,000	20.7%	30,400	51.1%	42.7%	59.5%	15,500	19.4%	
\$20,000-\$49,999	52.7%	77,500	59.7%	54.0%	65.4%	46,300	57.8%	
\$50,000 or Over	26.6%	39,200	46.6%	37.3%	55.9%	18,300	22.8%	
Total, Current Daily Smokers	100.0%	147,200	54.7%	50.2%	58.7%	80,600	100.0%	
Education								
Less Than High School	15.2%	22,400	58.4%	48.3%	68.5%	13,100	16.2%	
H.S. Grad or G.E.D.	45.3%	66,600	53.0%	46.9%	59.0%	35,300	43.7%	
Some Post High School	26.8%	39,400	55.5%	47.6%	63.5%	21,900	27.1%	
College Graduate	12.7%	18,800	55.4%	40.8%	69.9%	10,400	12.9%	
Total, Current Daily Smokers	100.0%	147,200	54.7%	50.6%	58.9%	80,600	100.0%	

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had 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.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.