



# Tobacco Data Pages

2013 Behavioral Risk Factor Surveillance System (BRFSS)

2013 Youth Risk Behavior Survey (YRBS)

2014 VT Adult Tobacco Survey (VTATS)

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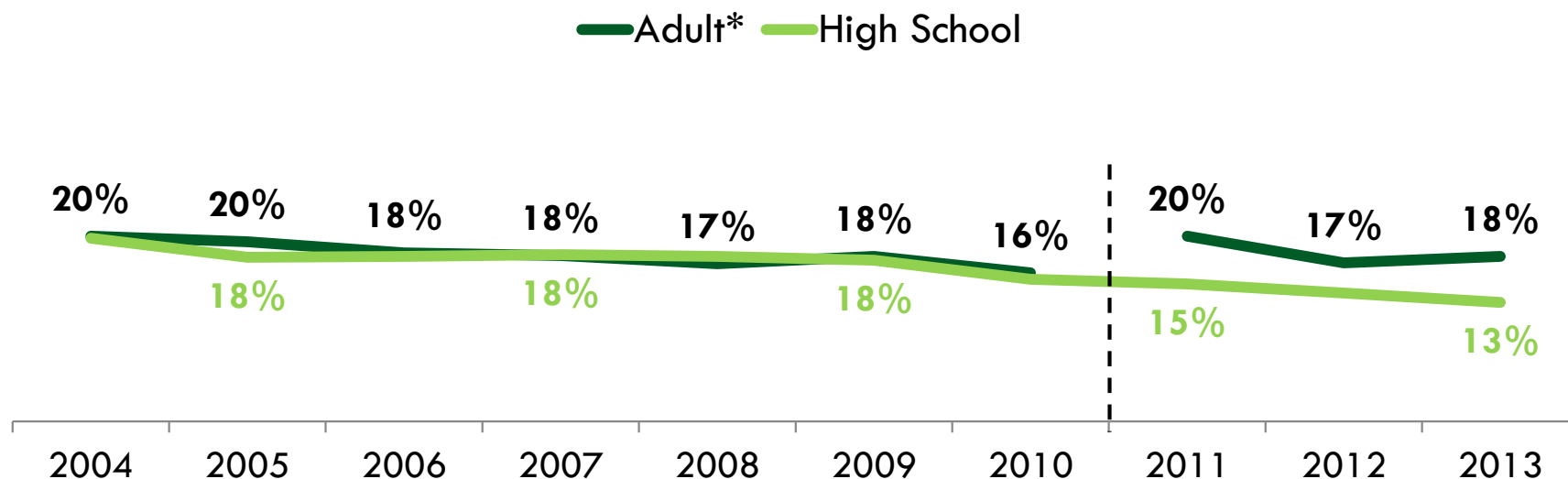
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# Tobacco Use

# Adult and Youth Cigarette Smoking Prevalence

In 2013, thirteen percent of high school students and eighteen percent of adults were current smokers. Cigarette smoking among students has decreased significantly in the past decade, while smoking prevalence among adults has remained similar over time.



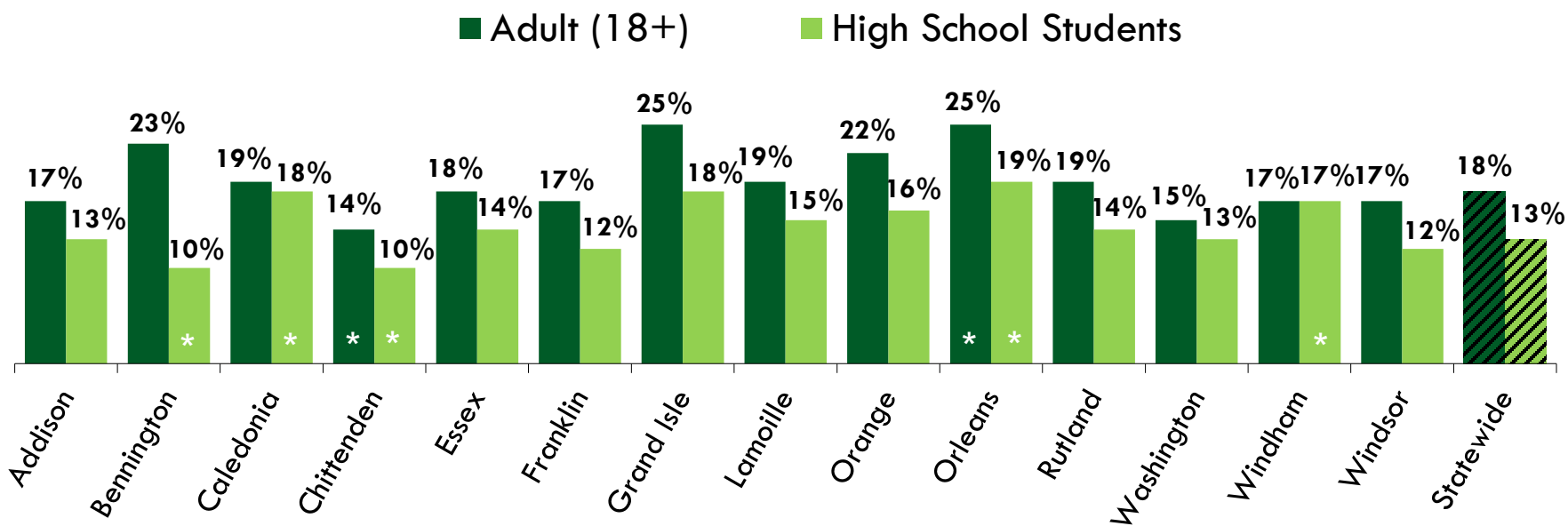
Source: VT BRFSS 2004 – 2013 & YRBS 2005 - 2013

\*Adult data on this page are age adjusted to the U.S. 2000 population.

--- Comparisons between adult (BRFSS) data collected in 2011 and later and that from earlier years should be made with caution due to changes in survey methodology

# Smoking Prevalence by County

- Across VT counties, the smoking prevalence ranged from 14 to 25% among adults. The smoking rate in Chittenden county was lower than the statewide average, while Orleans was higher.
- Among high school students, the smoking prevalence ranged from 10 to 19% across VT counties. The smoking rates in Bennington and Chittenden were lower than the state average, while Caledonia, Orleans, and Windham were higher.



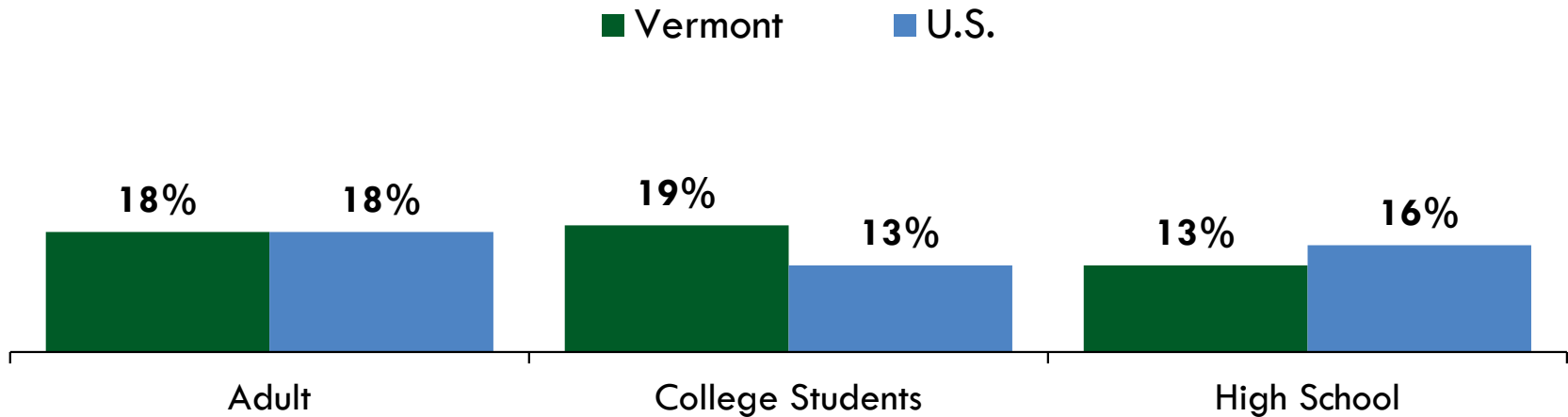
Source: VT BRFS 2012 – 2013 & YRBS - 2013

Adult data on this page are age adjusted to the U.S. 2000 population

\*Statistically different when compared to statewide prevalence.

# Vermont and U.S. Smoking Prevalence

- Among adults and high school students, the smoking prevalence of Vermonters was not significantly different than the U.S. averages.
- The smoking prevalence among Vermont college students (19%) was significantly higher than for college students nationwide (13%).

