

# 2004

## Arkansas Adult Tobacco Survey



**STAMP OUT SMOKING**

Arkansas Department of Health  
[stampoutsmoking.com](http://stampoutsmoking.com)

Your Tobacco Settlement Dollars at Work

*Coordinated by:*  
Arkansas Department of Health  
Center for Health Statistics



2004 Arkansas  
Adult Tobacco Risk Survey

December 2004



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# **An Introduction: Arkansas Adult Tobacco 2004 Survey**

## **Why is Tobacco Use a Health Risk?**

According to the Center for Disease Control, tobacco use remains the leading preventable cause of death in the United States, causing more than 440,000 deaths each year and resulting in an annual cost of more than \$75 billion in direct medical costs.

## **What is the Adult Tobacco Survey?**

The Survey uses questions developed by the Center for Disease Control and consists of questions regarding the adult respondents' smoking history, efforts to quit smoking, exposure to second-hand smoke, policies regarding smoking that affect respondents' lives and opinions about various issues related to smoking. The interview questions varied depending on whether the respondent was a smoker, a former smoker, or a non-smoker (had not smoked 100 cigarettes in his/her lifetime).

Survey questions summarized in this report are from the BRFSS. In the early 1980s, the Centers for Disease Control and Prevention worked with the states to develop the Behavioral Risk Factor Surveillance System. This state-based survey, the first of its kind, collected, analyzed and published information on the prevalence of risk behaviors among Americans and their perceptions of a variety of health issues.

## **How was the Adult Tobacco Survey conducted?**

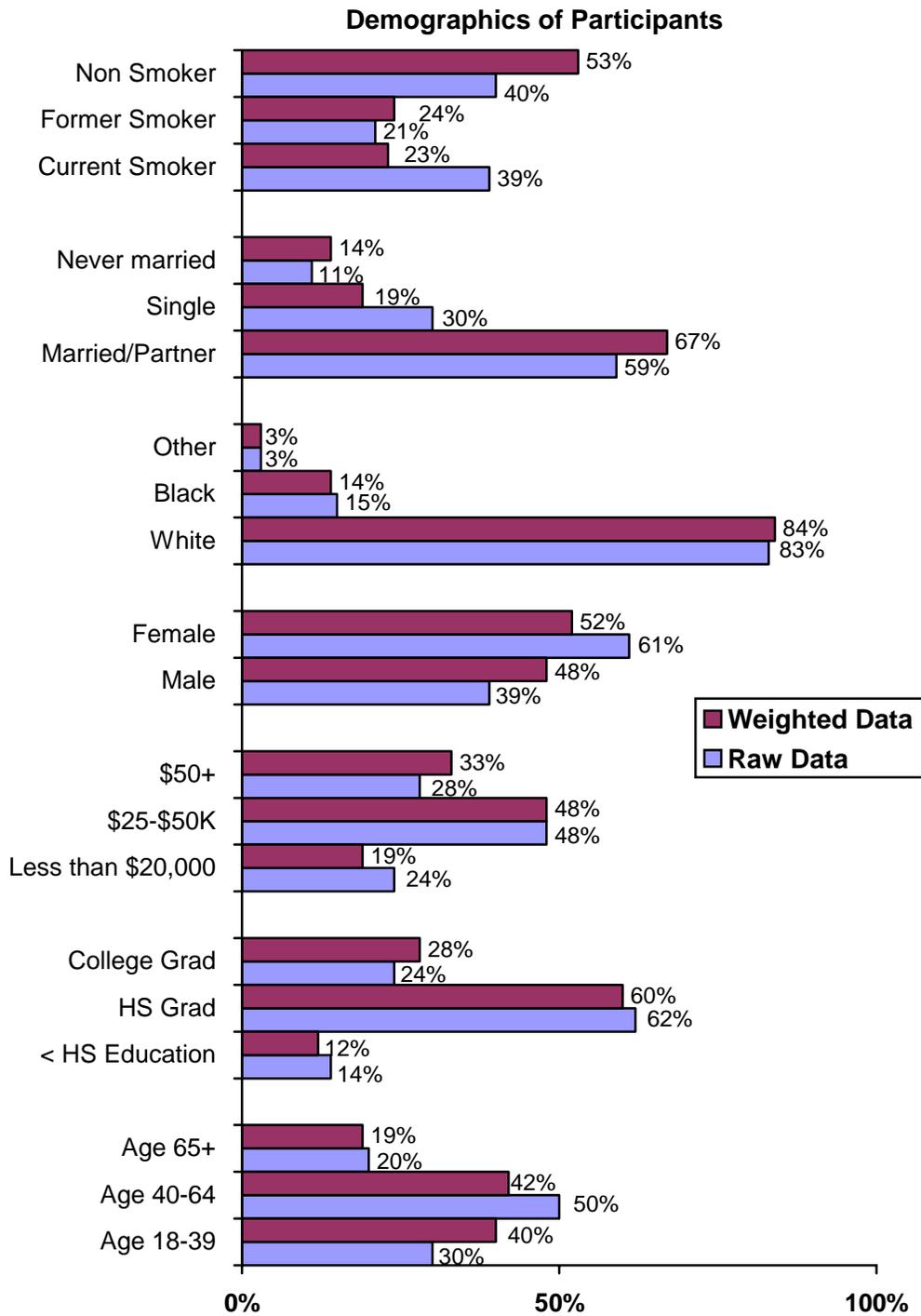
During the Spring of 2003, 6,110 randomly selected adults in Arkansas answered the Adult Tobacco Survey. Interviews were conducted and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government. The data were weighted to be representative of the race, sex and age distribution of Arkansas or specific region of the state. All percentages presented in this report are rounded to the nearest whole percent. This report was compiled through a collaboration between The Arkansas Health Department and the University of Arkansas for Medical Sciences' Partners for Inclusive Communities.

## **Who Participated in the Arkansas ATS?**

Of the 6,110 people who were interviewed, 5,047 were white, 895 were black, and 107 were Hispanic. The following table summarizes the participants by race and gender in each region of Arkansas.

Area of State	White	Black	Men	Women	Total
Northwest	1145	21	499	720	1219
Southwest	988	211	487	737	1224
Central	992	182	459	752	1211
Northeast	1106	90	484	744	1228
Southeast	811	391	456	772	1228
Total State	5042	895	2385	3725	6110

The following chart summarizes the demographics of the survey participants in Arkansas as both raw numbers and as weighted data. All other data presented in the report are based on the weighted data.



## For More Information about the Adult Tobacco Survey

For more information about the Adult Tobacco Survey or analysis of the survey data, please contact:

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# **Smoking and Tobacco Use**

