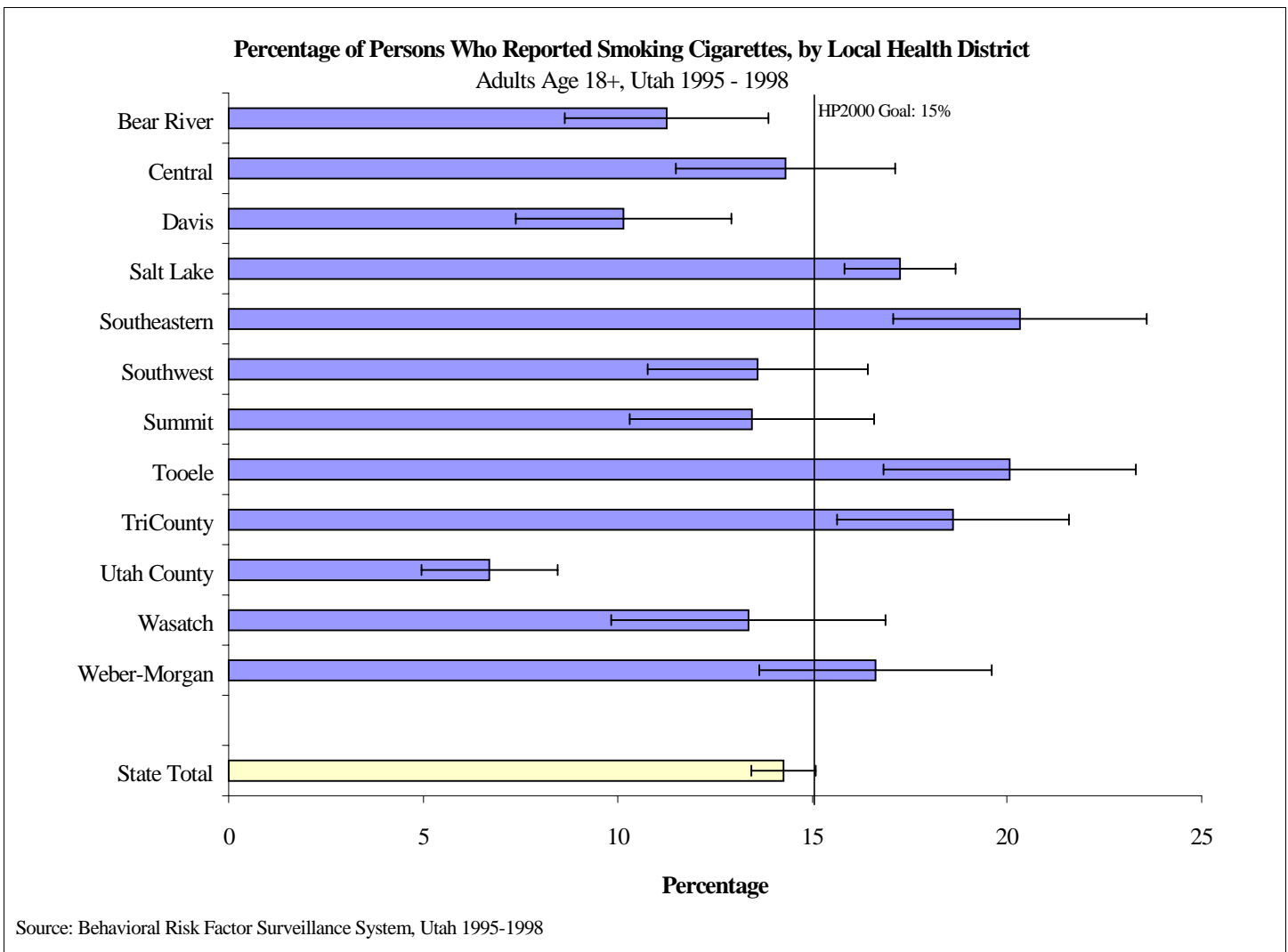


Current Cigarette Smoking

Questions: Have you smoked at least 100 cigarettes in your entire life? Do you now smoke cigarettes every day, some days, or not at all?

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The BRFSS defines current smokers as anyone who has ever smoked 100 cigarettes or more and currently smokes. Cigarette smoking is responsible for 21% of all coronary heart disease deaths, 87% of lung cancer deaths, and 88% of deaths from chronic obstructive pulmonary disease. More than 400,000 deaths occur annually in the U.S. due to the effects of cigarette smoking and tobacco use. Women who smoke during pregnancy also increase the risk of miscarriage, preterm births, low birth weight babies, and fetal and infant deaths. Using BRFSS smoking prevalence data and other information, the Centers for Disease Control and Prevention (CDC) was able to estimate that in Utah in 1990 13.4% of all deaths were attributable to smoking and a total of 14,572 years of potential life lost (YPLL) were due to smoking.