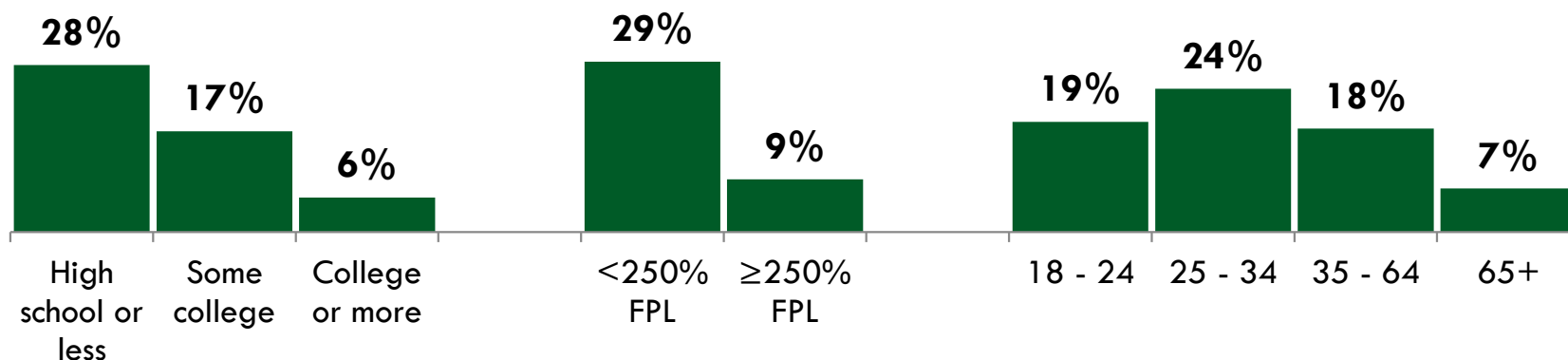


Source: VT & US BRFSS 2013, VT & US ACHA-NCHA-II 2014, YRBS 2013

\*Adult data on this page are age adjusted to the U.S. 2000 population

# Adult Smoking by Demographic Characteristics

- Adults 65 and older were significantly less likely to smoke compared to those in other age groups. Also, adults 35 – 64 were significantly less likely than those 25 – 34 to report smoking.
- Smoking prevalence was significantly higher for those with lower levels of education and those living at less than 250% of the federal poverty level.

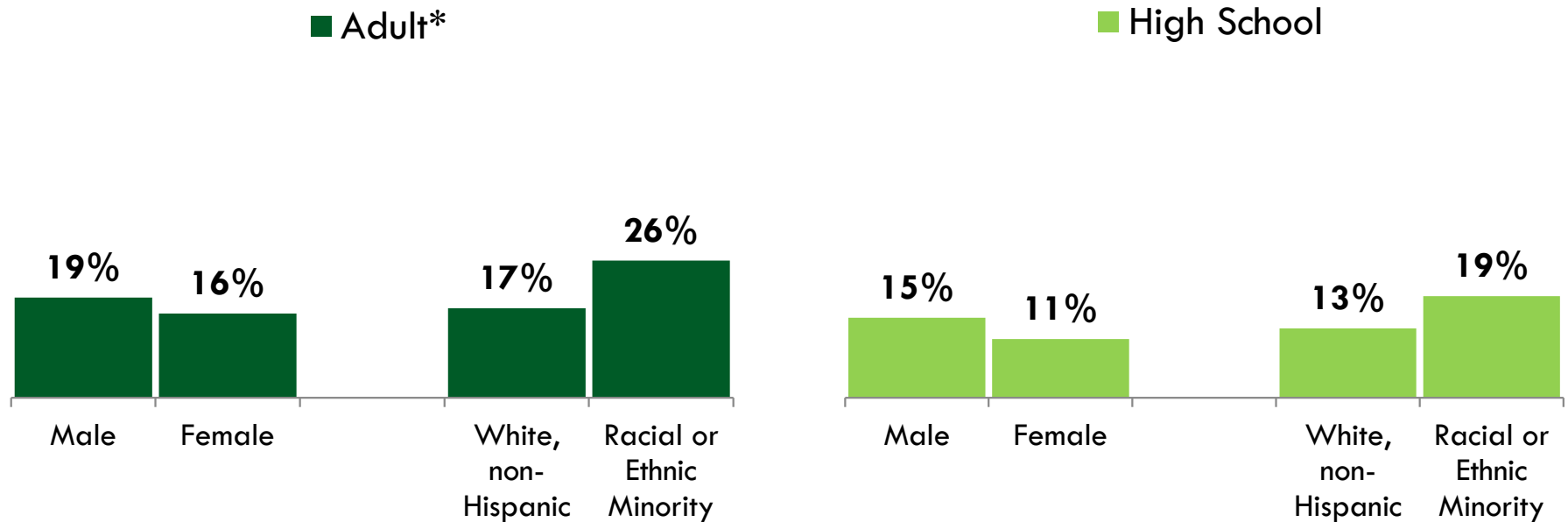


Source: VT BRFSS 2013

\*All data on this page are age adjusted to the U.S. 2000 population, except that broken down by age

# Smoking by Demographic Characteristics

- In Vermont, adult men and women reported smoking at similar rates, while male high school students were significantly more likely to smoke compared to female students.
- Among adults and high school students, the prevalence of cigarette use was statistically higher among racial or ethnic minorities compared to white, non-Hispanics.



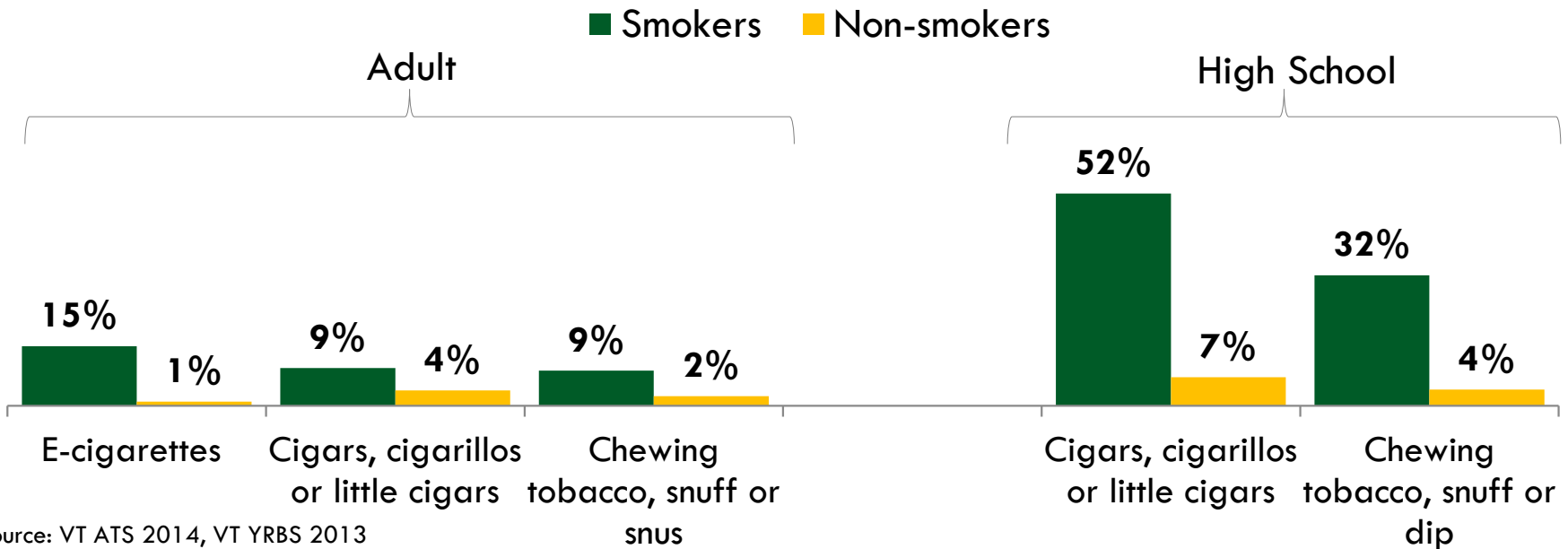
Source: VT BRFSS 2013 & YRBS 2013

\*Adult data on this page are age adjusted to the U.S. 2000 population.



# Other Tobacco Product Use

Adult and high school student smokers were significantly more likely to use other tobacco products (OTP) and tobacco substitutes compared to non-smokers. The difference was particularly large among students: about half of youth smokers used a cigar product and about one-third used chewing tobacco, while less than one in ten non-smokers used a cigar product or chewing tobacco. The difference was also notable among adults who used e-cigarettes: 15% of smokers used e-cigarettes while only 1% of non-smokers reported e-cigarette use.

