

## BRFSS 2012 – TOBACCO USE

Reducing the prevalence of tobacco use is a health priority in Vermont. Decreasing adult use of cigarettes and increasing the proportion of cigarette smokers who attempt cessation are Healthy Vermonters 2020 Objectives (HV2020). This data brief includes 2012 results for selected indicators and demographic subgroups related to these goals.

### Adult Prevalence & Quit Attempts

	%	Estimated Vermonters**
Cigarette Use*	17.3	81,000
Smokeless Tobacco Use	3.0	15,000
Quit Attempts among cigarette users*	62.4	51,000

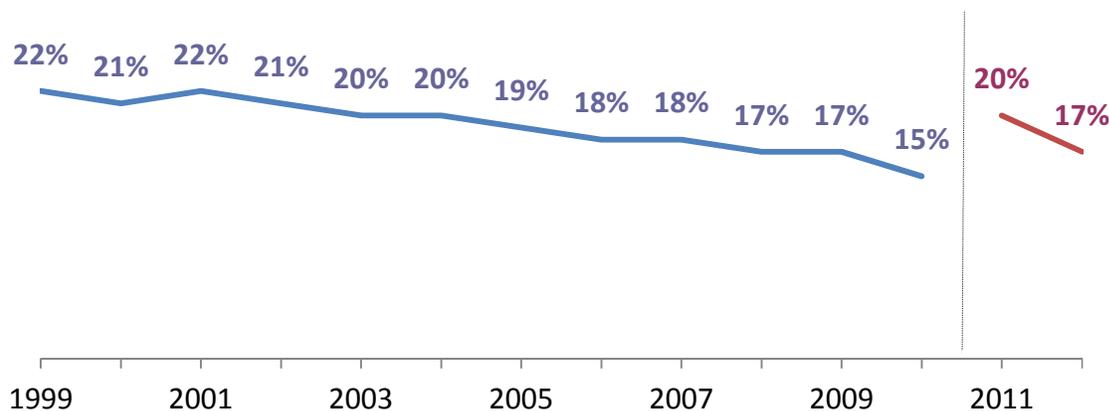
\* Percents age-adjusted to standard U.S. 2000 population according to Healthy People 2020 guidelines.

\*\* Estimated counts are rounded to the nearest thousand Vermonters and not age-adjusted.

In 2011, the Centers for Disease Control and Prevention implemented changes to the BRFSS weighting methodology in order to more accurately represent the adult population. Weights are now calculated using an iterative proportional fitting (or “raking”) methodology. While these adjustments make the calculations more representative of the population, the changes in methodology also limit the ability to compare data from 2011 and forward to previous years. Trend lines for prevalence will separate pre- and post-2011 data.

Comparisons between BRFSS data from 2011 and forward and earlier years should be made with caution. Statistical differences between data from 2011 and forward may be due to methodological changes, rather than changes in opinion or behavior.

### Vermont adult smoking prevalence, VT BRFSS 1999 - 2012



## DEMOGRAPHICS

There continue to be differences in smoking prevalence and quit attempts by age, education level, race-ethnicity, and Federal Poverty Level (FPL). These differences are similar to those noted in prior years of BRFSS data. Younger adults, Vermonters with lower education levels, those of racial or ethnic minorities, and those living at less than 250% of FPL are more likely to be current smokers than other Vermonters. Though there were some differences in the proportion of smokers with quit attempts, only differences in quit attempts by age are of statistical significance. Quit attempts among smokers between the ages of 18 - 24 were significantly higher than quit attempts among smokers between the ages of 35 – 44, 45 – 54 and 55 – 64.

### Adult smoking prevalence and quit attempts by selected demographic characteristics:

	Smoking Prevalence			Quit Attempts		
	%	Estimated Vermonters**	Statistical Difference	%	Estimated Vermonters**	Statistical Difference
<b>Overall</b>	<b>17.3</b>	81,000	--	<b>62.4</b>	51,000	--
<b>Gender</b>			No			No
Female	15.9	37,000		60.1	23,000	
Male	18.8	44,000		64.4	28,000	
<b>Age Group*</b>			Yes			Yes
18 to 24 years	19.8	13,000		79.6	10,000	
25 to 44 years	21.8	31,000		62.9	19,000	
45 years and older	13.2	38,000		57.8	22,000	
18-24 years	19.8	13,000		79.6	10,000	
25-34 years	25.2	17,000		69.8	12,000	
35-44 years	18.5	13,000		53.9	7,000	
45-54 years	20.0	19,000		57.5	11,000	
55-64 years	13.9	13,000		56.9	7,000	
65+ years	6.0	6,000		61.2	4,000	
<b>Education</b>			Yes			No
High school or less	27.3	48,000		60.1	29,000	
Greater than high school	11.3	33,000		65.6	21,000	
Less than high school	46.3	16,000		67.9	11,000	
High school	23.0	32,000		54.9	19,000	
Some college	16.7	23,000		67.0	15,000	
College or higher	7.1	10,000		61.9	6,000	
<b>Race-Ethnicity</b>			Yes			No
White, non-Hispanic	16.8	73,000		61.9	46,000	
Racial/Ethnic Minority	27.7	7,000		67.7	5,000	
<b>Federal Poverty Level***</b>			Yes			No
<250% of FPL	23.6	N/A		60.3	N/A	
≥250% of FPL	9.3	N/A		67.0	N/A	