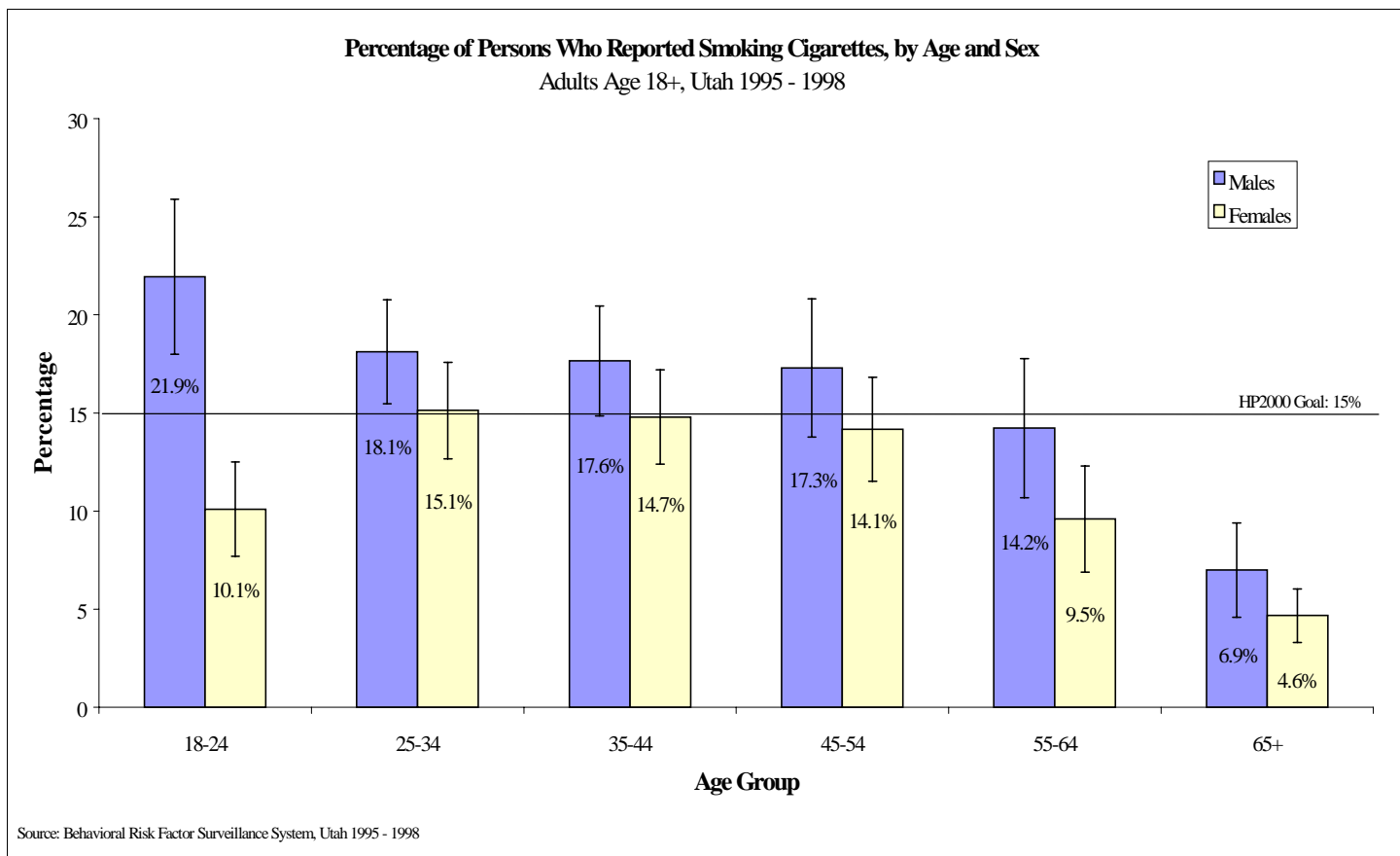


UTAH OBJECTIVE: By 2000, reduce cigarette smoking to a prevalence of no more than 7% for youth 12-17 years of age and no more than 13% among Utahns 18 years of age and older.

YEAR 2000 OBJECTIVE 3.4: Reduce smoking to a prevalence of no more than 15% among people aged 18 and older.

YEAR 2010 OBJECTIVE 3.1: Reduce to 13% the proportion of adults (18 and older) who use tobacco products.

Current Cigarette Smoking



District	Total Number of Adults in District	Number of Current Smokers	Percentage of Current Smokers	95% Confidence Intervals	
				Lower	Upper
Bear River	81,406	9,160	11.3%	8.6%	13.9%
Central	41,172	5,890	14.3%	11.5%	17.1%
Davis	143,725	14,576	10.1%	7.4%	12.9%
Salt Lake	554,471	95,650	17.3%	15.8%	18.7%
Southeastern	36,691	7,459	20.3%	17.1%	23.6%
Southwest	82,591	11,226	13.6%	10.8%	16.4%
Summit	16,948	2,279	13.4%	10.3%	16.6%
Tooele	21,716	4,358	20.1%	16.8%	23.3%
TriCounty	25,089	4,670	18.6%	15.6%	21.6%
Utah County	205,605	13,771	6.7%	5.0%	8.4%
Wasatch	8,535	1,140	13.4%	9.8%	16.9%
Weber-Morgan	126,711	21,057	16.6%	13.6%	19.6%
State Total	1,344,659	191,689	14.3%	13.4%	15.1%

