

Tobacco Use and Health Risks Among Rhode Island Adults in 2008



Rhode Island Department of Health, December 2009
Center for Health Data and Analysis

Introduction

This report presents current smoking rates for demographic subgroups, and compares smokers with non-smokers for 27 indicators of health. Data are from Rhode Island's 2008 Behavioral Risk Factor Surveillance System (BRFSS).

About the BRFSS: The BRFSS is a telephone survey administered in all 50 states and 4 U.S. territories with funding and specifications from the Centers for Disease Control and Prevention (CDC). The BRFSS monitors the prevalence of behavioral health risks that contribute to the leading causes of disease and death among adults 18 years and older in the United States. Rhode Island has participated in the BRFSS since 1984.

Rhode Island's BRFSS: From January through December 2008, the Rhode Island BRFSS conducted 4,786 random-digit dialed telephone interviews with adults 18 and older. A professional research firm conducted the survey for the Rhode Island Department of Health.

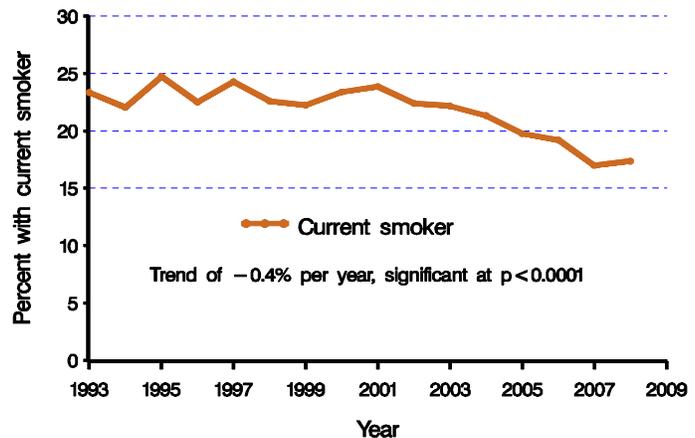
Current Smoker definition: Respondents are defined as current smokers if they have smoked at least 100 cigarettes in their life and currently smoke some days or everyday.

Reading statistics: The bar graphs in this report represent percentages and 95% confidence intervals (CI). Since percentages from survey data are estimates, the 95% CI indicates the range of values within which the "true" value lies 95% of the time. When two groups have 95% CI that overlap, the "true" values are likely to be similar in both groups. If the 95% CI do not overlap, the two groups are statistically significantly different from one another.

Acknowledgements: The RI BRFSS was funded in part by the Chronic Disease Prevention and Health Promotion Programs Cooperative Agreement 5U58DP122791-05 from the Centers for Disease

Control and Prevention. **For further information:** Go to <http://www.health.ri.gov/chic/statistics/brfss.php> for this and other RI BRFSS data. For more information on methods, national or state data, go to CDC's BRFSS website <http://www.cdc.gov/brfss>, or contact the Center for Health Data and Analysis, RI Department of Health (401-222-2550). **Report prepared by:** JE Hesser, PhD and Y Jiang, PhD, Center for Health Data and Analysis, and by Seema Dixit, MS, MPH, RI Tobacco Control Program.