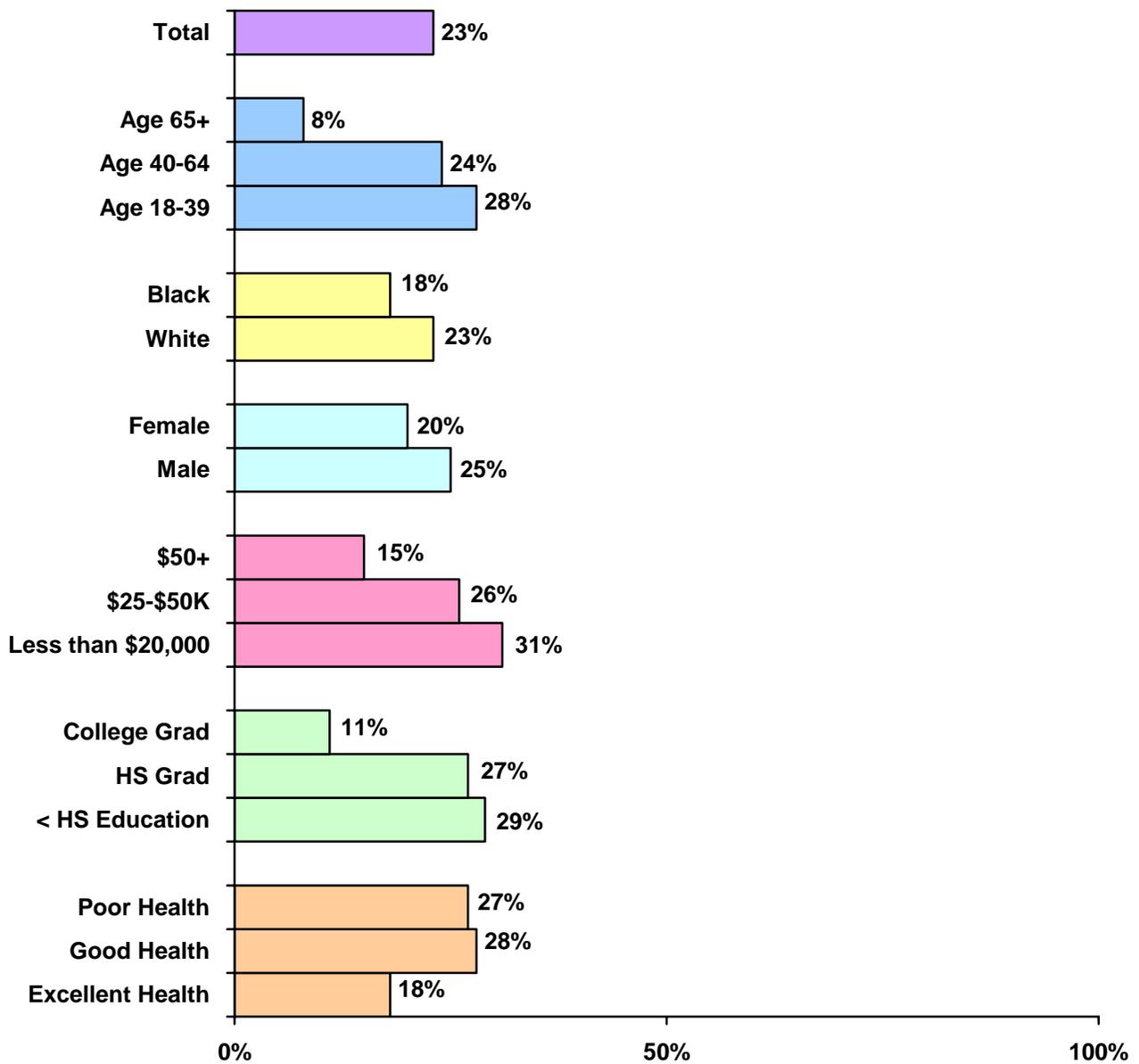
## Current Smoker

Question: Have you smoked at least 100 cigarettes in your entire life?  
Do you now smoke cigarettes “everyday,” “some days,” or “not at all”?

At Risk: Those who have smoked at least 100 cigarettes in their life and now smoke “everyday” or “some days” are considered at risk.

Twenty-three percent of respondents have smoked at least 100 cigarettes in their life and now smoke everyday or some days.

### Current Smokers



## Former Smoker

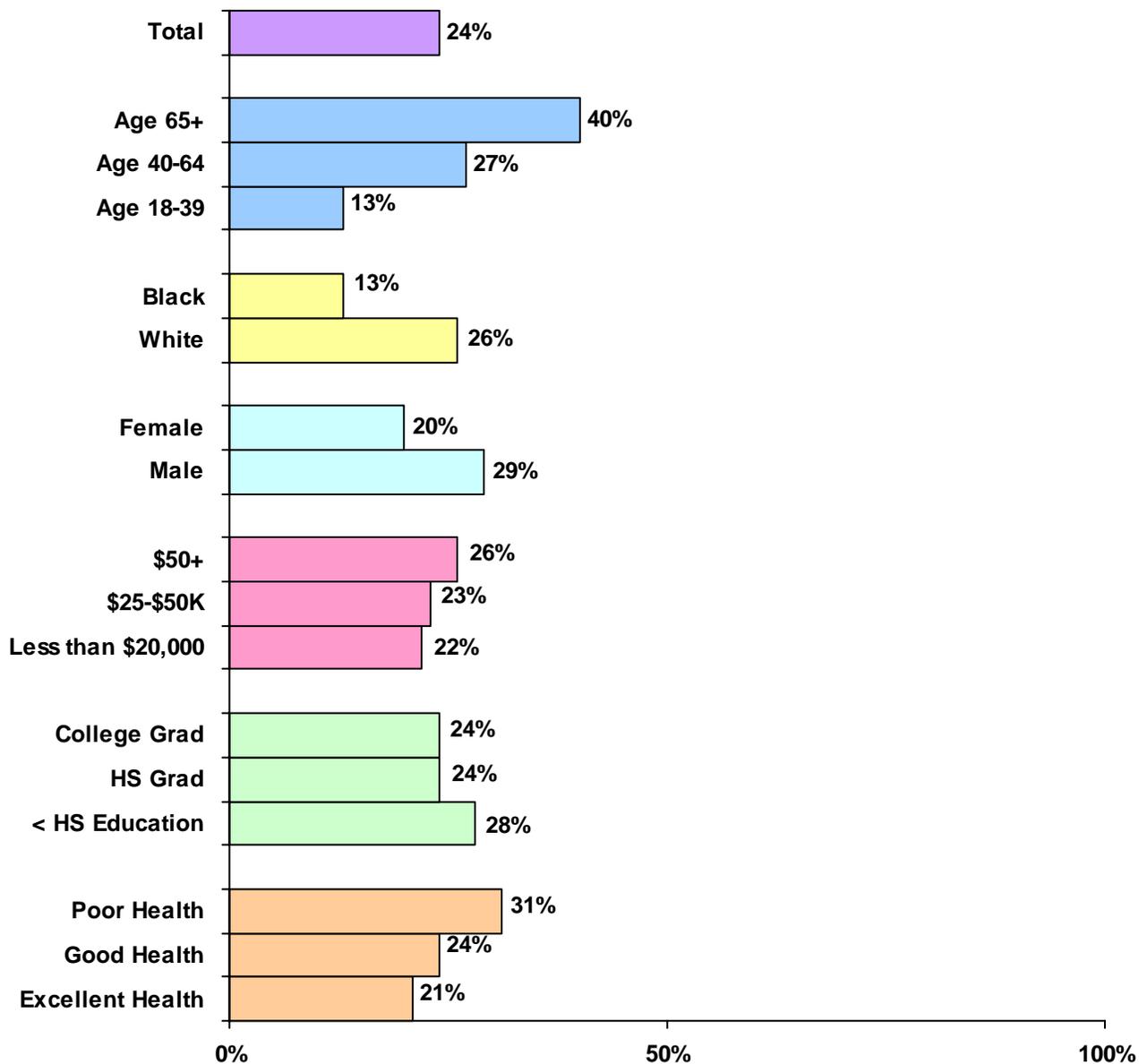
Question: Have you smoked at least 100 cigarettes in your entire life?  
Do you now smoke cigarettes “everyday,” “some days,” or “not at all”?

History of

Risk: Those who have smoked at least 100 cigarettes in their life and now smoke “not at all” have a history that includes health risk.

Twenty-four percent of respondents have smoked at least 100 cigarettes in their life and now do not smoke at all.