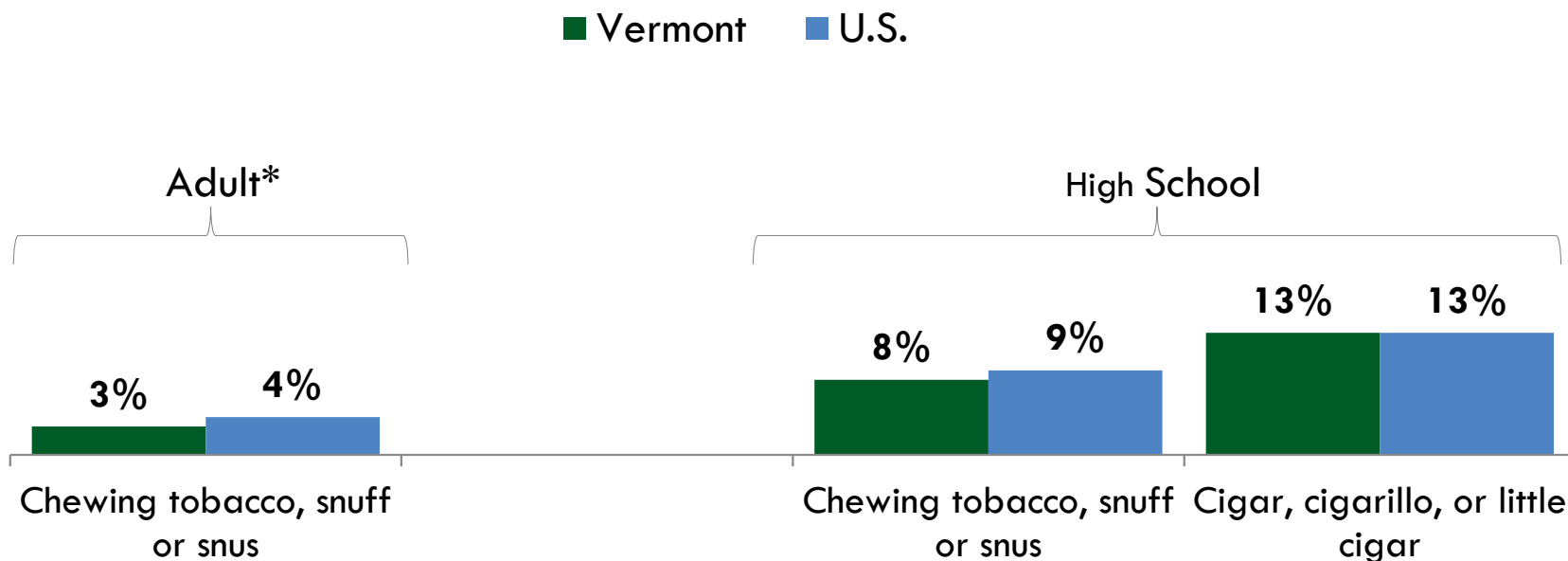


Source: VT ATS 2014, VT YRBS 2013

\*Adult OTP use defined as current use everyday or some days. Youth OTP use defined as use in the past 30 days.

# Vermont and U.S. Other Tobacco Product Use

The 2013 prevalence of adult OTP use in Vermont was similar to the prevalence in the U.S. Less than one in twenty adults and one in ten high school students used chewing tobacco. Prevalence of cigar product use among high school students in Vermont and the U.S. was 13%.

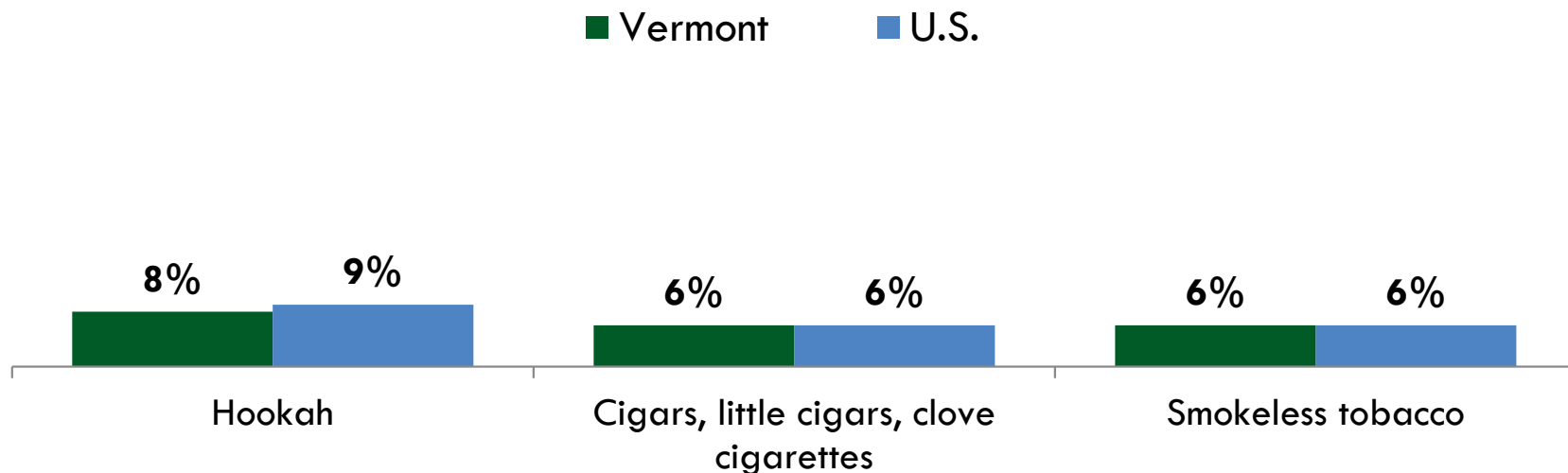


Source: VT & US BRFSS 2013, YRBS 2013

\*Adult data on this page are age adjusted to the U.S. 2000 population.

# Vermont and U.S. Other Tobacco Product Use: College Students

Less than one in ten college students reported use of hookah, cigar products or smokeless tobacco. The prevalence of hookah use among VT and U.S. college students was similar. Prevalence of cigar product use and use of smokeless tobacco was identical.



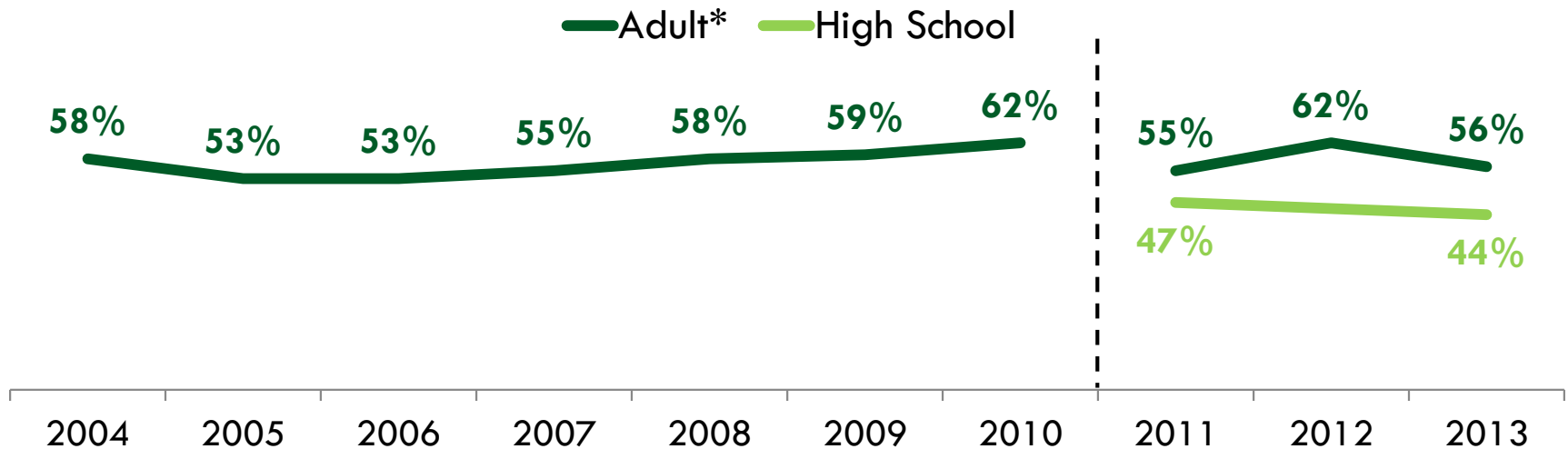
Source: VT & US ACHA-NCHA-II 2014

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# Quit Attempts

# Adult and Youth Quit Attempts

- Among adults smokers, 56% said they made a quit attempt in the past 12 months. While the proportion of smokers making a quit attempt decreased from 2012 to 2013, the change is not statistically significant.
- Fewer than half of high school smokers reported attempting to stop during the previous year. Quit attempts among students in 2013 were statistically similar to 2011.
- The proportion of adult and student smokers with a quit attempt was statistically similar between Vermont and the U.S. (data not shown)



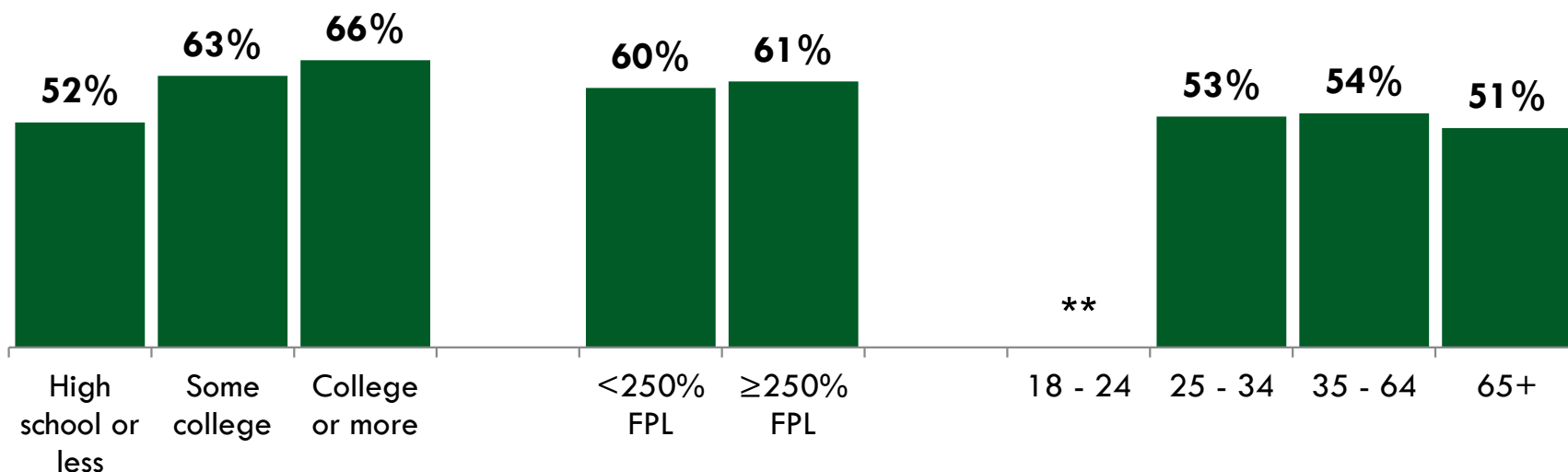
Source: VT & US BRFSS 2004 – 2013 & YRBS 2011 – 2013

\*Adult data on this page are age adjusted to the U.S. 2000 population.