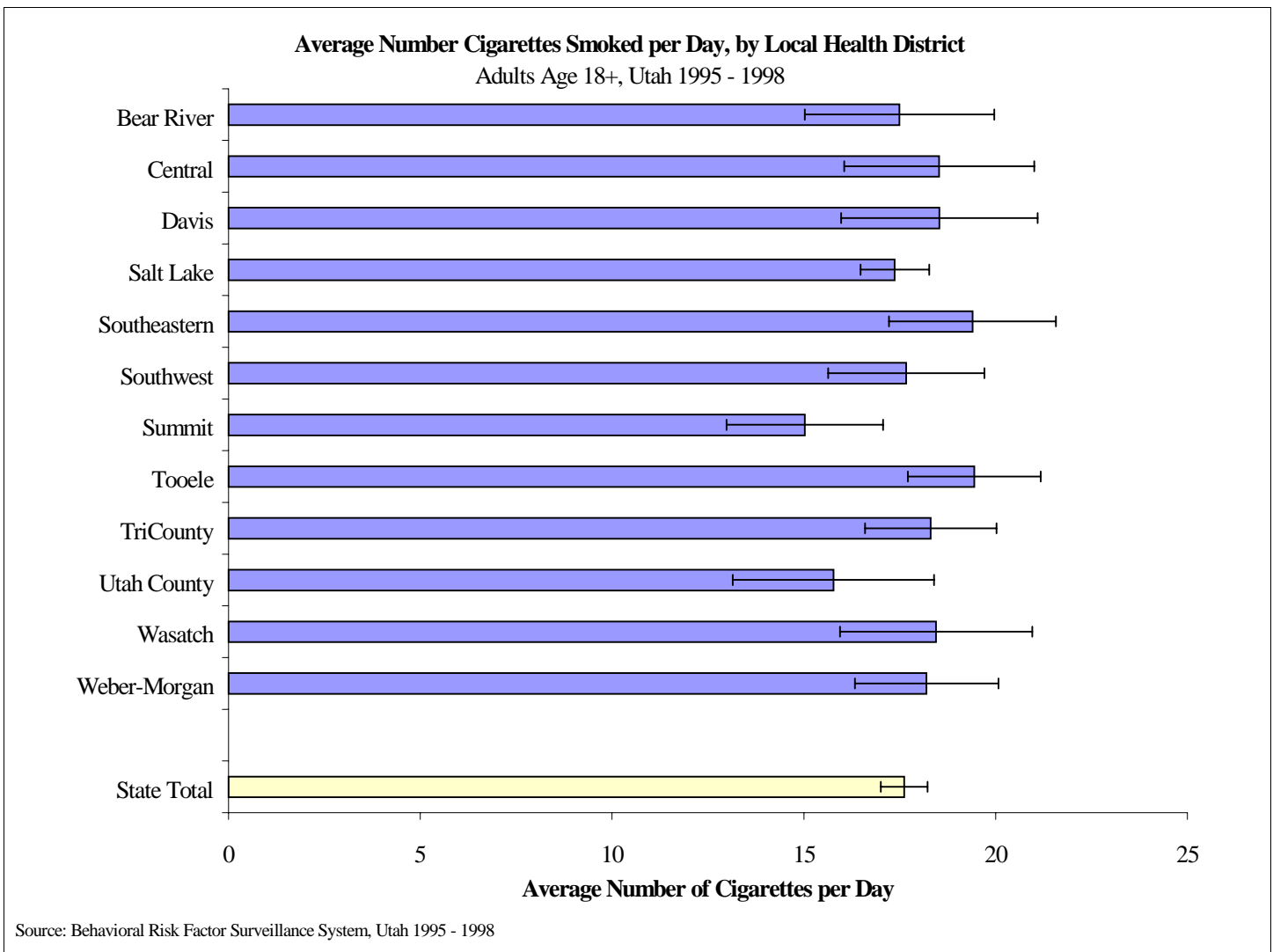
- Males in Utah aged 18-24 were much more likely to be smokers than Utah women of the same age.
- Utah County had the lowest percentage of current smokers in the state of Utah. Davis County and Bear River Districts were well below the state average.
- The likelihood of smoking cigarettes decreased with age for both males and females. This may be due to the fact that continuing smokers are less likely to survive to older ages.

Number of Cigarettes Smoked Per Day

Questions: On the average, about how many cigarettes a day do you smoke?

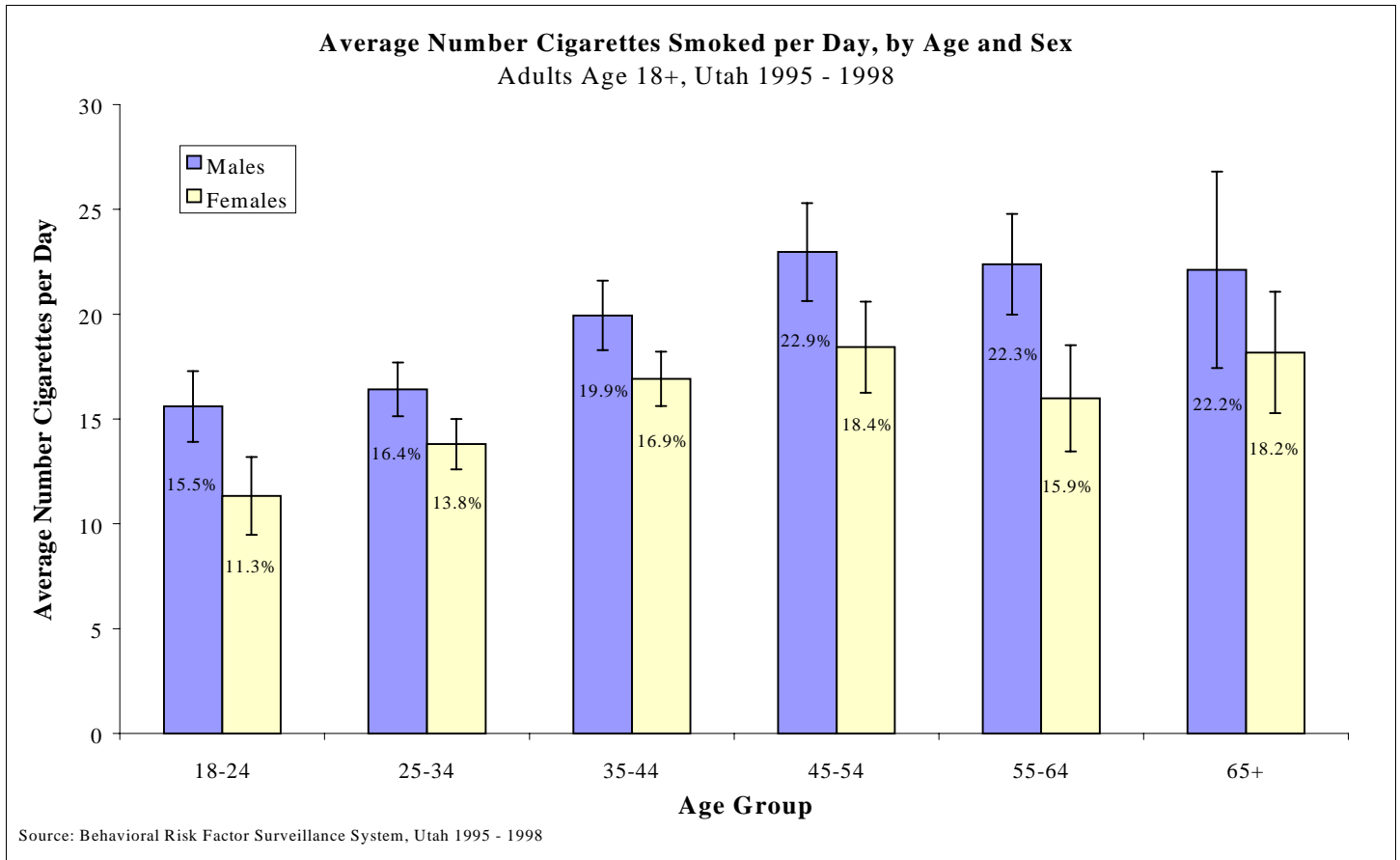
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Knowledge of the patterns of tobacco use aids in understanding morbidity and mortality, predicting future disease burden, identifying groups at high risk for tobacco-attributable disease and evaluating tobacco control interventions. Intensity of smoking is assessed by measuring the average self-reported number of cigarettes smoked daily by current smokers. Heavier smokers are defined as those who report smoking ≥ 25 cigarettes/day. This measure has been used to monitor the proportion of current smokers who are hard-core smokers (i.e. less able to quit and less interested in quitting). Numbers of cigarettes smoked per day is influenced by such factors as restrictions on where a person can smoke, nicotine yield of cigarettes and cost. In 1992, 23.4% of Utah's current smokers reported smoking a pack or more/day. In 1998, the percentage was only 14.3%. Since 1995, Utah's Indoor Clean Air Act has prohibited smoking in most public places, and in 1997, the taxes on a pack of cigarettes doubled. These two factors may explain some of the decrease in intensity of smoking for Utah smokers.