Highlights

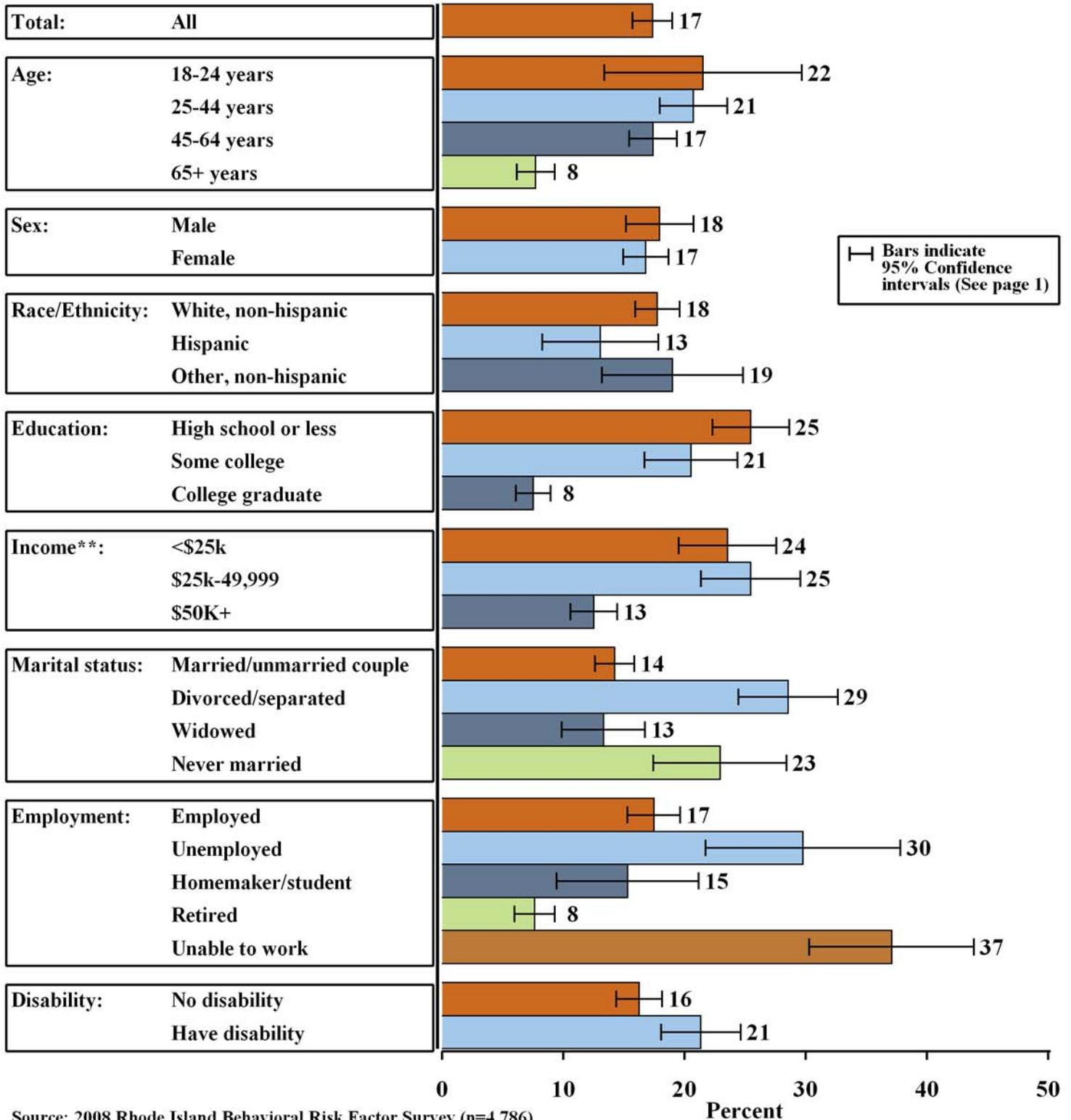


- ❖ There has been a statistically significant downward trend in adult current smoking from 1993 to 2008. In 2008, 17% of RI adults, about 142,000 persons, were current smokers. Two-thirds of them had tried to quit smoking at least once in the prior year.
- ❖ Smoking rates are lowest among adults ages 65+, college graduates and those with annual household incomes of \$50,000 or more. Smoking rates are highest among younger adults, adults with less than a college education, and in lower income households. (Fig. 1)
- ❖ Smokers are at greater risk than non-smokers for being sedentary, chronic drinking, and tooth loss. (Fig 2)
- ❖ A greater proportion of smokers than non-smokers lack access to health services, including dental care or a regular medical provider (Fig. 2), and have lower utilization of preventive services such as cancer screening and immunizations. (Fig 3)
- ❖ Smokers have significantly higher rates than non-smokers for each of 8 indicators of poor quality of life and mental health. (Fig. 3)

The RI Tobacco Control program's implementation of "best practices" has resulted in high cigarette prices and reduced tobacco use prevalence. Nonetheless, smokers are a high risk population and tobacco use is still the leading preventable cause of death and illness in the state. Ongoing comprehensive tobacco control program efforts are required to continue reduction of tobacco use in RI.

