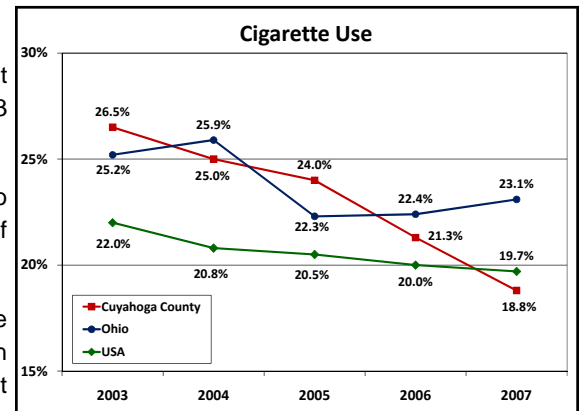


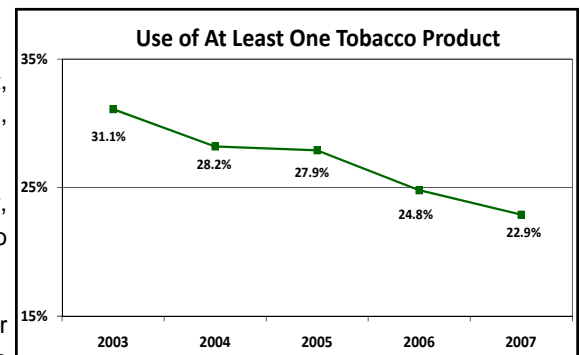
Cigarette Use

- Cigarette use in Cuyahoga County has been on a steady, consistent decline over the past five years, dropping significantly from 26.5% in 2003 to 18.8% in 2007.
- The current prevalence of cigarette use in the county (18.8%) is also significantly lower than that of Ohio (23.1%) and has begun to rival that of the nation (19.7%).
- Cigarette smoking in Cuyahoga County is largely associated with income and education. For example, 37.9% of residents with less than a high school degree smoke cigarettes compared to only 11.1% of those with at least a college degree (data not shown).
- In 2007, current users reported smoking on average 13.3 cigarettes a day (data not shown).



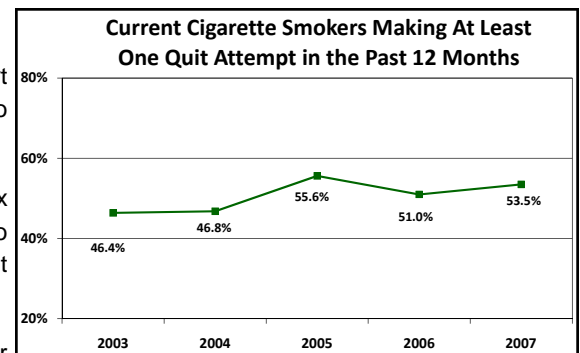
Other Tobacco and Multiple Product Use

- More than one-fifth of residents currently use at least one tobacco product, though use of at least one product has dropped significantly since 2003, from a high of 31.1% to the current prevalence of 22.9%.
- Cigarettes remain the most commonly used product in Cuyahoga County, while between 1% and 3% of residents are current users of other tobacco products, including cigars, little cigars, pipe, and chew (data not shown).
- Despite low prevalence estimates, it is still important to target other tobacco product users. Other tobacco product users represent a large proportion of multiple products users (i.e., approximately 40% of cigar users and 50% of little cigar users also smoke cigarettes while less than 10% of cigarette users report also using other tobacco products; data not shown). Other tobacco product users also represent a different group demographically than cigarette users (i.e., a larger proportion of little cigar users compared to cigarette smokers are younger, male, black, not employed, and lower income; data not shown).