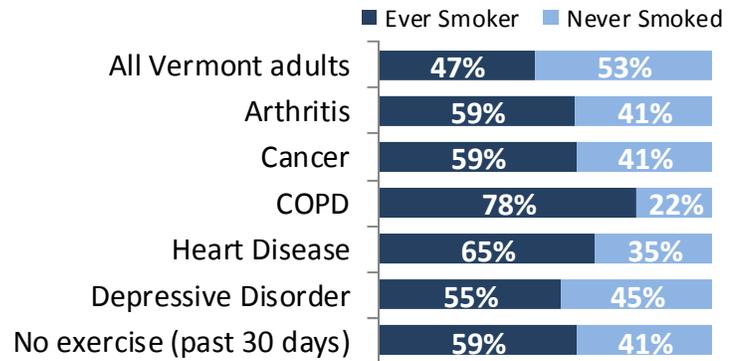
\* All percents with the exception of age group categories are age-adjusted to standard U.S. 2000 population according to Healthy People 2020 guidelines.

\*\* Estimated counts are rounded to the nearest thousand Vermonters and not age-adjusted.

\*\*\* Estimated Vermonters for Federal Poverty Level cannot be calculated due to survey methodology.

## CHRONIC DISEASE

Among adults who have a specific chronic disease or disease risk factors, a statistically higher proportion are those who have smoked at some point in their lives for arthritis, cancer, COPD, heart disease, history of depression and a report of no exercise in the past 30 days. There are no significant differences in lifetime smoke status for diabetes, current or lifetime asthma, or obesity (not shown).



## YOUNG ADULTS

As noted, younger adults (18 – 34 years old) are more likely to be current smokers than older adults. Given this disparity, subgroup analyses are presented below. Among young adults, those 25 to 29 have the highest smoking prevalence (27.2%). Most demographic differences in prevalence mirror those of all adults. Only differences by education level and federal poverty level were statistically significant. Many of these subgroups do not contain enough respondents to provide statistically stable point estimates for quit attempts with the exception of the white, non-Hispanic race-ethnicity. The proportion of quit attempts among white, non-Hispanic 30-34 year olds is 69.7%. The prevalence of smokeless tobacco use is 5.9% in 18-24 year olds, 4.7% in 25-29 year olds, and 6.2% in 30-34 year olds (not shown).

### Adults 18-34 years old: prevalence by selected demographic characteristics:

	Age 18-24*	Age 25-29*	Age 30-34*	Age 25-34*	
<b>Vermonters**</b>	<b>64,873</b>	<b>35,441</b>	<b>34,181</b>	<b>69,622</b>	
<b>Estimated Smokers</b>	<b>13,000</b>	<b>9,000</b>	<b>9,000</b>	<b>17,000</b>	
	Prev %	Prev %	Prev %	Prev %	Quit Attempts %
<b>Overall Prevalence</b>	<b>19.8</b>	<b>27.2</b>	<b>23.5</b>	<b>25.2</b>	<b>69.8</b>
<b>Gender</b>					
Female	20.7	25.0	24.4	24.7	--
Male	18.9	29.6	22.6	25.7	64.8
<b>Education</b>					
High school or less	27.7	40.6	34.4	36.9	61.6
Greater than high school	13.2	20.6	15.9	18.3	79.7
Less than high school	--	--	--	--	--
High school	29.0	37.1	29.3	32.3	--
Some college	13.2	--	25.3	30.8	--
College or higher	13.0	9.9	9.3	9.6	--
<b>Race/Ethnicity</b>					
White, non-Hispanic	19.2	25.5	24.0	24.7	68.5
Racial/Ethnic Minority	25.4	--	--	--	--
<b>Federal Poverty Level</b>					
<250% of FPL	--	29.0	31.3	30.2	--
≥250% of FPL	--	--	9.5	9.2	--

\* Percents are not age-adjusted due to the small age ranges. This differs slightly from analyses of all adults.

\*\* 2010 Census.

-- Suppressed due to small numbers.