UTAH OBJECTIVE: No objective listed.
YEAR 2000 OBJECTIVE: No objective listed.
YEAR 2010 OBJECTIVE: No objective listed.

Number of Cigarettes Smoked Per Day



District	# Cigarettes Smoked per Day	95% Confidence Intervals	
		Lower	Upper
Bear River	17.5	15.0	19.9
Central	18.5	16.1	21.0
Davis	18.5	16.0	21.1
Salt Lake	17.4	16.5	18.3
Southeastern	19.4	17.2	21.6
Southwest	17.7	15.6	19.7
Summit	15.0	13.0	17.0
Tooele	19.4	17.7	21.2
TriCounty	18.3	16.6	20.0
Utah County	15.8	13.2	18.4
Wasatch	18.4	16.0	20.9
Weber-Morgan	18.2	16.3	20.1
State Total	17.6	17.0	18.2

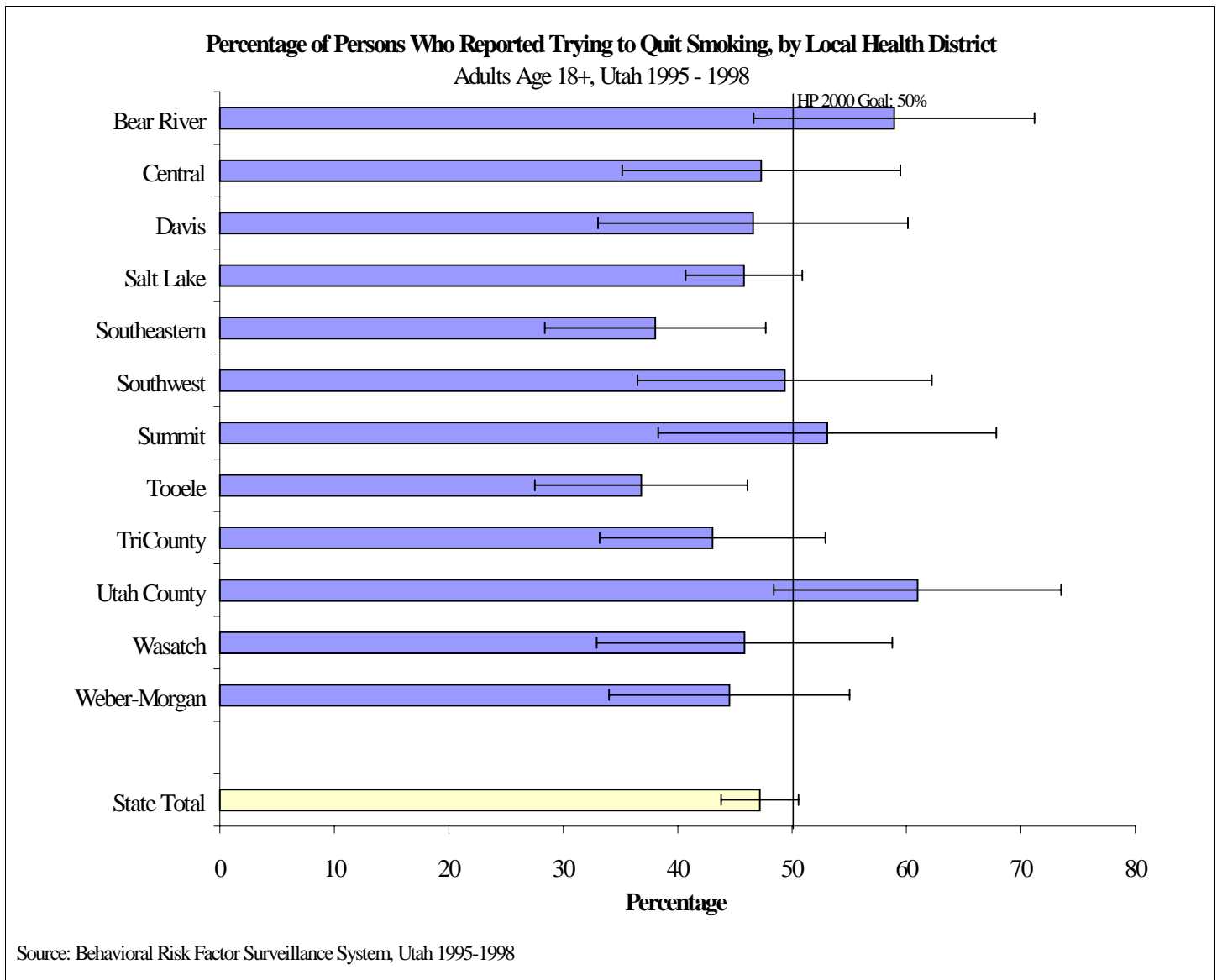
- Current smokers in Summit and Utah counties reported smoking fewer cigarettes per day on average than did current smokers in the other Utah health districts.
- The number of cigarettes smoked per day by current smokers increased with age.