--- Comparisons between adult (BRFSS) data collected in 2011 and later and that from earlier years should be made with caution due to changes in survey methodology. Historical youth data (YRBS) is not available due to question changes.

# Quit Attempts by Demographic Characteristics

- Adults with a college degree or higher were significantly more likely than those with a high school degree or less to have tried to quit smoking in the last year.
- There were no statistically significant differences in quit attempts by federal poverty level or age.



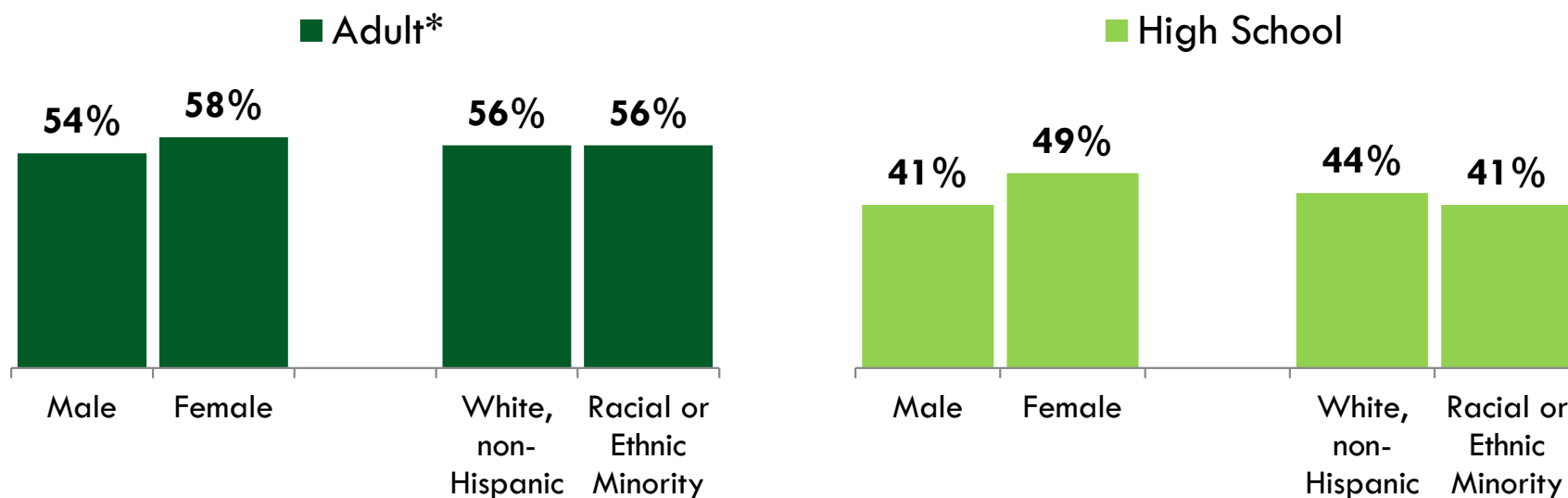
Source: VT BRFSS 2013

\*All data on this page are age adjusted to the U.S. 2000 population, except that broken down by age

\*\*Data suppressed due to small numbers

# Quit Attempts by Demographic Characteristics

- The proportion of adult men and women who reported trying to stop smoking was statistically similar.
- Male high school students were statistically less likely to make a quit attempt compared to female students.
- There were no statistical differences in quit attempts between white, non-Hispanics and racial and ethnic minorities among adults or students.

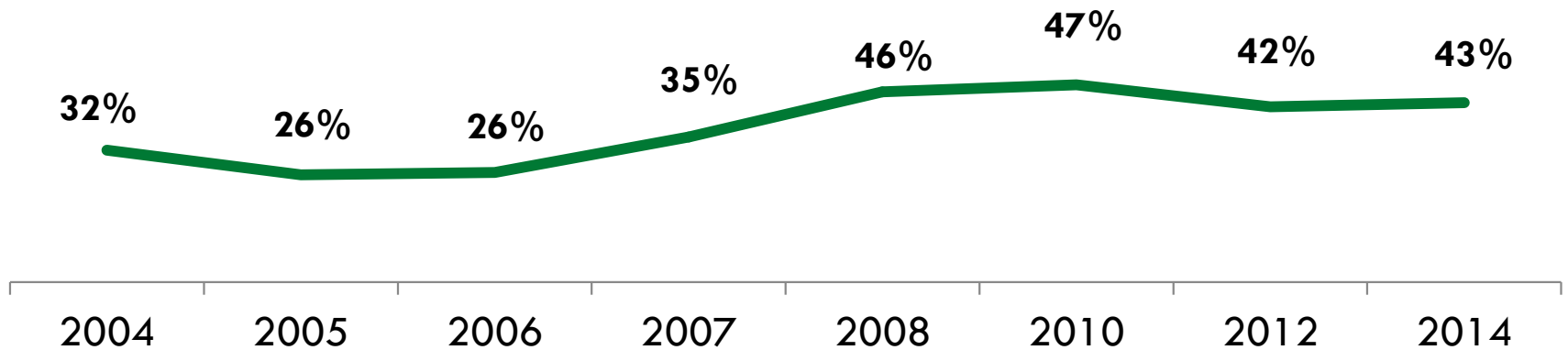


Source: VT BRFSS 2013 & YRBS 2013

\*Adult data on this page are age adjusted to the U.S. 2000 population.

# Anticipated Quit Attempts

In 2014, over two in five of Vermont's current adult smokers were seriously thinking of quitting in the next 30 days. The proportion of current smokers who anticipate quitting has risen significantly since 2004 but has remained relatively unchanged since 2008.



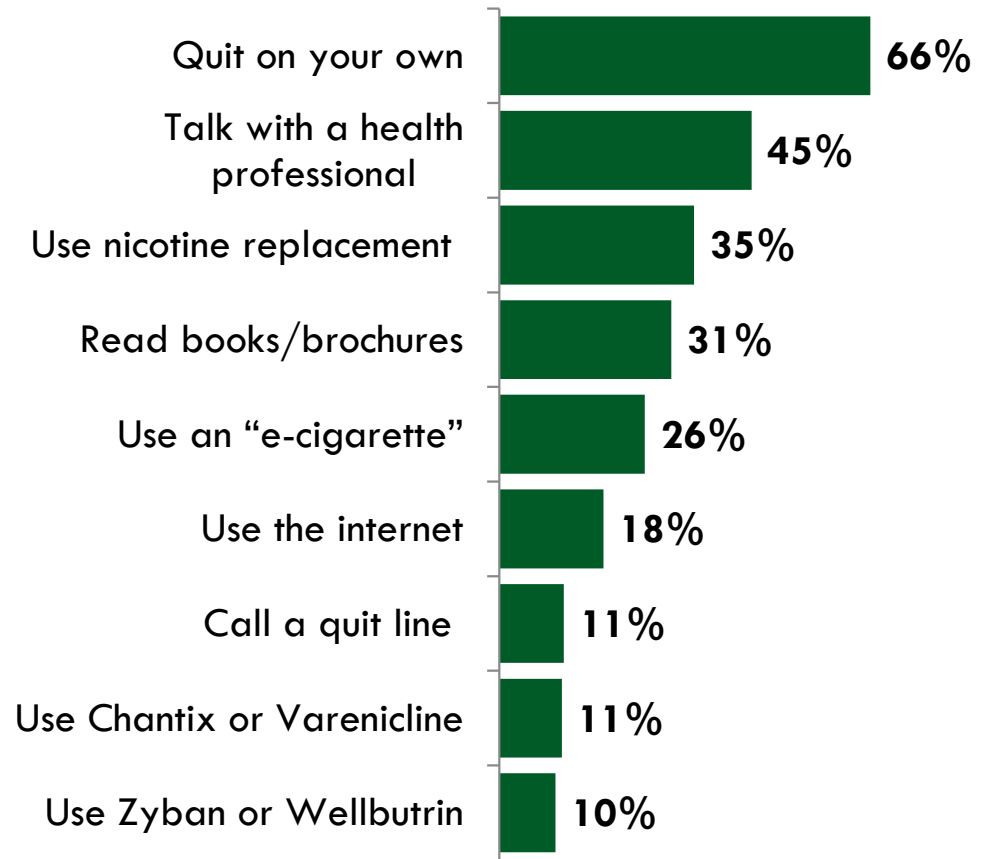
Source: VT ATS 2004 – 2014



# Cessation Methods Used by Current Smokers

During their most recent quit attempt, 66% of current adult smokers tried to quit without help. This proportion has remained consistent since 2006 (data not shown). Over two in five current smokers reported they talked with a health professional (45%). Over one in three current smokers used nicotine replacement therapy (35%) and about one in ten used the TCP Quit by Phone (Quitline) service, Zyban or Chantix.

The proportion of current smokers who reported use of an e-cigarette as a cessation method increased from 19% in 2012 to 26% in 2014, though this was not a statistically significant difference.