Figure 1

Current Smoking* Among Rhode Island Adults (Ages 18 and older) within demographic subgroups -- 2008

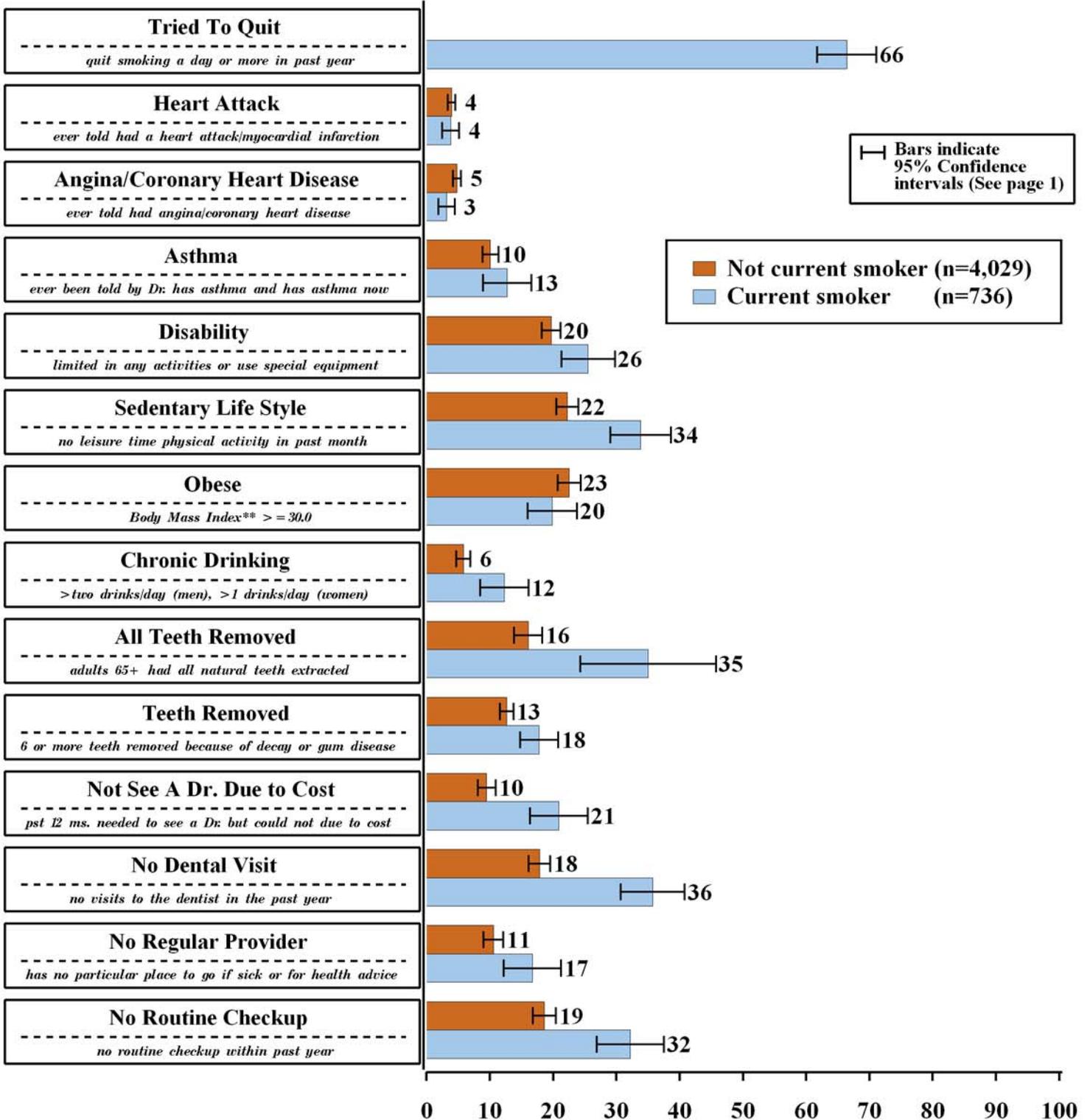


Source: 2008 Rhode Island Behavioral Risk Factor Survey (n=4,786)

* Current smoker: Respondents that reported having smoked at least 100 cigarettes in their lifetime and currently smoke

** Annual household

Figure 2
Health Risks Among Rhode Island Adults
 (Ages 18 and older) by smoking status* -- 2008