Quit Attempt

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

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Smokers often try to quit more than once before they succeed. Most ex-smokers cycle through the quitting process several times before successfully becoming long time quitters. At least one-third of smokers who stay off cigarettes for at least 1 or more years may eventually relapse. However, relapse becomes less likely as ex-smokers stay off cigarettes for longer periods of time. Quitting smoking carries major and immediate health benefits for men and women of all ages, even those in the older age groups. Benefits apply to healthy people and to those already suffering from smoking-related diseases.



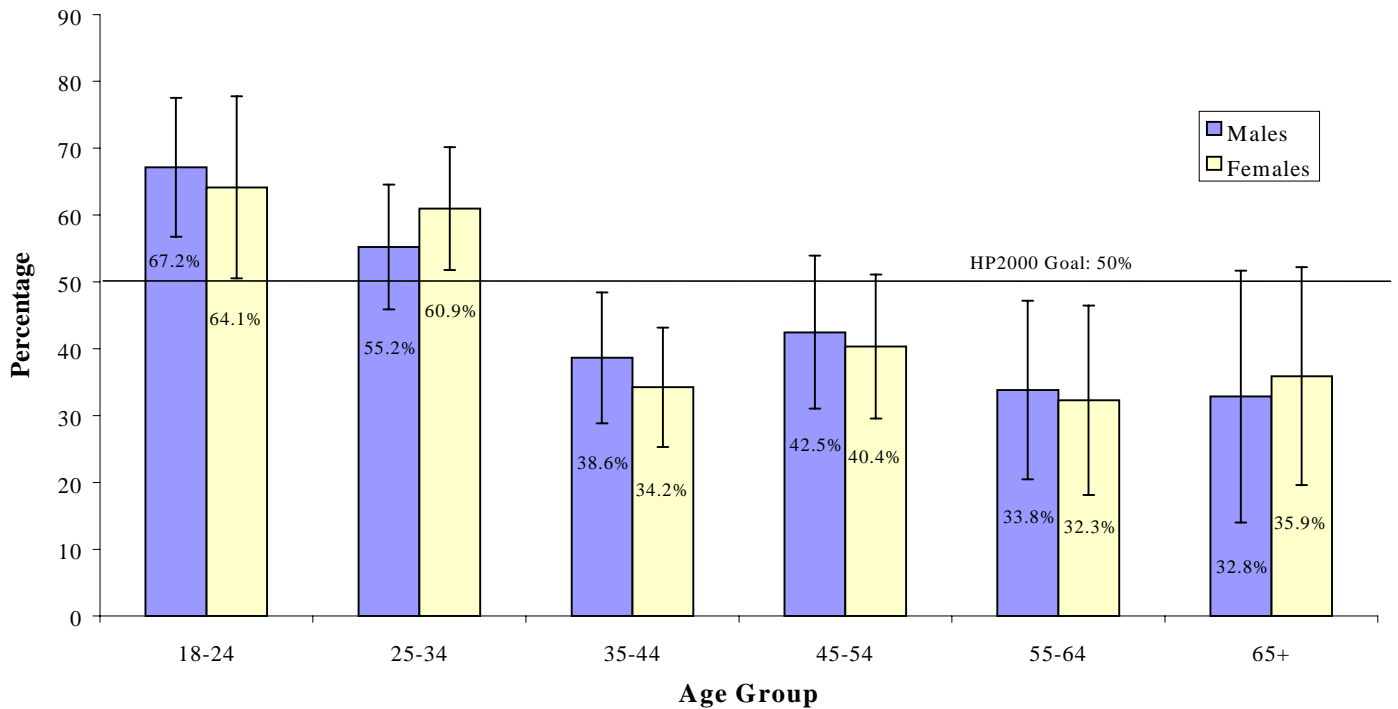
UTAH OBJECTIVE: No objective listed.

YEAR 2000 OBJECTIVE: 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.

YEAR 2010 OBJECTIVE 3.6: Increase to 75% the proportion of cigarette smokers aged 18 and older who stopped smoking for a day.

Quit Attempt

Percentage of Persons Who Reported Trying to Quit Smoking, by Age and Sex
Adults Age 18+, Utah 1995 - 1998



Source: Behavioral Risk Factor Surveillance System, Utah 1995 - 1998

District	Number of Current Smokers	Number Who Tried to Quit Smoking	Percentage Who Tried to Quit Smoking	95% Confidence Intervals	
				Lower	Upper
Bear River	9,160	5,397	58.9%	46.7%	71.1%
Central	5,890	2,786	47.3%	35.2%	59.4%
Davis	14,576	6,791	46.6%	33.1%	60.1%
Salt Lake	95,650	43,808	45.8%	40.7%	50.9%
Southeastern	7,459	2,837	38.0%	28.4%	47.6%
Southwest	11,226	5,541	49.4%	36.6%	62.2%
Summit	2,279	1,210	53.1%	38.4%	67.8%
Tooele	4,358	1,605	36.8%	27.6%	46.1%
TriCounty	4,670	2,011	43.1%	33.2%	52.9%
Utah County	13,771	8,396	61.0%	48.5%	73.5%
Wasatch	1,140	523	45.9%	33.0%	58.7%
Weber-Morgan	21,057	9,377	44.5%	34.1%	55.0%
State Total	191,689	90,446	47.2%	43.8%	50.5%

- Smokers living in Tooele County and Southeastern Health District were least likely to attempt to quit smoking.
- The percentage of current smokers who reported that they quit smoking for 1 day in the past 12 months decreased with age for both males and females.