## Former Smokers



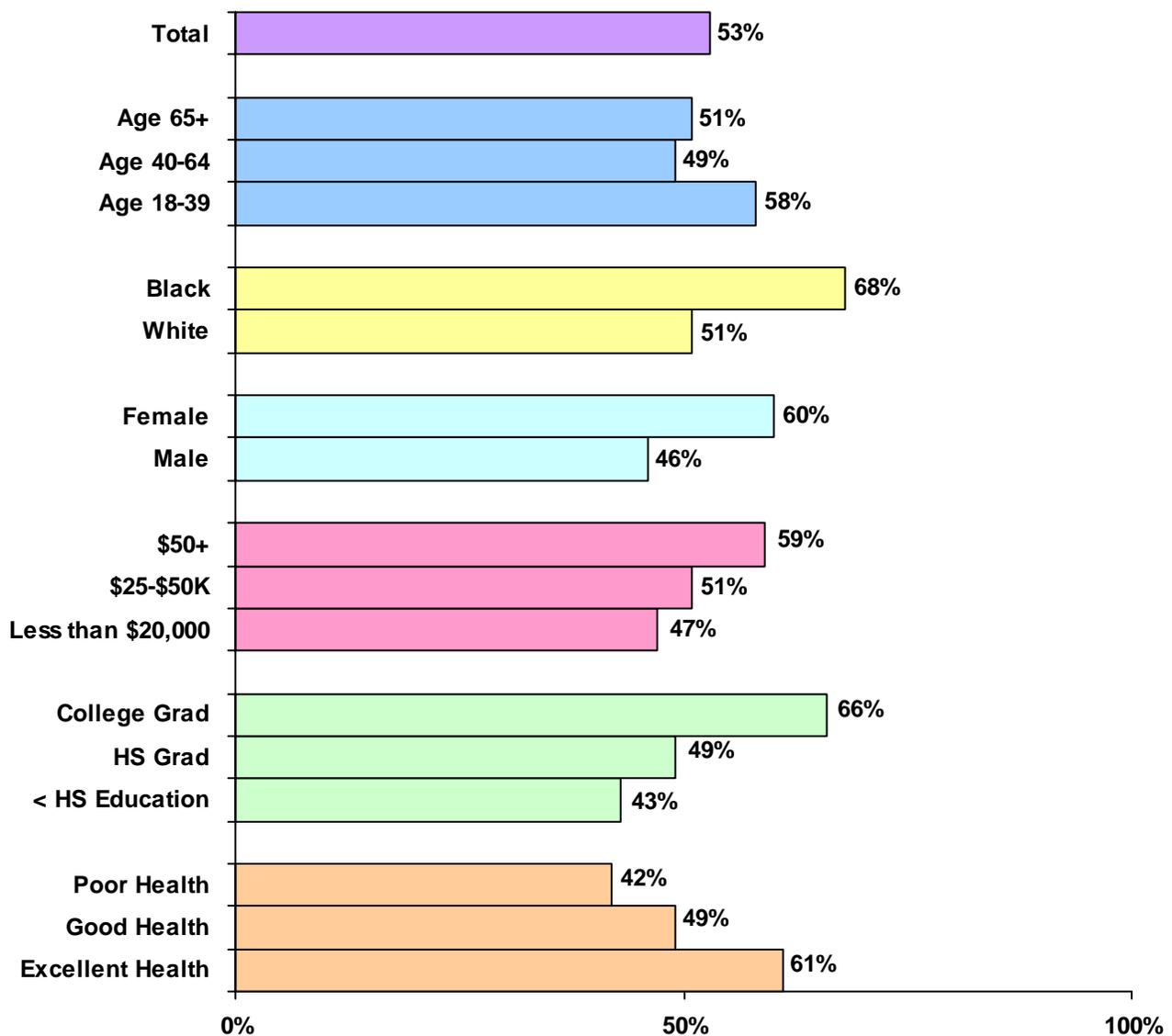
## Never a Smoker

Question: Have you smoked at least 100 cigarettes in your entire life?  
Do you now smoke cigarettes “everyday,” “some days,” or “not at all”?

No History of Risk: Those who do not currently smoke and have not smoked at least 100 cigarettes in their life are not considered to be at risk.

Fifty-three percent of respondents do not have a history of health risk related to smoking. These respondents do not currently smoke and have not smoked more than 100 cigarettes in their life.

### Never Smoked



## Current Smokers that Smoke Every Day

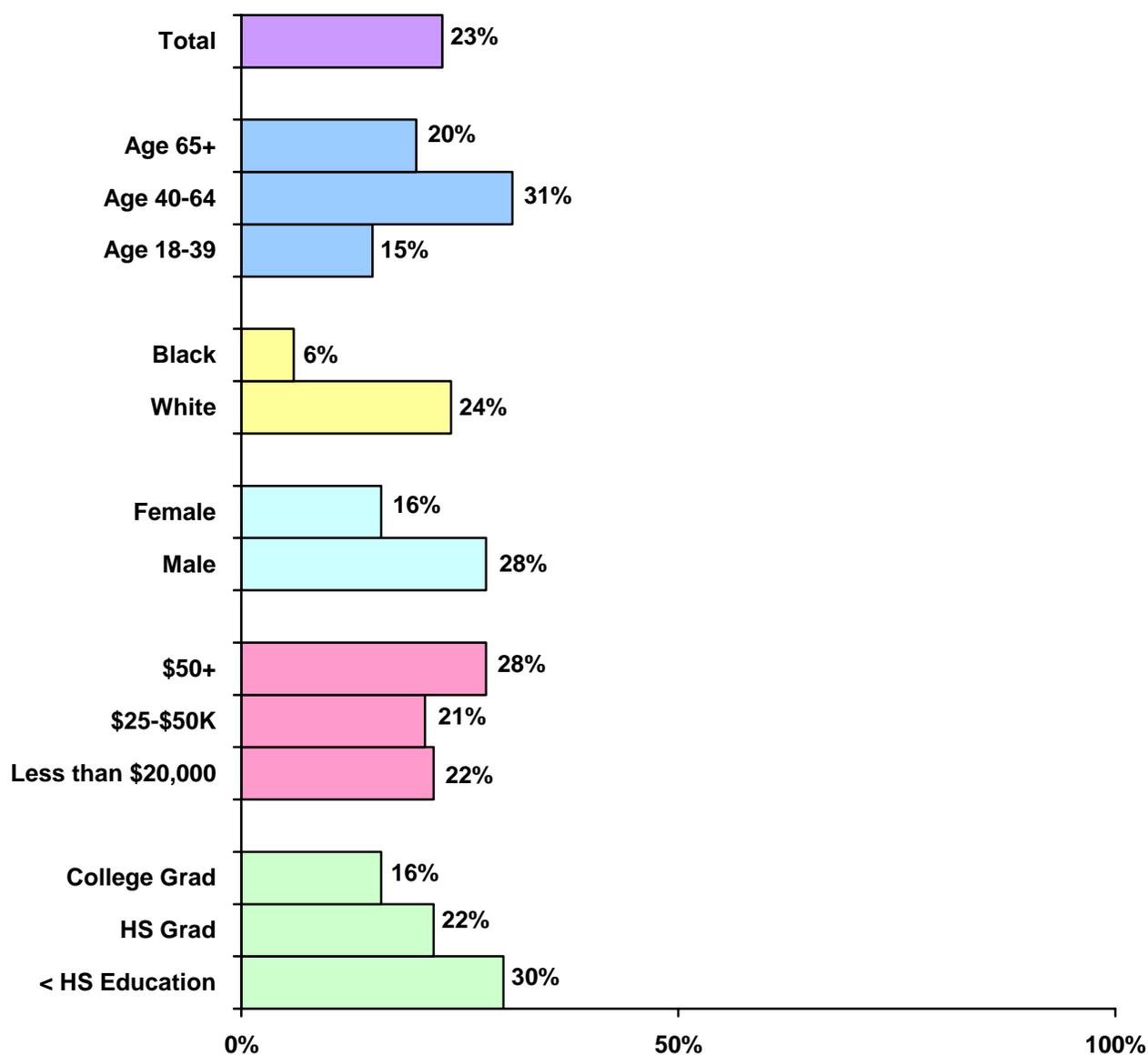
### Daily Cigarette Usage

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

At Risk: Those who smoke more than a pack a day are considered at risk.

Twenty-three percent of current, frequent smokers smoke more than a pack of cigarettes a day. A pack of cigarettes contains 20 cigarettes. Respondents were current smokers who smoke everyday.