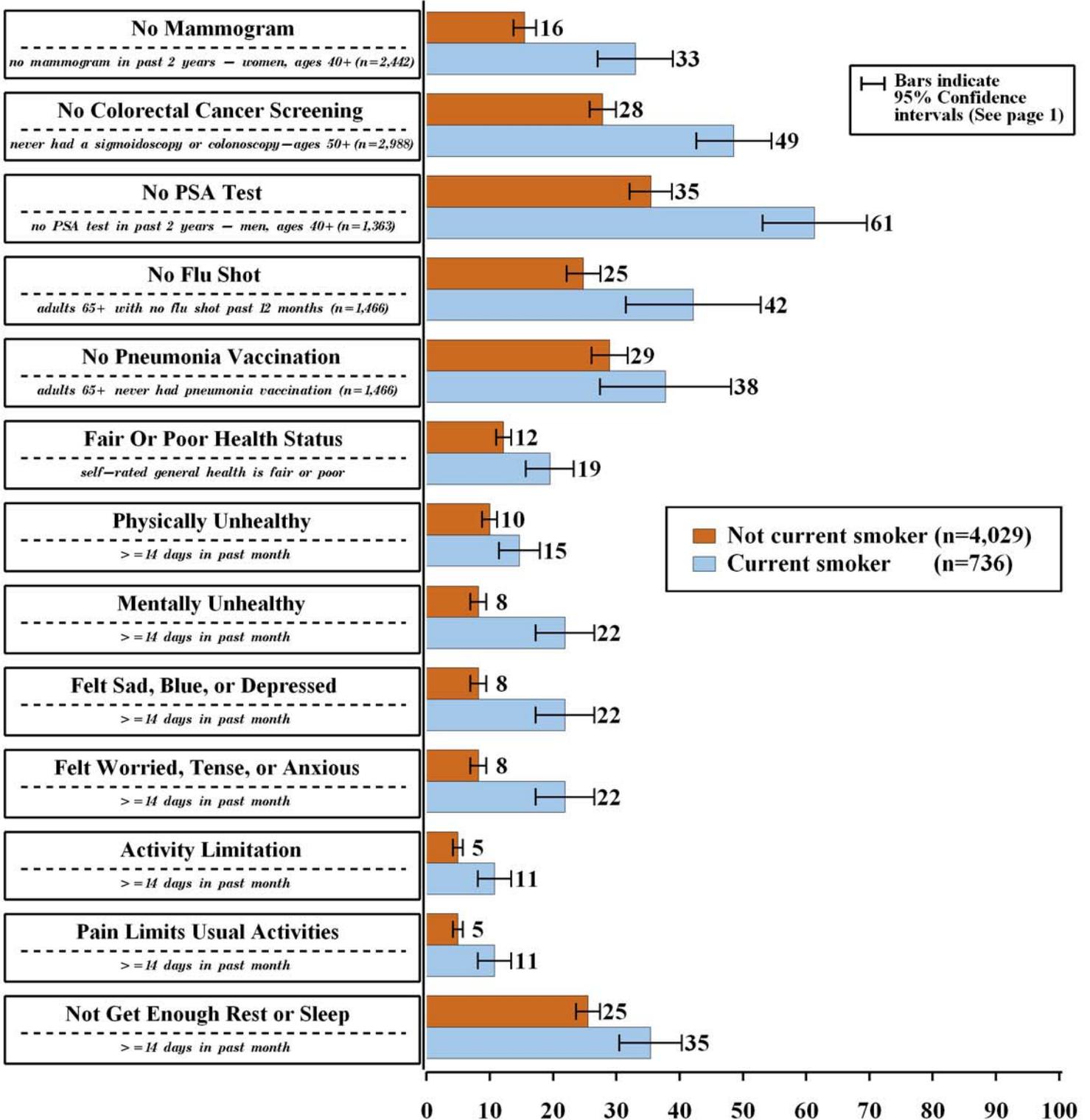
Source: 2008 Rhode Island Behavioral Risk Factor Survey (n=4,786)

* Current smoker: Respondents that reported having smoked at least 100 cigarettes in their lifetime and currently smoke

** Body Mass Index = weight in kilograms / (height in meters)²

Percent

Figure 3
Health Risks Among Rhode Island Adults
 (Ages 18 and older) by smoking status* -- 2008



Source: 2008 Rhode Island Behavioral Risk Factor Survey (n=4,786)

* Current smoker: Respondents that reported having smoked at least 100 cigarettes in their lifetime and currently smoke