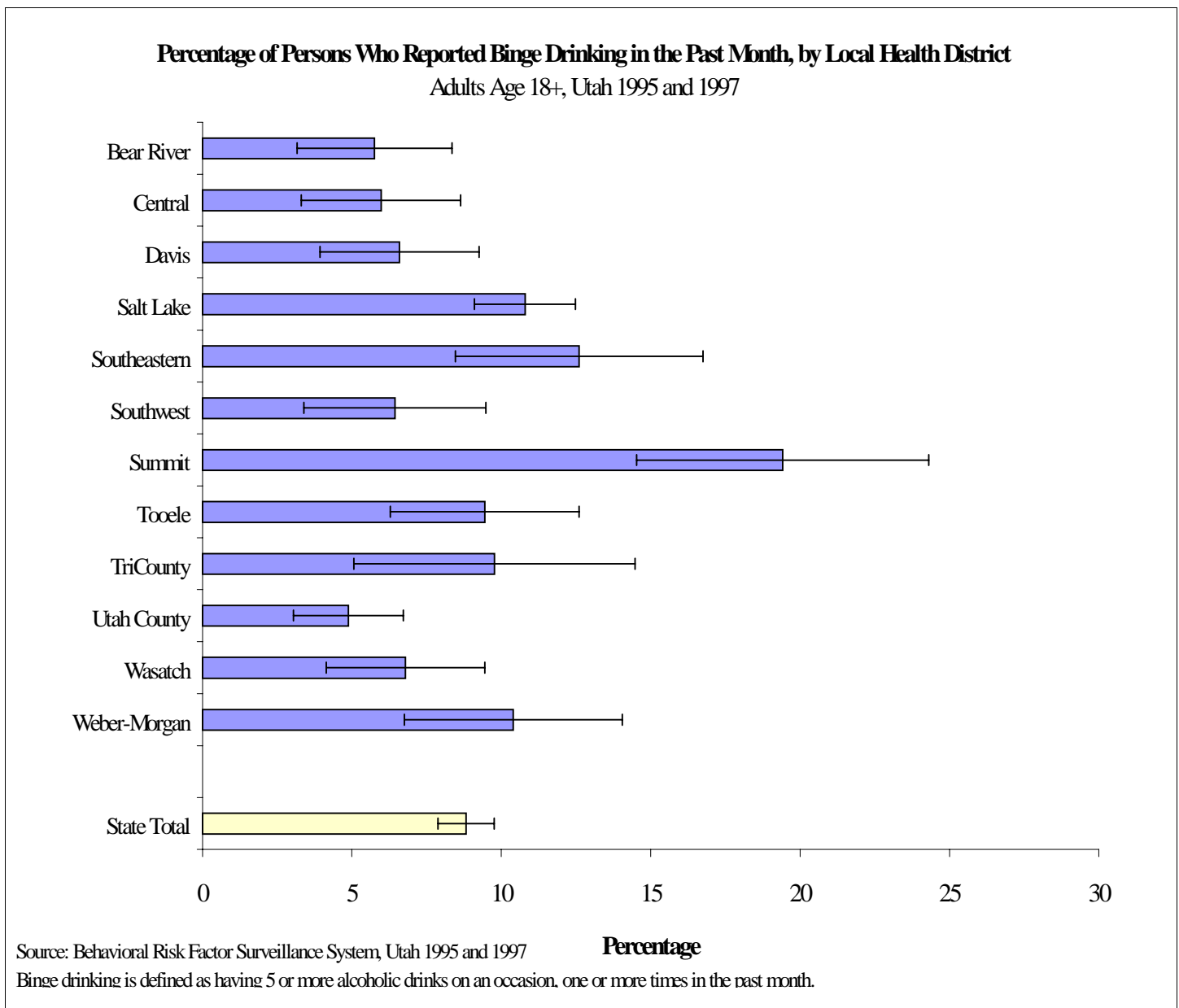
Binge Drinking

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion?

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Binge drinking is defined as consuming five or more drinks of alcohol* on an occasion one or more times in the past 30 days. National guidelines advise one or fewer drinks of alcohol per day for women and two or fewer drinks per day for men. Education on the health effects of alcohol abuse is a key prevention strategy.

* A drink is defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor.