### Smoke More than a Pack



## Current Smokers Who Smoke Some Days

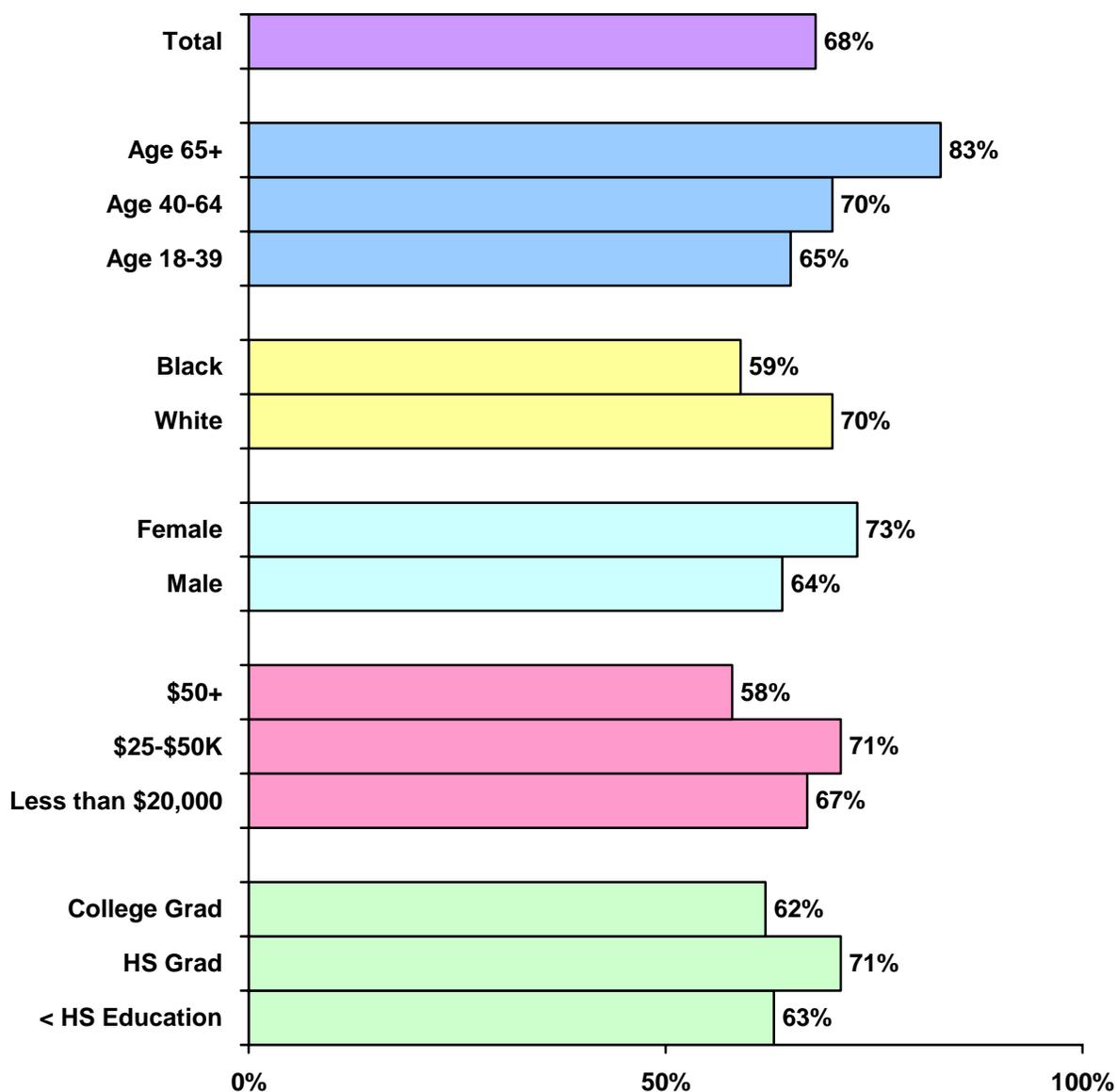
### Days Smoking in Last 30

Question: On the average, on days when you smoked during the last 30 days, about how many days did you smoke some cigarettes?

At Risk: Those who smoked 15 or more days in the last 30 days are considered at risk.

Sixty-eight percent of current, occasional smokers smoke more than two weeks in the last 30 days. Respondents were current, occasional smokers who smoke some days but not everyday.

### Occasional Smokers that Smoked 15+ Days



## Current Smokers Who Smoke Some Days

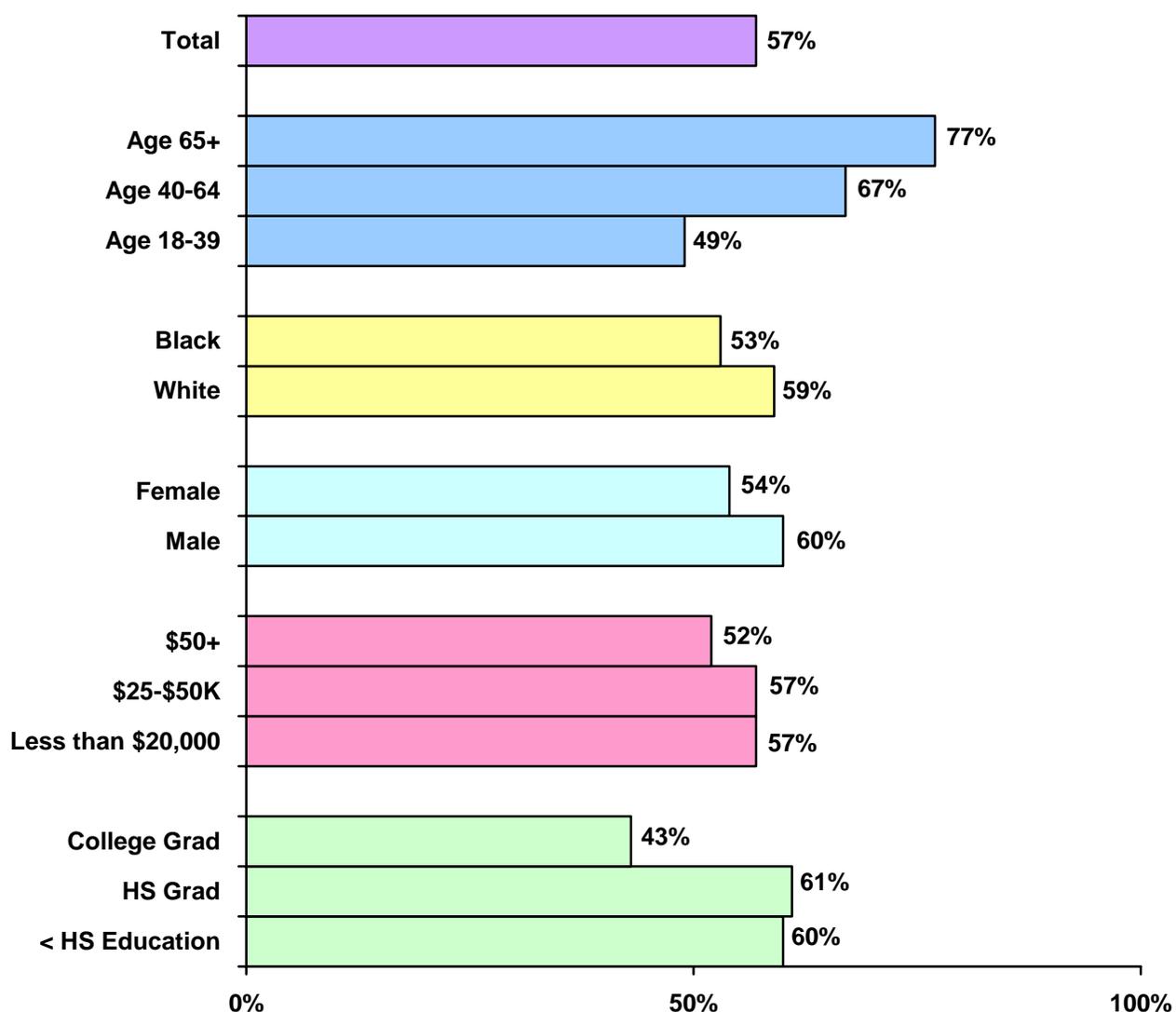
### Daily Cigarette Usage

Question: On the average, on days when you smoked during the last 30 days, about how many cigarettes did you smoke?

At Risk: Those who smoke more than 5 cigarettes a day are considered at risk.

Fifty-seven percent of current, occasional smokers smoke more than 5 cigarettes a day. Respondents were current smokers who smoke some days (but not everyday) and had smoked at least one cigarette in the last 30 days.