Source: VT ATS 2014

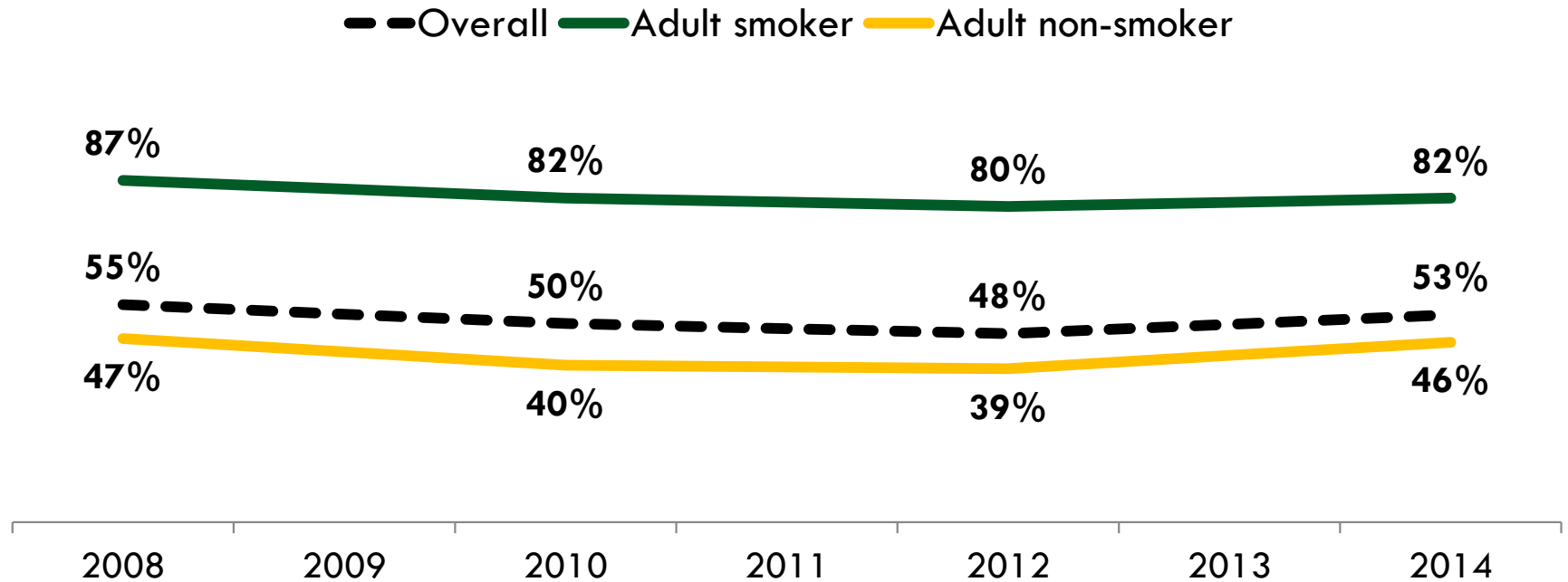
\*Multiple response options allowed

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# Secondhand Smoke

# Adult Secondhand Smoke Exposure

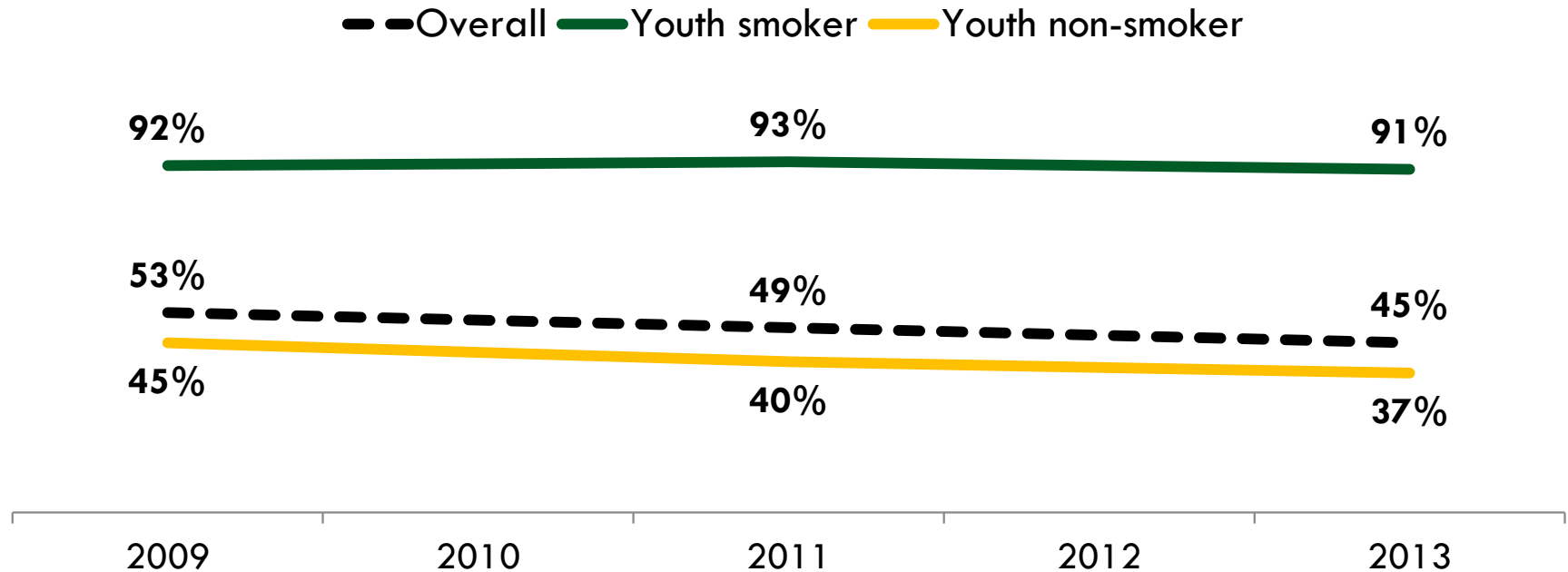
Adult secondhand smoke exposure has not significantly changed since 2008 for either smokers or non-smokers.



Source: VT ATS 2008 - 2014

# Youth Secondhand Smoke Exposure

Since 2009, secondhand smoke exposure has significantly declined overall, as well among non-smoking high school students.

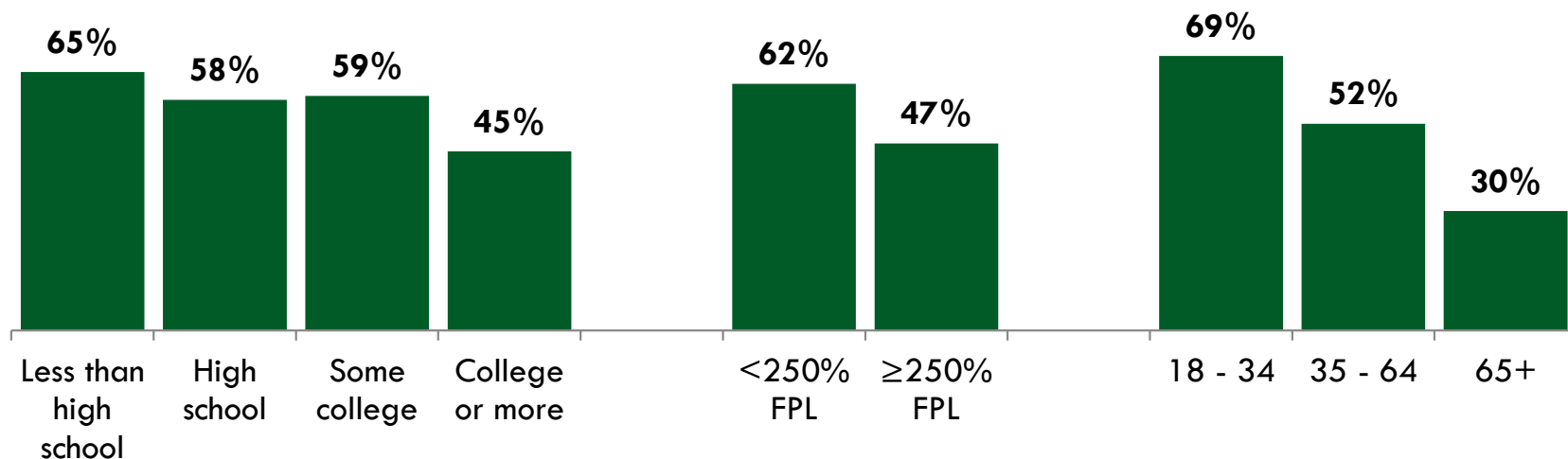


Source: VT YRBS 2009 - 2013

# Secondhand Smoke Exposure by Demographic Characteristics

Exposure to secondhand smoke was significantly different based on age, education, and income.