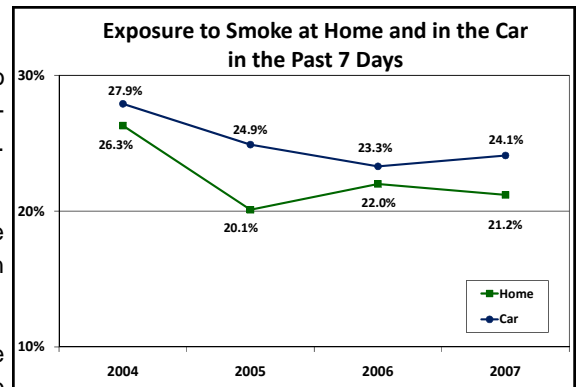
Quit Attempts

- More than half (53.5%) of all current cigarette users continue to report making at least one quit attempt in the past year. While attempts appear to have increased since 2003, the change is not significant.
- In 2007, 60.2% of all current smokers said they plan to quit in the next six months. Moreover, a third (32.9%) of all current smokers said they plan to quit within the next 30 days; research indicates that those planning to quit within such a timeframe are highly likely to succeed (data not shown).
- Over the past five years, 38.0% of adult smokers who have quit or attempted to quit in the previous 12 months reported using at least one type of cessation method (nicotine replacement therapy, a cessation class, a quit line, one-on-one counseling, or self-help materials) to help them. Of them, 51.9% reported using multiple methods (e.g., nicotine replacement and quit line; data not shown).
- While black adults in Cuyahoga County make more quit attempts and are more likely to report being advised to quit by their doctors than white smokers, they are somewhat less likely to succeed in quitting than white smokers, possibly due to the fact that they are nearly half as likely to use nicotine replacement therapies or pharmacological treatments (data not shown).



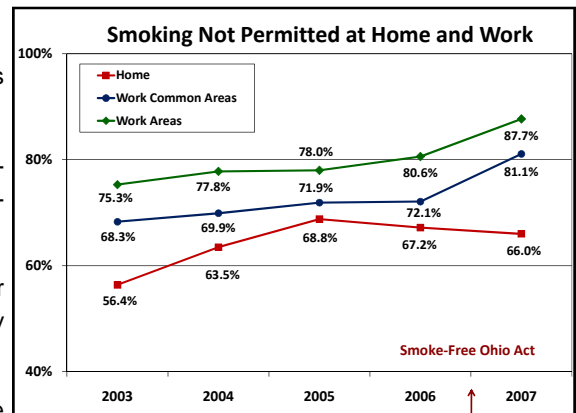
Exposure to Smoke at Home and in the Car

- Nearly a quarter (24.1%) of residents reported that there was exposure to secondhand smoke in their homes during the past week; more than one-fifth (21.2%) reported exposure while in a car during the past week. Apparent declines since 2004, however, are not statistically significant.
- In 2007, less than half (45.2%) of smokers with children in the home reported at-home exposure to secondhand smoke in the past week, down from 57.1% in 2006 (data not shown).
- In 2007, 70.5% of smokers agreed/strongly agreed that their children are upset by their smoking; 65.6% reported that their children have talked to them about quitting (data not shown).



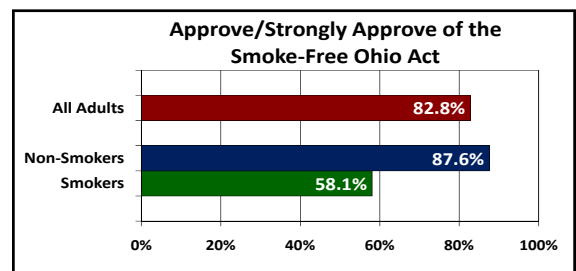
Rules about Smoking at Home and Work

- The Smoke-Free Ohio Act was passed in November of 2006 and was responsible for mandating that all workplaces in Ohio become smoke-free.
- In 2007, nearly 90% of residents reported that their work areas are smoke-free and over 80% reported that their common work spaces are smoke-free. Both estimates reflect significant increases since 2006.
- Two-thirds (66.0%) of households also do not permit smoking indoors; after increasing significantly in 2004, the estimates have remained fairly steady over the past four years.
- While exposure to and rules restricting smoking in the home have remained stable, the increasing restrictions on smoking at work suggest that the Smoke-Free Ohio Act is greatly reducing exposure for working adults in Cuyahoga County during the duration of their workday.



Approval and Impact of Smoke-Free Ohio

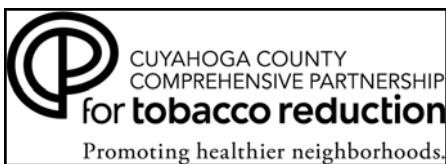
- The majority of Cuyahoga County adults (82.8%) report that they approve of the Smoke-Free Ohio Act, including both the majority of non-smokers (87.6%) and smokers (58.1%).
- In 2007, more than a quarter (26.4%) of smokers in the past year who reported making at least one quit attempt in the past 12 months said that non-smoking workplace policies led them to do so (data not shown).



The information in this report was obtained from the 2003-2007 Cuyahoga County Behavioral Risk Factor Surveillance Survey (CC-BRFSS). The CC-BRFSS is modeled after the CDC state-based system of health surveys administered annually by each state, and is comprised of telephone surveys of county adults aged 18 years and older. Please refer to the CC-BRFSS Methodology Brief available on the Center for Health Promotion Research website for more information about the methodology, sample description, and variable definitions used in this report.

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