### Occasional Smokers that Smoke 5+ Cigarettes a Day



## Current Smokers

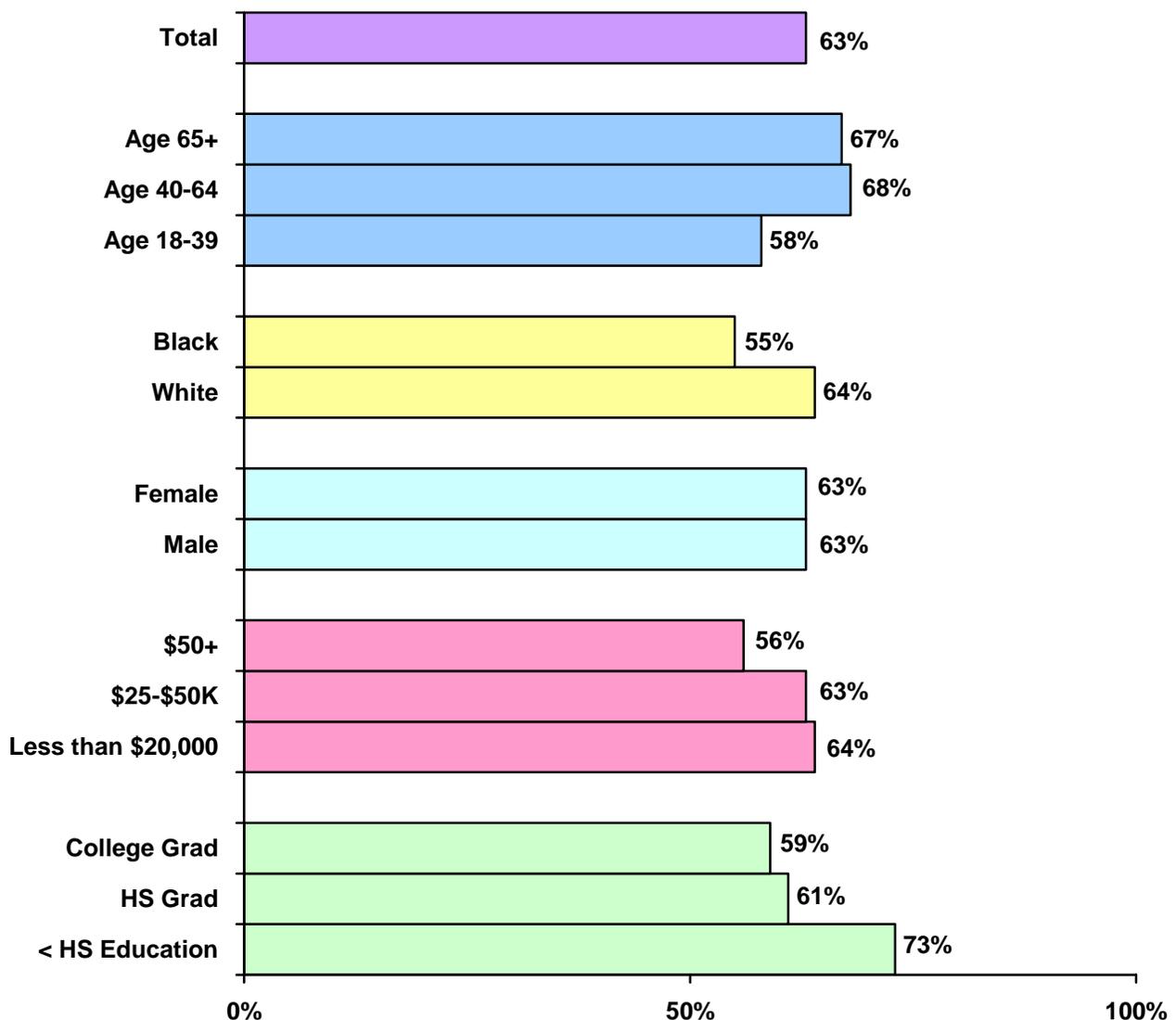
### First Daily Cigarette

Question: How soon after you wake up do you have your first cigarette?

At Risk: Those who smoke their first cigarette within 30 minutes after waking up are considered at risk.

Sixty-three percent of current smokers smoked their first cigarette of the day within 30 minutes after first waking up. Respondents were current smokers who smoke some days or everyday and reported smoking at least one cigarette in the last 30 days.

#### First Cigarette within 5 Minutes of Day



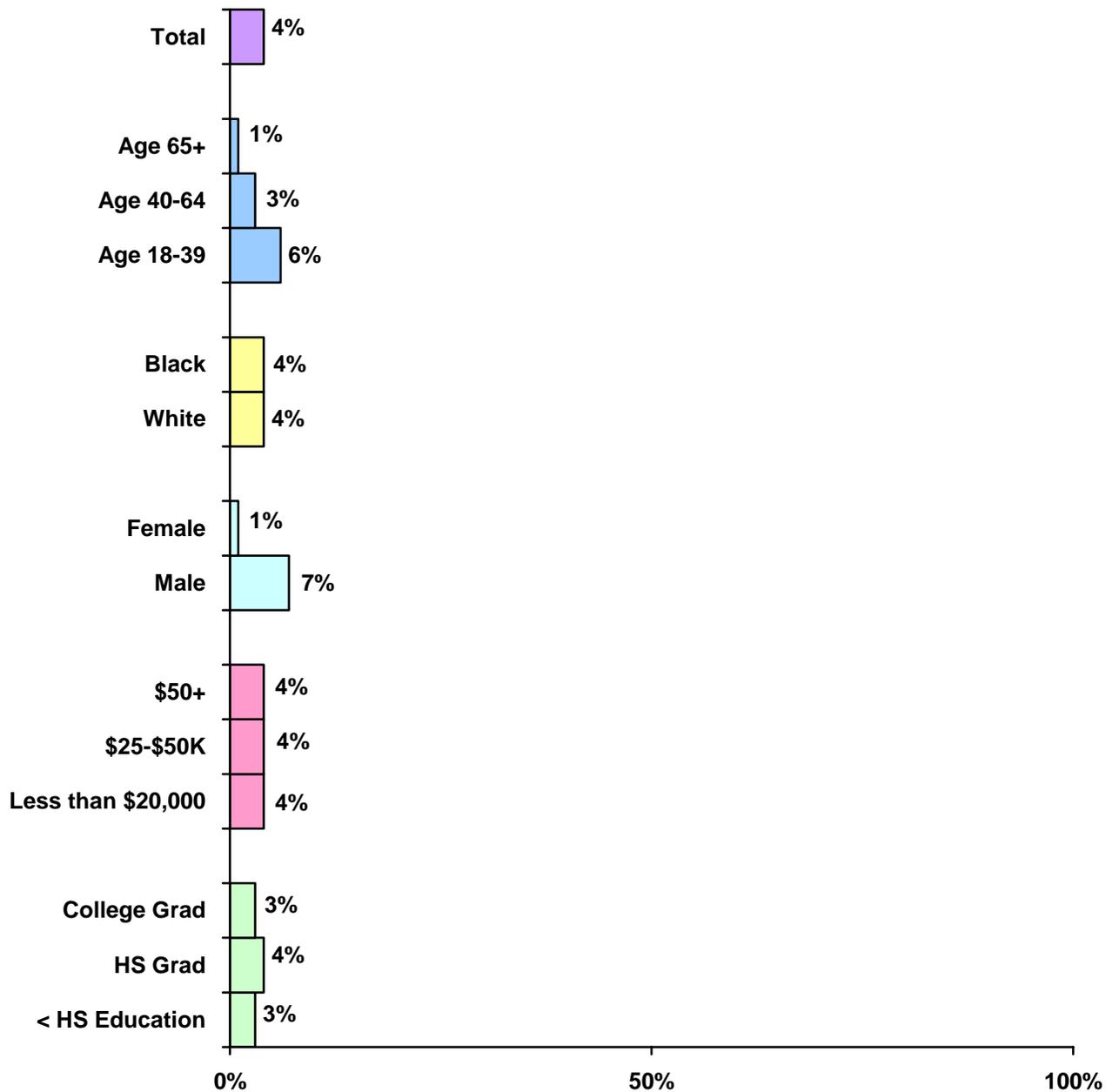
# Cigars

Question: Do you smoke cigars?

At Risk: Those who smoke cigars “everyday” or “some days” are considered at risk.

Four percent of respondents smoke cigars at least some days.