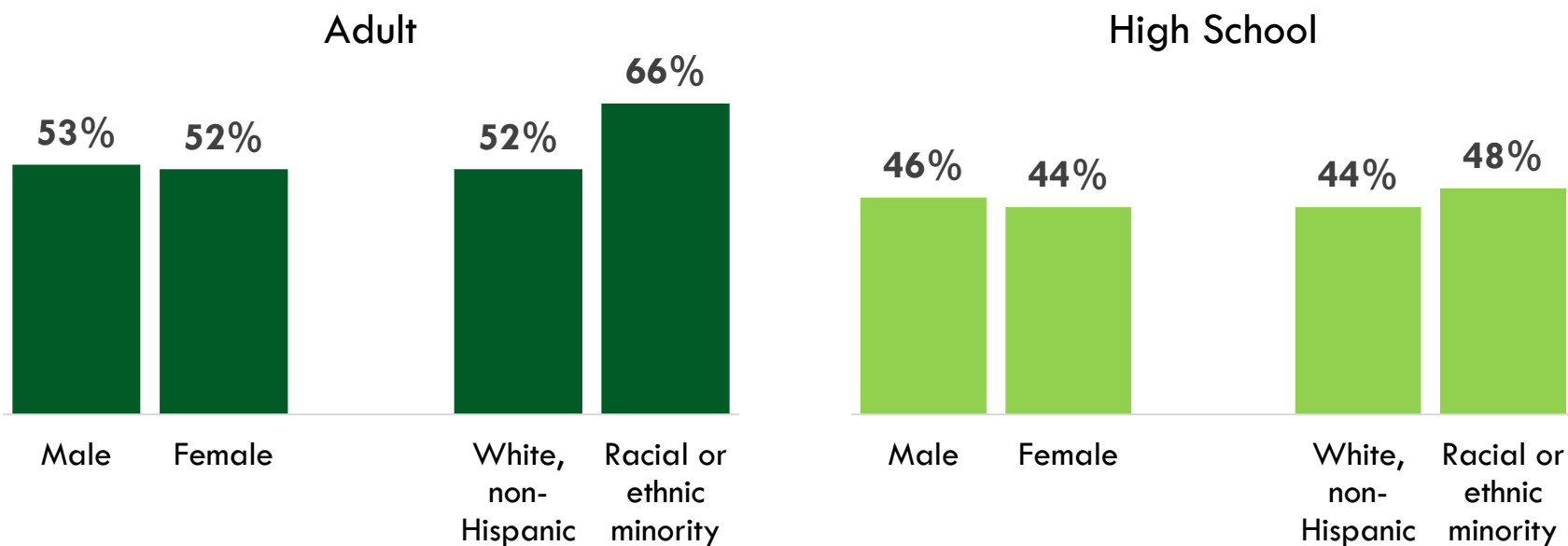
- As age increased, the proportion reporting exposure to secondhand smoke significantly decreased.
- Vermonters with a college education or more were significantly less likely to report exposure to smoke compared to all other education levels.
- Those who were at or above 250% of the federal poverty level were significantly less likely to report smoke exposure than those who were below 250% of the federal poverty level.



Source: VT ATS 2014

# Secondhand Smoke Exposure by Demographic Characteristics

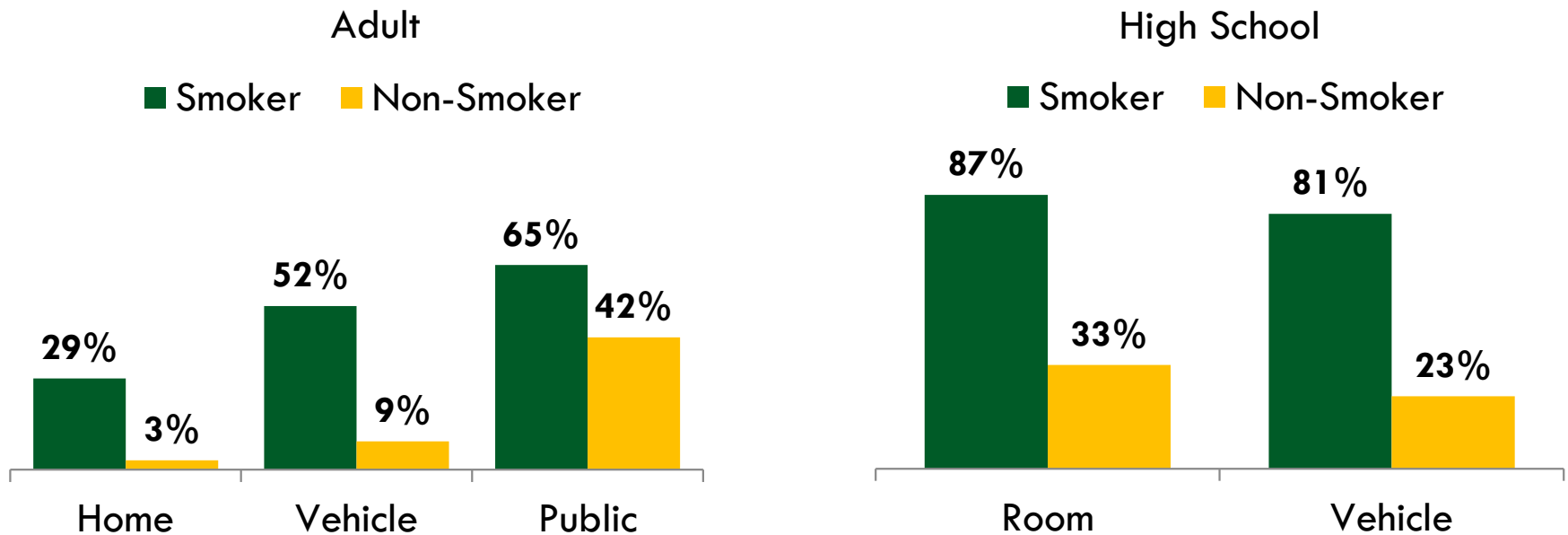
- Among adults and youth, racial/ethnic minorities were significantly more likely to report secondhand smoke exposure compared to white, non-Hispanic Vermonters.
- Among adults, there were no significant differences in secondhand smoke exposure based on gender. Among high school students, males were significantly more likely to report secondhand smoke exposure compared to females.



Source: VT ATS 2014 & VT YRBS 2013

# Secondhand Smoke Exposure by Location

- Secondhand smoke exposure was more likely among smokers than non-smokers, regardless of location.
- Among adults, secondhand smoke exposure was most likely in a public place. High school students were most likely exposed to secondhand smoke in a room, although more than 80% of youth smokers were also exposed to secondhand smoke in a vehicle.



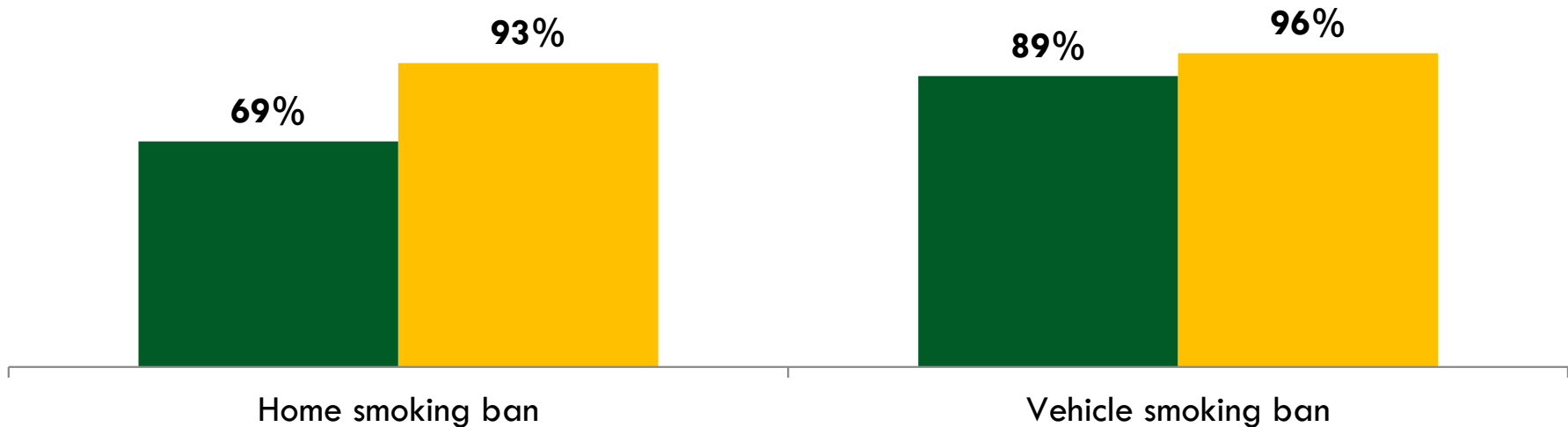
Source: VT ATS 2014, VT YRBS 2013

# Home and Vehicle Smoking Bans

The presence of a home smoking ban was reported for two-thirds of smokers (69%) and nearly all non-smokers (93%). The presence of a vehicle smoking ban was reported for a high proportion of smokers (89%) and nearly all non-smokers (96%).