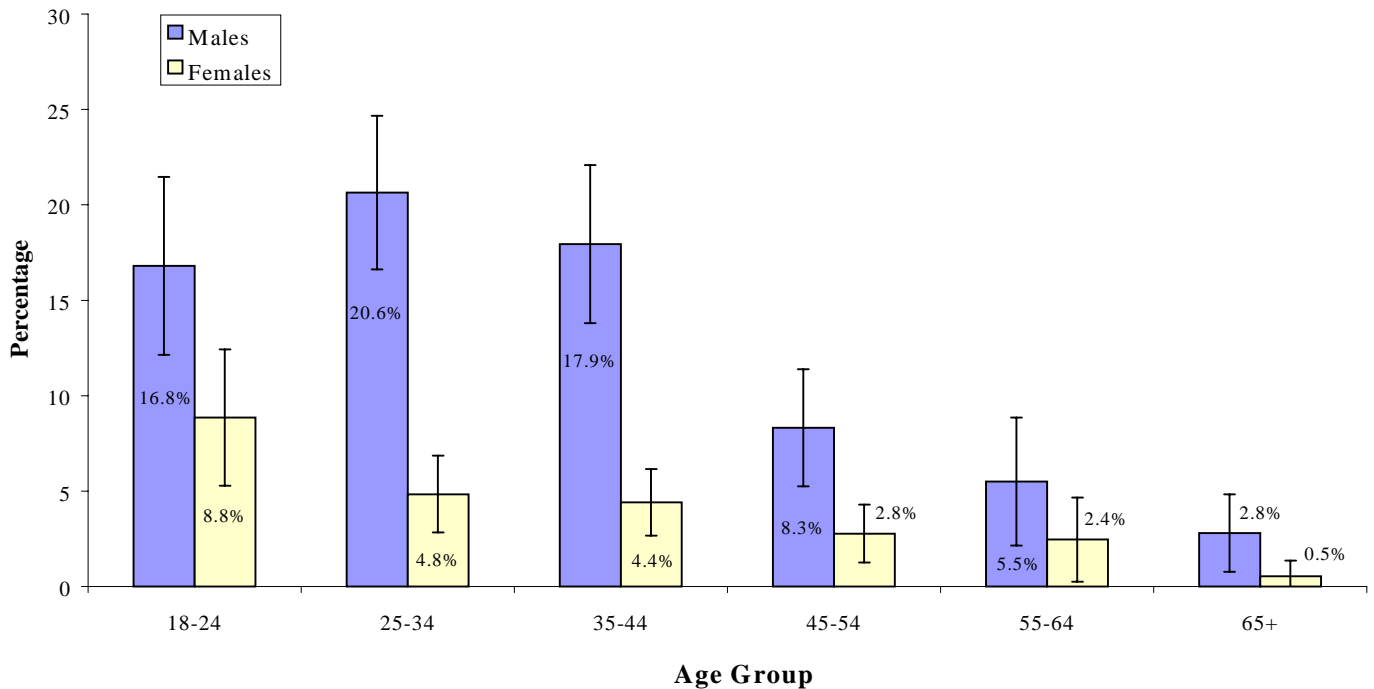


UTAH OBJECTIVE: No objective listed.
YEAR 2000 OBJECTIVE: No objective listed.
YEAR 2010 OBJECTIVE: No objective listed.

Binge Drinking

**Percentage of Persons Who Reported Binge Drinking in the Past Month,
by Age and Sex**

Adults Age 18+, Utah 1995 and 1997



Source: Behavioral Risk Factor Surveillance System, Utah 1995 and 1997

Binge drinking is defined as having 5 or more alcoholic drinks on an occasion, one or more times in the past month.

District	Total Number of Adults in District	Number Binge Drinking	Percentage Binge Drinking	95% Confidence Intervals	
				Lower	Upper
Bear River	79,823	4,597	5.8%	3.2%	8.3%
Central	40,297	2,408	6.0%	3.3%	8.6%
Davis	141,480	9,325	6.6%	3.9%	9.2%
Salt Lake	547,744	59,119	10.8%	9.1%	12.5%
Southeastern	36,191	4,562	12.6%	8.5%	16.7%
Southwest	80,057	5,153	6.4%	3.4%	9.5%
Summit	16,526	3,209	19.4%	14.6%	24.3%
Tooele	21,226	2,005	9.4%	6.3%	12.6%
TriCounty	24,712	2,415	9.8%	5.1%	14.5%
Utah County	201,995	9,864	4.9%	3.1%	6.7%
Wasatch	8,343	567	6.8%	4.2%	9.4%
Weber-Morgan	125,148	13,015	10.4%	6.8%	14.0%
State Total	1,323,541	116,714	8.8%	7.9%	9.8%

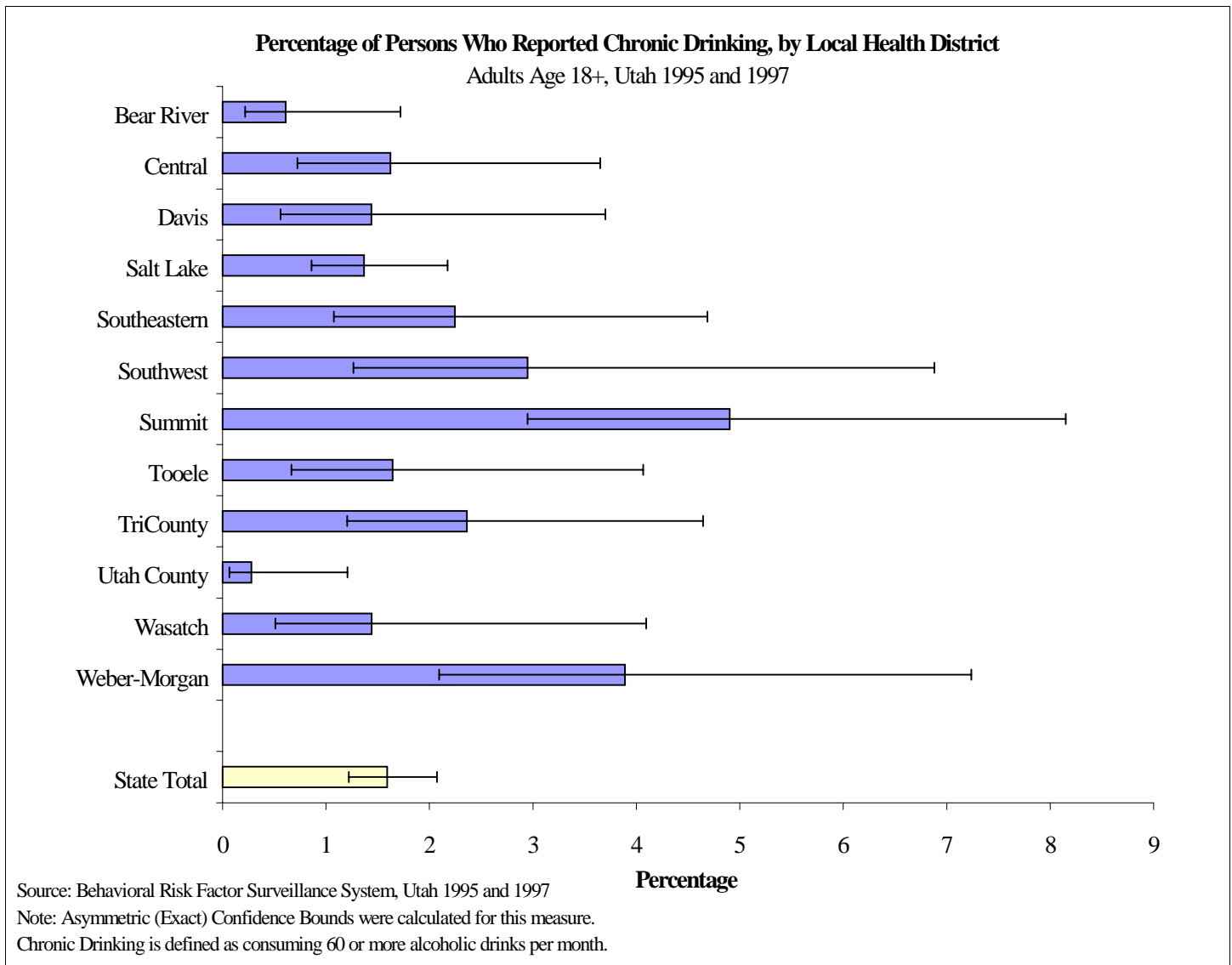
- Males aged 18-44 had higher binge drinking rates than any other age group of both males and females.
- Binge drinking was reported substantially more often by adults in Summit Health District than in other Utah health districts.