## Cigar Smokers



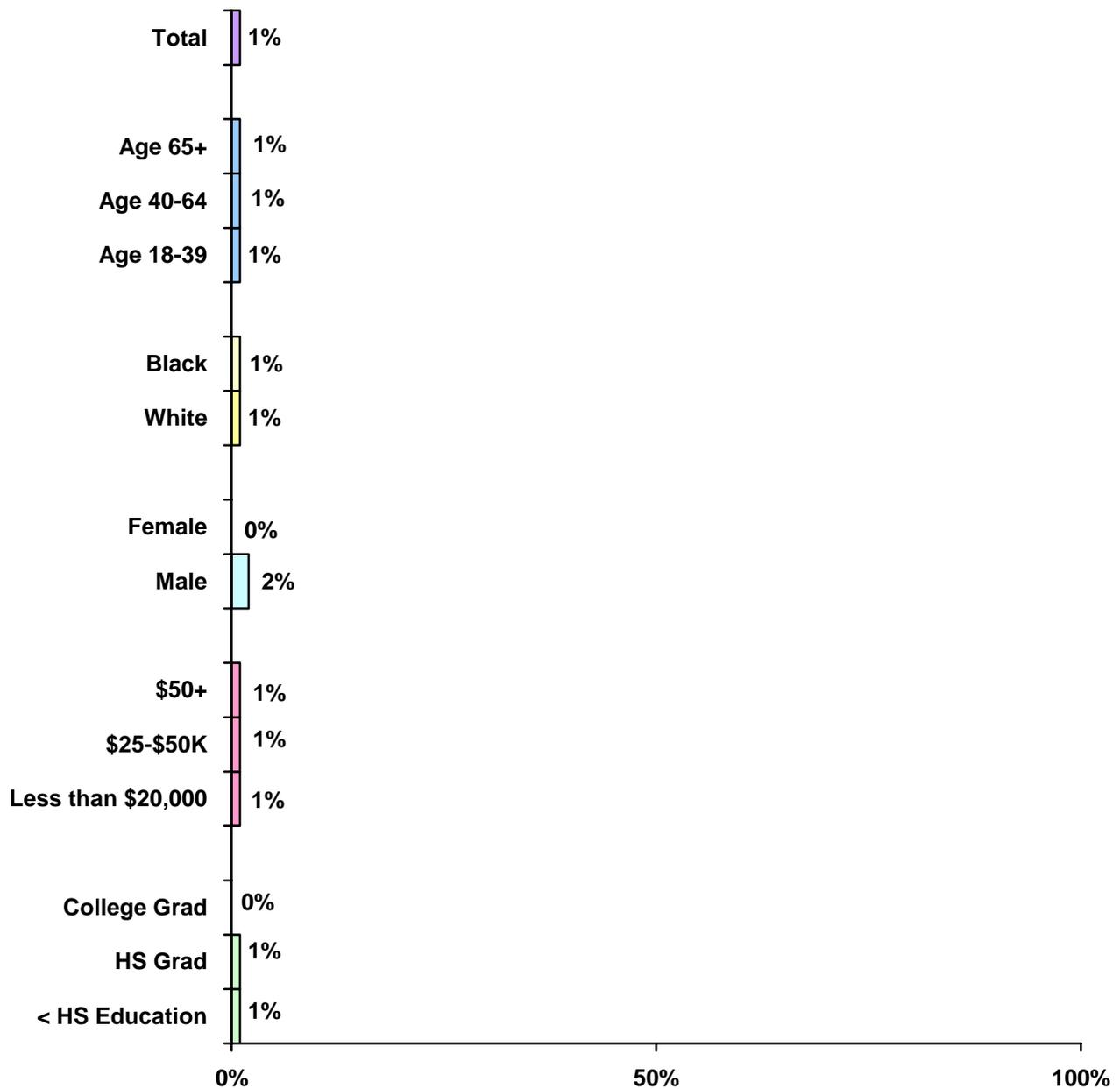
# Pipe Smoking

Question: Do you currently smoke a pipe?

At Risk: Those who smoke a pipe “everyday” or “some days” are considered at risk.

One percent of respondents smoke a pipe at least some days.

## Pipe Smokers



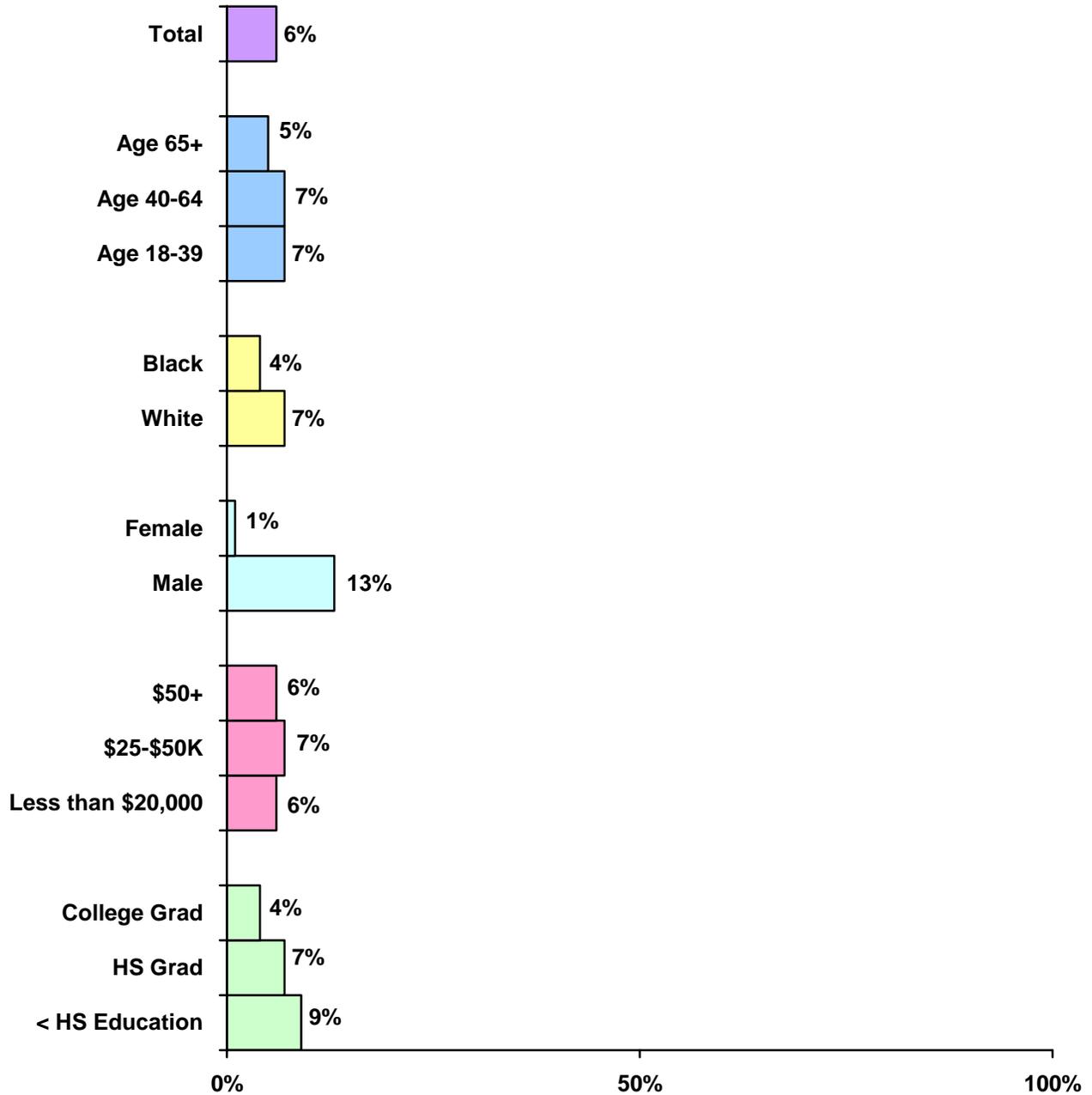
# Chewing Tobacco and Snuff

Question: Do you currently use chewing tobacco or snuff?

At Risk: Those who use chewing tobacco or snuff are considered at risk.

Six percent of respondents chew tobacco or snuff.