## Vermont Adults who Report Personal Smoking Bans

■ Smoker ■ Non-smoker



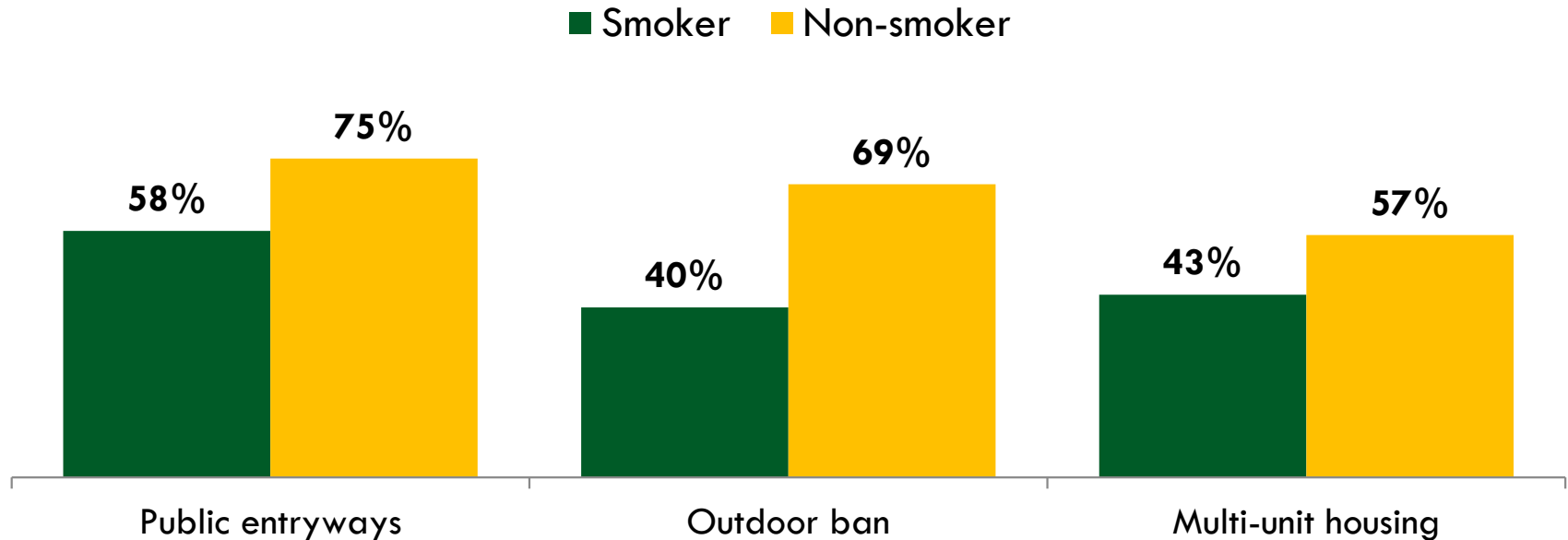
Source: VT ATS 2014



# Attitudes on Public Smoking Bans

A large proportion of non-smokers were in favor of banning smoking in public entryways (75%) or outdoor public places (69%). More than half of smokers were in favor of banning smoking in public entryways.

## Vermont Adults in Favor of Public Smoking Bans



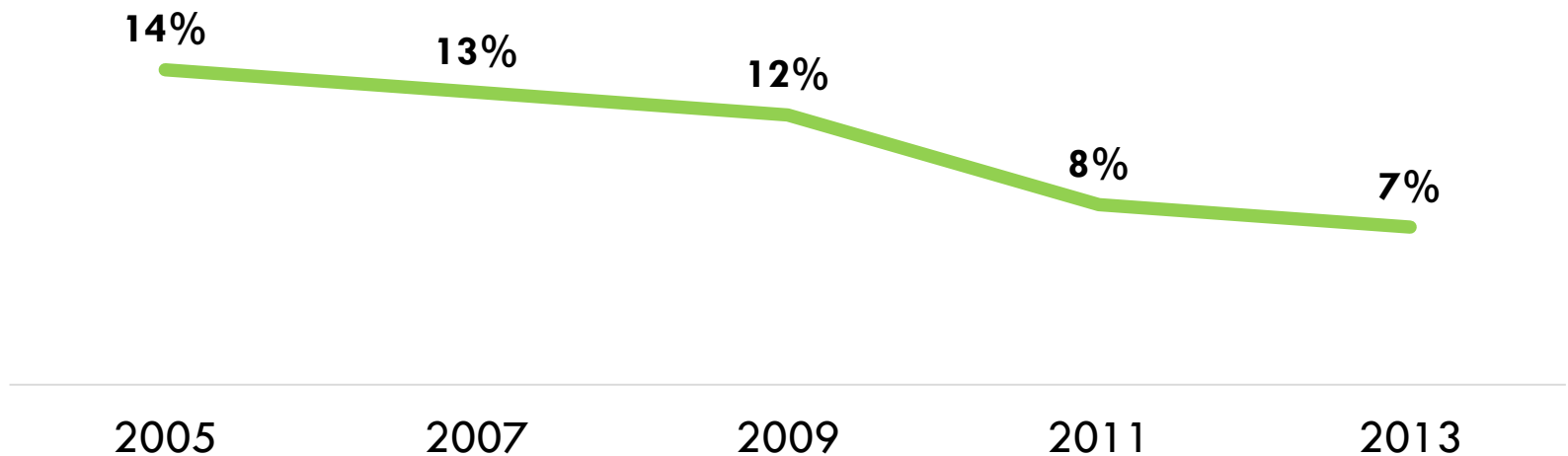
Source: VT ATS 2014

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# Tobacco Use Initiation

# Cigarette Use Before Age 13

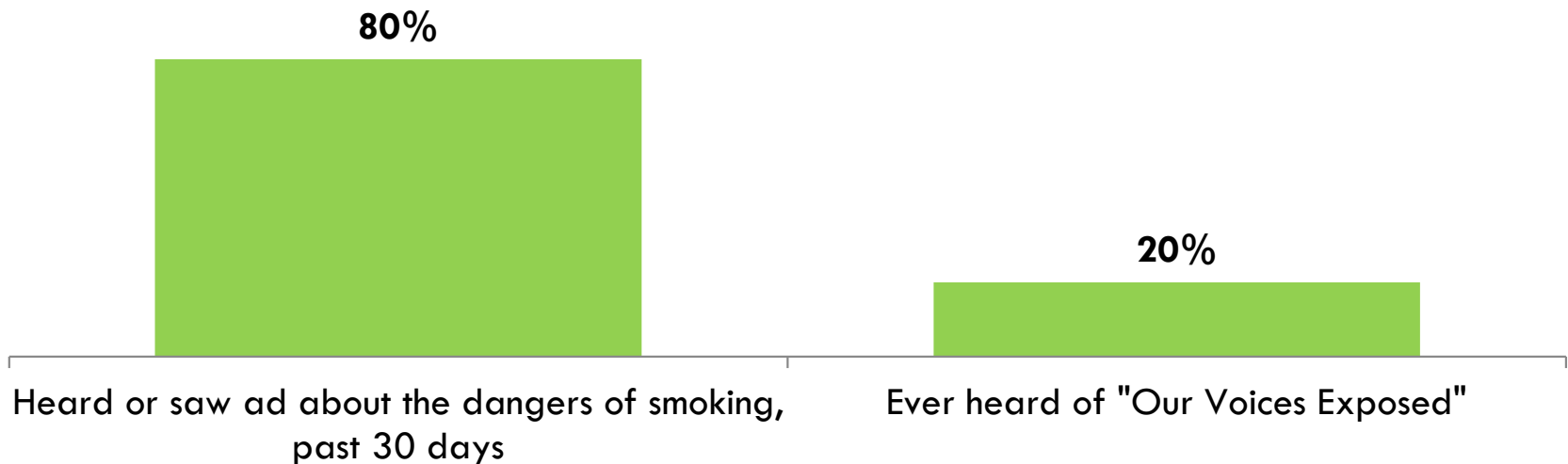
- Overall, 7% of high school students reported smoking a whole cigarette before age 13. Smoking before age 13 decreased significantly from 2011 to 2013. This was also significantly lower than the national average in 2013 (9%).
- Significantly more male and racial/ethnic minority high school students used a cigarette before age 13 compared to female and white non-Hispanic students, respectively:
  - ▣ 8% of males vs. 5% of females
  - ▣ 13% of racial/ethnic minorities vs. 6% of white non-Hispanics



Source: YRBS 2005 – 2013, US YRBS 2013

# Youth Exposure to Tobacco Messaging

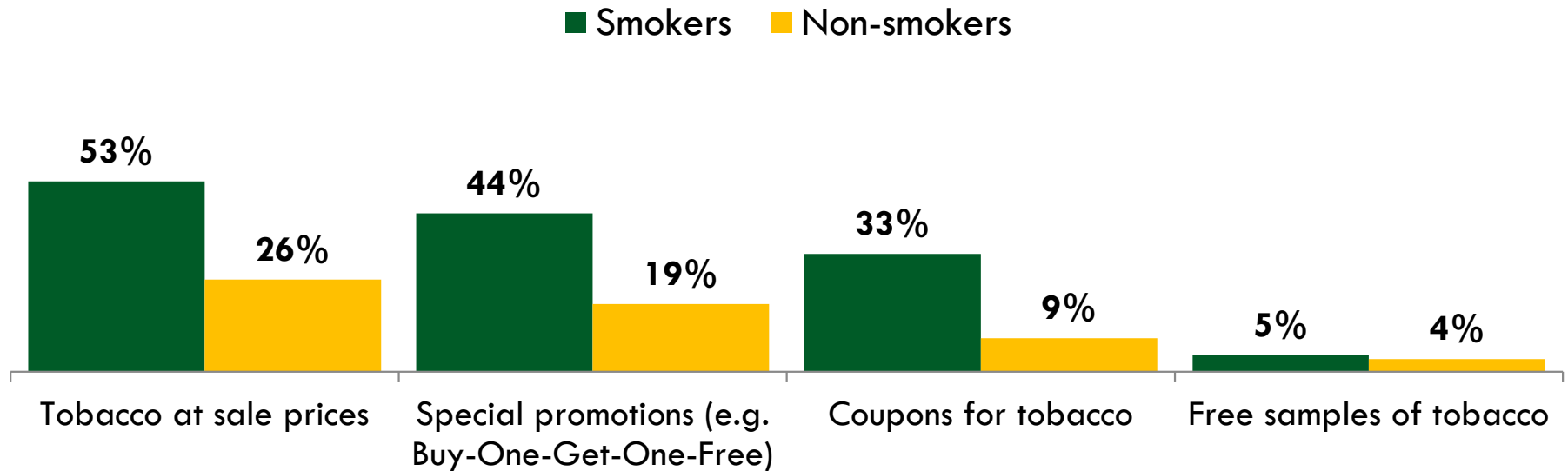
Out of all high school students, 80% heard or saw an ad about the dangers of smoking at least once in the past 30 days. In Vermont, 20% of students reported hearing about OVX (Our Voices Exposed). This percent decreased significantly from 2011 (26%).