Chronic Drinking

Questions: During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average? On the days when you drank, about how many drinks did you drink on the average? Appendix B, pp. 69

Chronic drinking, defined as consuming 60 or more drinks of alcohol* per month, can have serious health consequences, including nutritional deficiencies, impaired functioning of vital organs, and Fetal Alcohol Syndrome associated with alcohol use during pregnancy. In addition to health consequences, social problems such as increased aggression, crime, marital discord, child abuse, and job loss can be associated with chronic alcohol abuse.

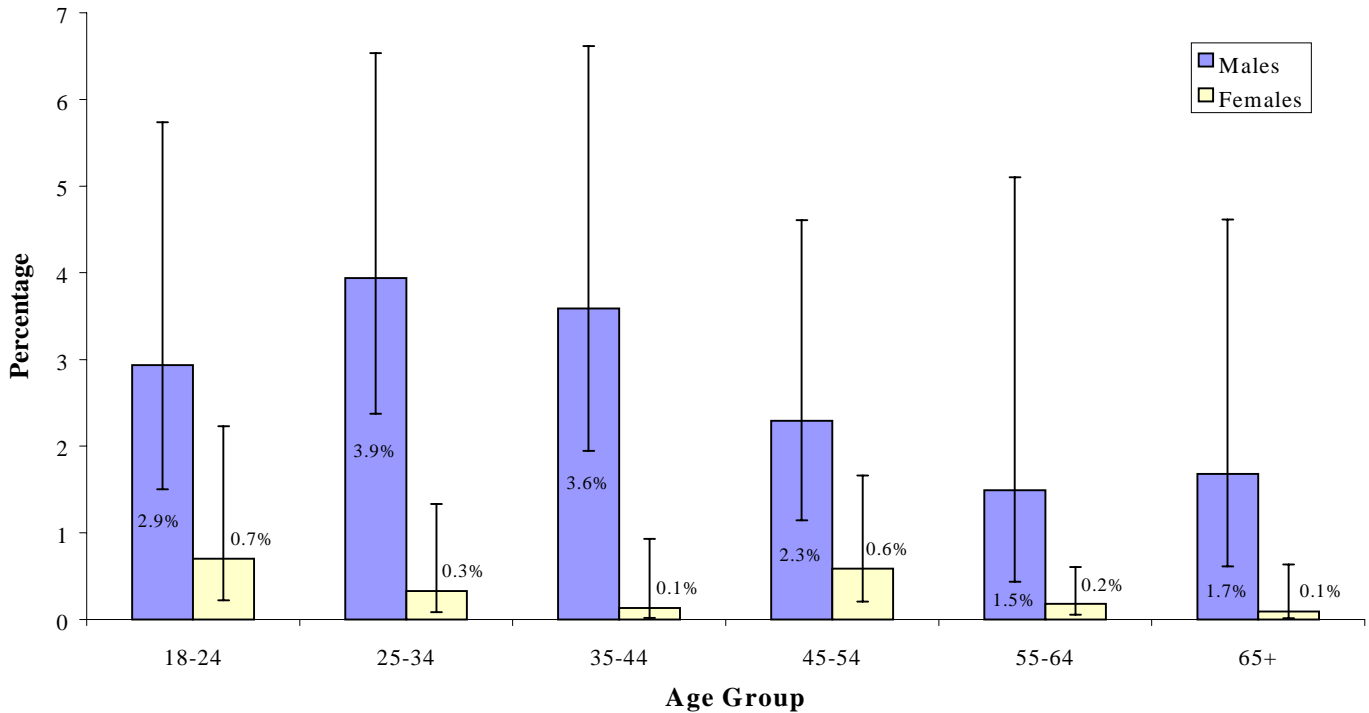
* A drink is defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor.



UTAH OBJECTIVE: No objective listed.
YEAR 2000 OBJECTIVE: No objective listed.
YEAR 2010 OBJECTIVE: No objective listed.

Chronic Drinking

Percentage of Persons Who Reported Chronic Drinking, by Age and Sex
Adults Age 18+, Utah 1995 and 1997



Source: Behavioral Risk Factor Surveillance System, Utah 1995 and 1997

Note: Asymmetric (Exact) Confidence Bounds were calculated for this measure.
Chronic Drinking is defined as consuming 60 or more alcoholic drinks per month.

District	Total Number of Adults in District	Number Chronic Drinking	Percentage Chronic Drinking	95% Asymmetric Confidence Intervals	
				Lower	Upper
Bear River	79,823	488	0.6%	0.2%	1.7%
Central	40,297	654	1.6%	0.7%	3.6%
Davis	141,480	2,035	1.4%	0.6%	3.7%
Salt Lake	547,744	7,490	1.4%	0.9%	2.2%
Southeastern	36,191	813	2.2%	1.1%	4.7%
Southwest	80,057	2,361	2.9%	1.3%	6.9%
Summit	16,526	810	4.9%	2.9%	8.2%
Tooele	21,226	349	1.6%	0.7%	4.1%
TriCounty	24,712	584	2.4%	1.2%	4.6%
Utah County	201,995	562	0.3%	0.1%	1.2%
Wasatch	8,343	120	1.4%	0.5%	4.1%
Weber-Morgan	125,148	4,869	3.9%	2.1%	7.2%
State Total	1,323,541	21,039	1.6%	1.2%	2.1%

- Chronic drinking was most common among young adult males and was much higher among men than women.
- Summit and Weber-Morgan Districts had higher rates of chronic drinking than the state average.