## Chewing Tobacco and Snuff Users





# **Attempts to Quit**

## Former Smokers

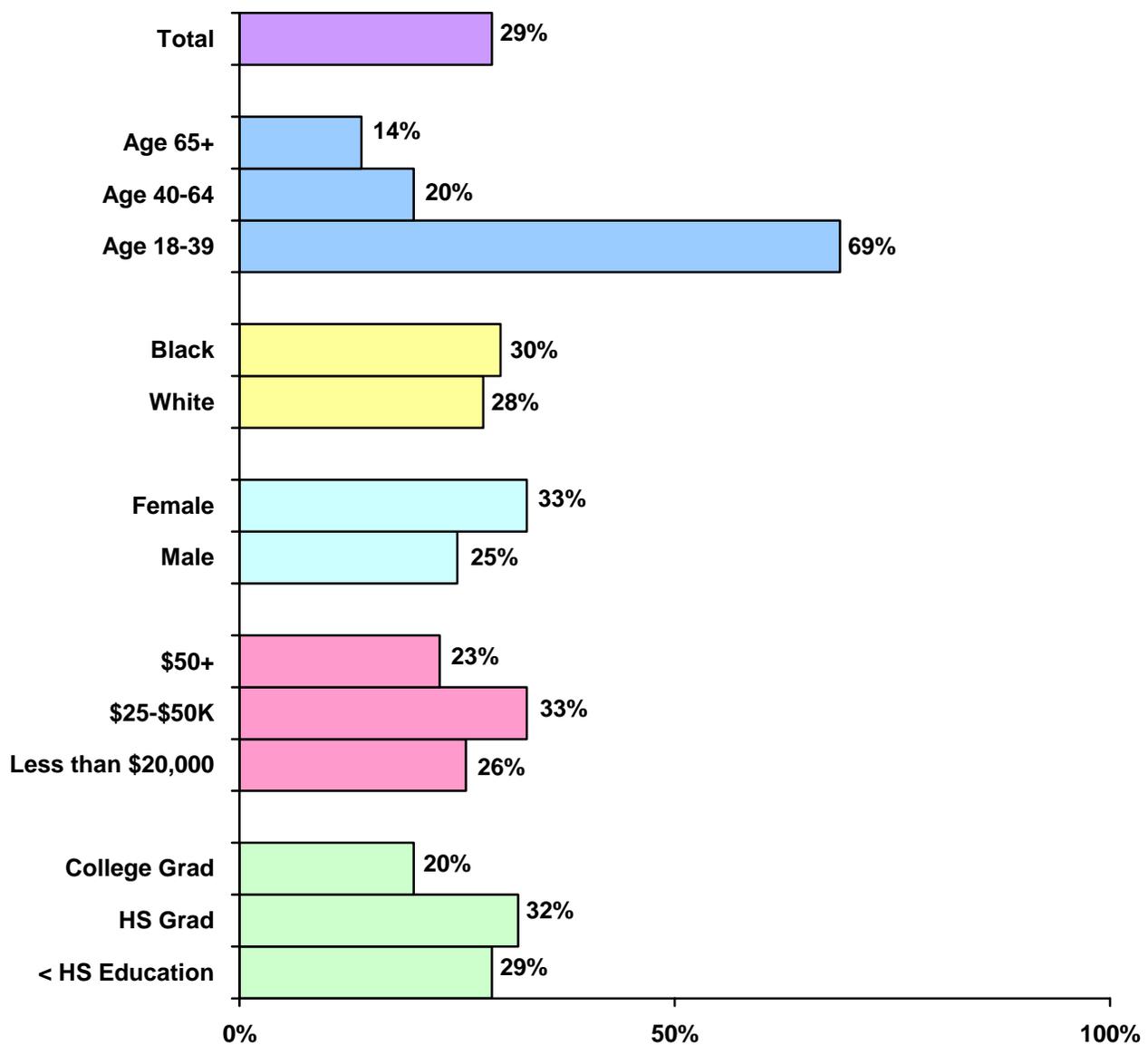
### Time Since Quit

Question: About how long has it been since you last smoked cigarettes regularly?

At Risk: Those who quit smoking less than five years ago are considered at risk.

Twenty-nine percent of former smokers report less than five years have passed since they last smoked. Respondents were former smokers who had smoked at least 100 cigarettes in their life but do not currently smoke.

#### Former Smokers Who Quit Less than 5 Years Ago



## Current Smokers

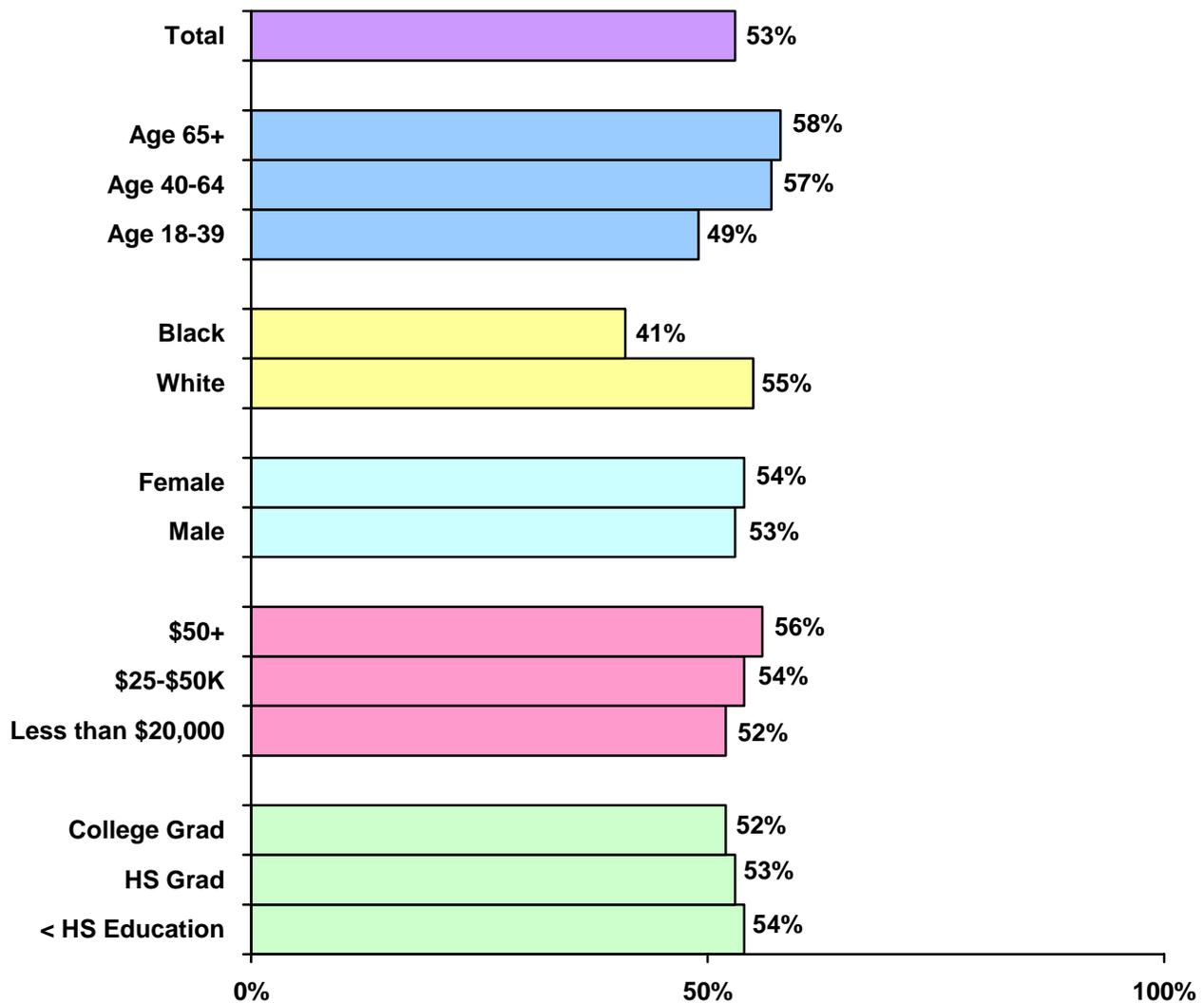
### Attempts to Stop Smoking

Question: During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

At Risk: Those who have not tried to stop smoking in past 12 months are considered at risk.

Fifty-three percent of current smokers did not stop smoking one day or longer. Respondents were current smokers who smoked everyday or some days.