Source: VT YRBS 2013

# Adult Exposure to Tobacco Promotions

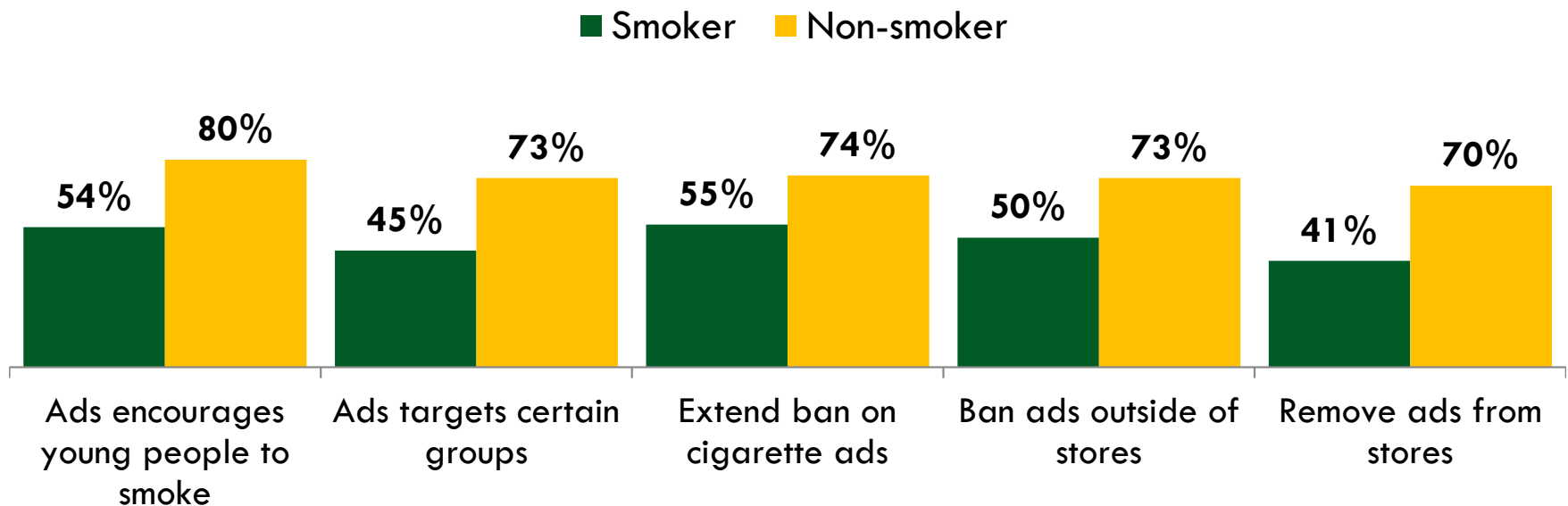
Adult smokers were significantly more likely to notice tobacco at sales prices, special promotions, and coupons for tobacco as compared to non-smokers.



Source: VT ATS 2014

# Adult Attitudes on Cigarette Advertising

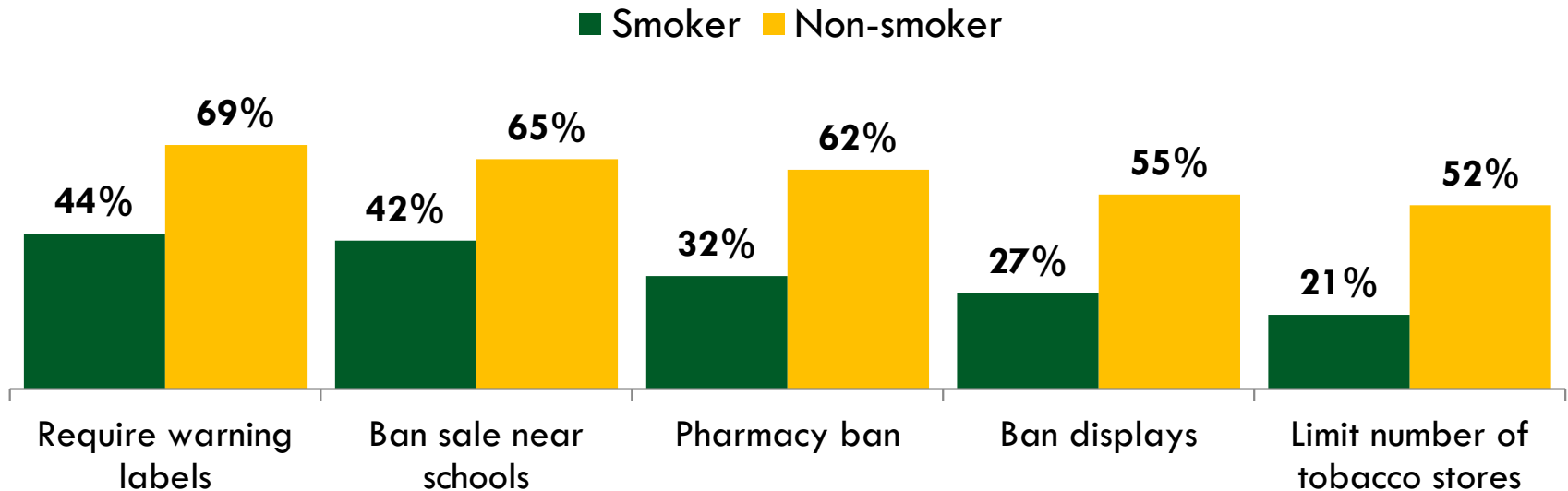
In comparison to adult smokers, non-smokers were significantly more likely to believe that tobacco advertising encourages young people to smoke and targets certain groups such as young adults, low income groups and specific ethnic groups. Non-smokers are also more likely to agree that cigarette ads should be banned from all print and electronic media, banned outside of stores, and removed from inside stores. Still, a majority of smokers believe that tobacco advertising encourages young people to smoke and agree that cigarette ads should be banned from all print and electronic media.



Source: VT ATS 2014

# Adult Attitudes on Sale Restriction Policies

In comparison to adult smokers, non-smokers were significantly more likely to be in favor of requiring warning labels on cigarette packs, banning tobacco sales near schools, banning tobacco sales from pharmacies, banning tobacco product displays, and limiting the number of stores that sell tobacco. Smokers most support requiring warning labels and banning tobacco sales near schools.



Source: VT ATS 2014

# Definitions

<b>Current smoker</b>	Adult	Smoked at least 100 cigarettes in life and now smokes every or some days
	High school/ college	Smoked at least one cigarette during the past 30 days
<b>Smoker</b>	Adult	Current smoker or smoked at least 100 cigarettes in life and quit within the past 12 months
<b>Other tobacco product/tobacco substitute user (OTP)</b>	Adult	Uses OTP/tobacco substitute everyday or some days
	High school/ college	Used OTP/tobacco substitute during the past 30 days
<b>Quit attempt</b>	Adult/ high school	Made at least one quit attempt in the last 12 months
<b>Secondhand smoke exposure</b>	Adult	Someone other than yourself smoked tobacco in your home or you were in a car with someone smoking tobacco or you breathed the smoke from someone who was smoking tobacco in an indoor or out door public space during the past seven days
	High school	In the same room or car as someone who was smoking during the past seven days
<b>Home or vehicle smoking ban</b>	Adult	Don't allow any smoking anywhere in their home (considered to allow smoking if smoking was permitted in some places or at some times in their home or if there were no rules about smoking in their home). Don't allow any smoking when children are in the vehicle (considered to allow smoking if smoking was permitted sometimes or anytime when children are in the vehicle or if there were no rules about smoking when children are in the vehicle).



# Data Sources

- **Behavioral Risk Factor Surveillance System (BRFSS):** Telephone survey that tracks health risk behaviors of Vermont non-institutionalized adults. The results are used to plan, support, and evaluate health promotion and disease prevention programs. Since 1990, Vermont, along with the 49 other states and three territories, has participated in the BRFSS with the Centers for Disease Control and Prevention (CDC). An adult (18 or older) in the household is asked a uniform set of questions. The results are weighted to represent the adult population of the state.
- **Youth Risk Behavior Survey (YRBS):** Every two years since 1993, the Department of Health's Division of Alcohol and Drug Abuse Programs, and the Department of Education's Coordinated School Health Programs have sponsored the YRBS. The YRBS measures the prevalence of behaviors that contribute to the leading causes of death, disease, and injury among youth. The YRBS is part of a larger effort to help communities increase the “resiliency” of young people by reducing high risk behaviors and promoting healthy behaviors.
- **Vermont Adult Tobacco Survey (VTATS):** The VTATS is a population-based telephone survey used to help evaluate the effectiveness of the Vermont Tobacco Control Program's (VTCP) efforts to reduce smoking and increase awareness and knowledge of smoking-related issues among Vermont adults. This evaluation tool is not part of a national survey and data should not be directly compared to that from other states. The results are weighted to represent the adult population of the state.
- **National Health and Nutrition Examination Survey (NHANES):** NHANES is a program of studies designed to assess the health and nutritional status of adults and children in the United States. The survey combines interviews and physical examinations. The survey examines a nationally representative sample of about 5,000 persons each year. These persons are located in counties across the country, 15 of which are visited each year. The results are weighted to represent the US population.