### Have Not Attempted to Stop Smoking



## Less than Five Year Former Smokers

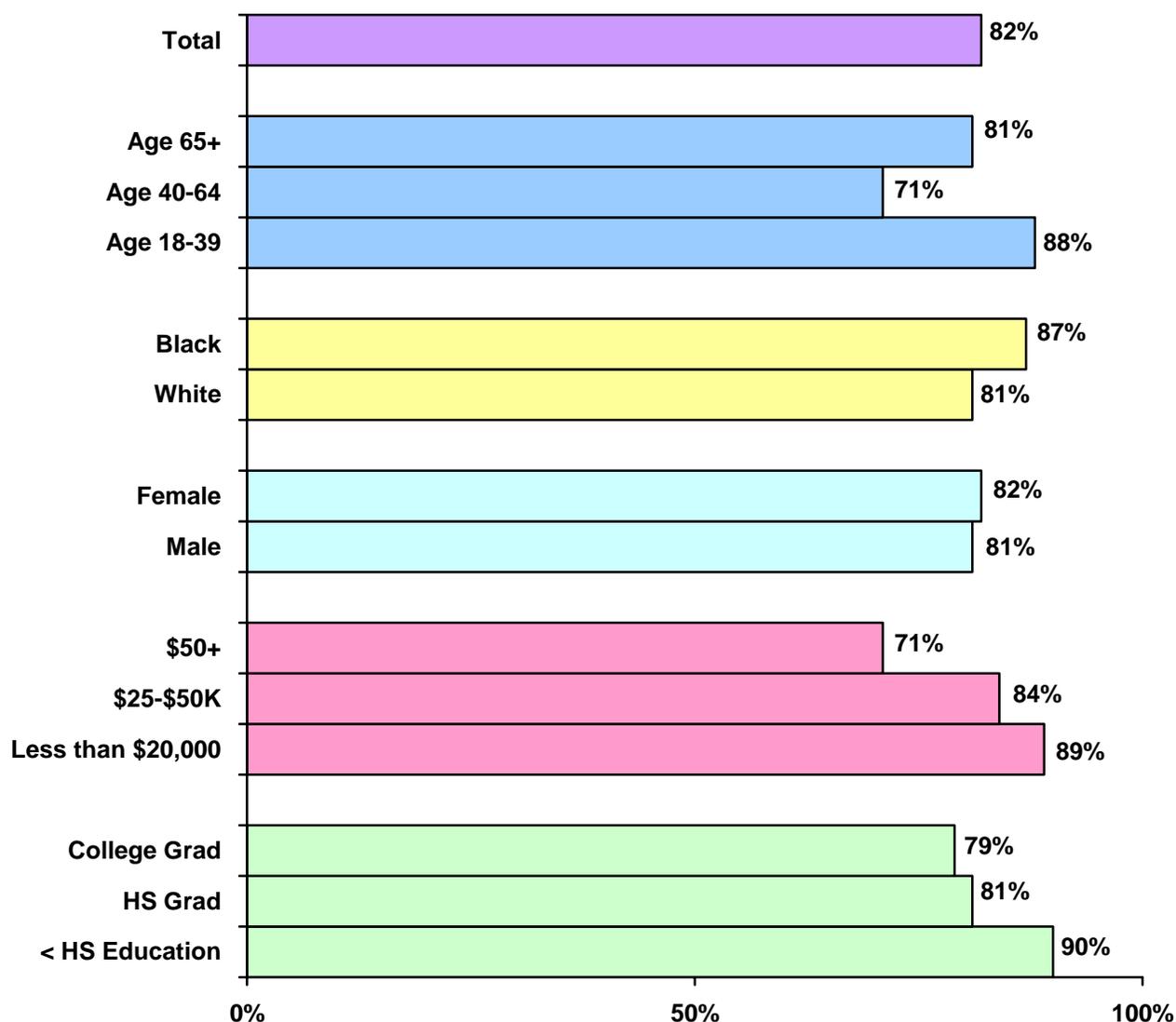
### Medication Used to Quit

Question: When you quit smoking, did you use the nicotine patch, nicotine gum, or any other medication to help you quit?

At Risk: Those who did not use medication to help quit are considered at risk.

Eighty-two percent of former smokers did not use medication to quit smoking. Respondents were former smokers who had quit smoking within the last 5 years.

### Former Smokers Who Did Not Use Medication



## Current Smokers

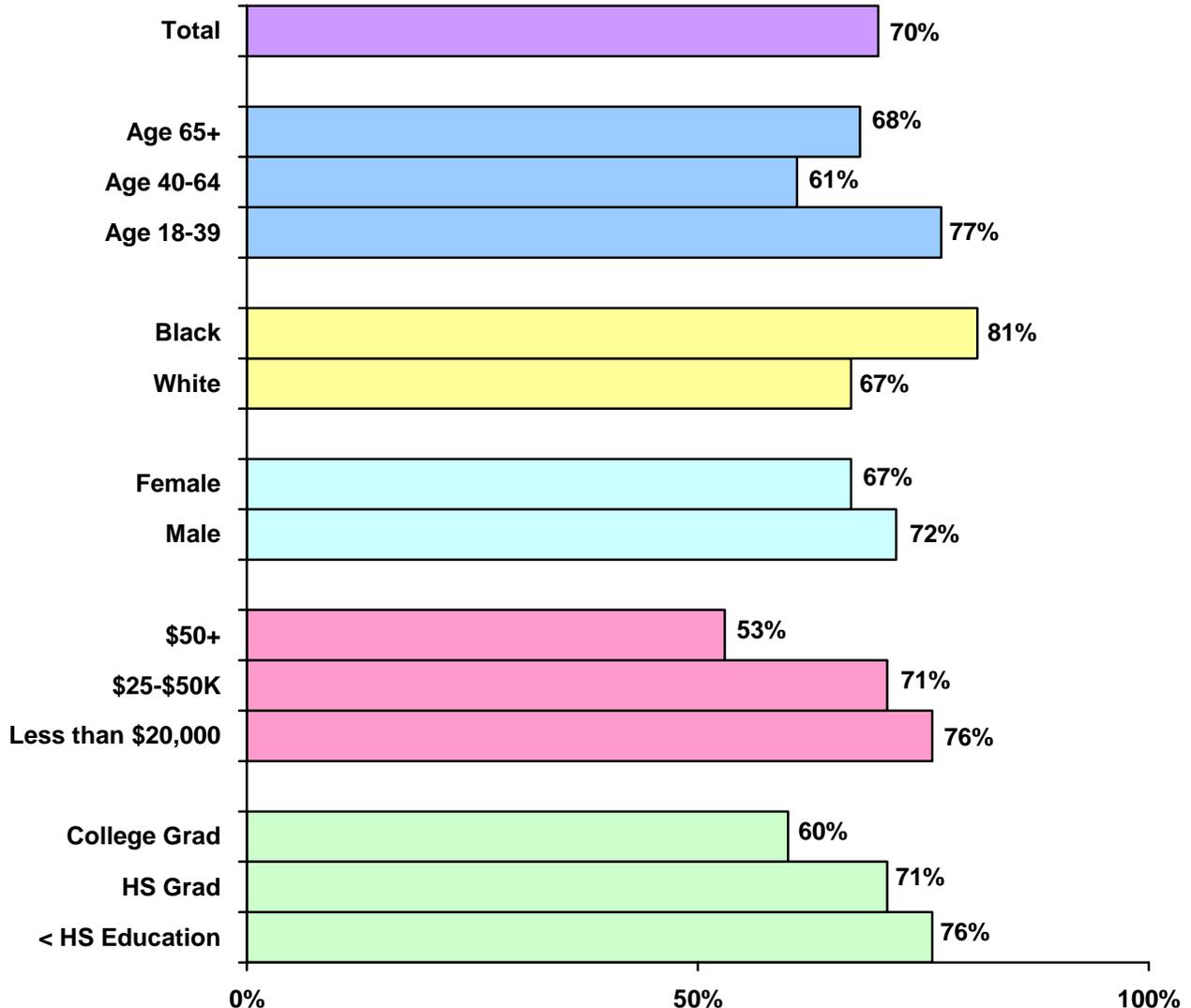
### Medication Used in Attempt to Quit

Question: When you quit smoking, did you use the nicotine patch, nicotine gum, or any other medication to help you quit?

At Risk: Those who did not use medication to help quit are considered at risk.

Seventy percent of current smokers reported that they did not use medication the last time they tried to quit smoking. Respondents were current smokers (everyday or some days) who had quit smoking for at least one day in the past year.

### Current Smokers Who Did Not Use Medication



## Less than Five Year Former Smokers

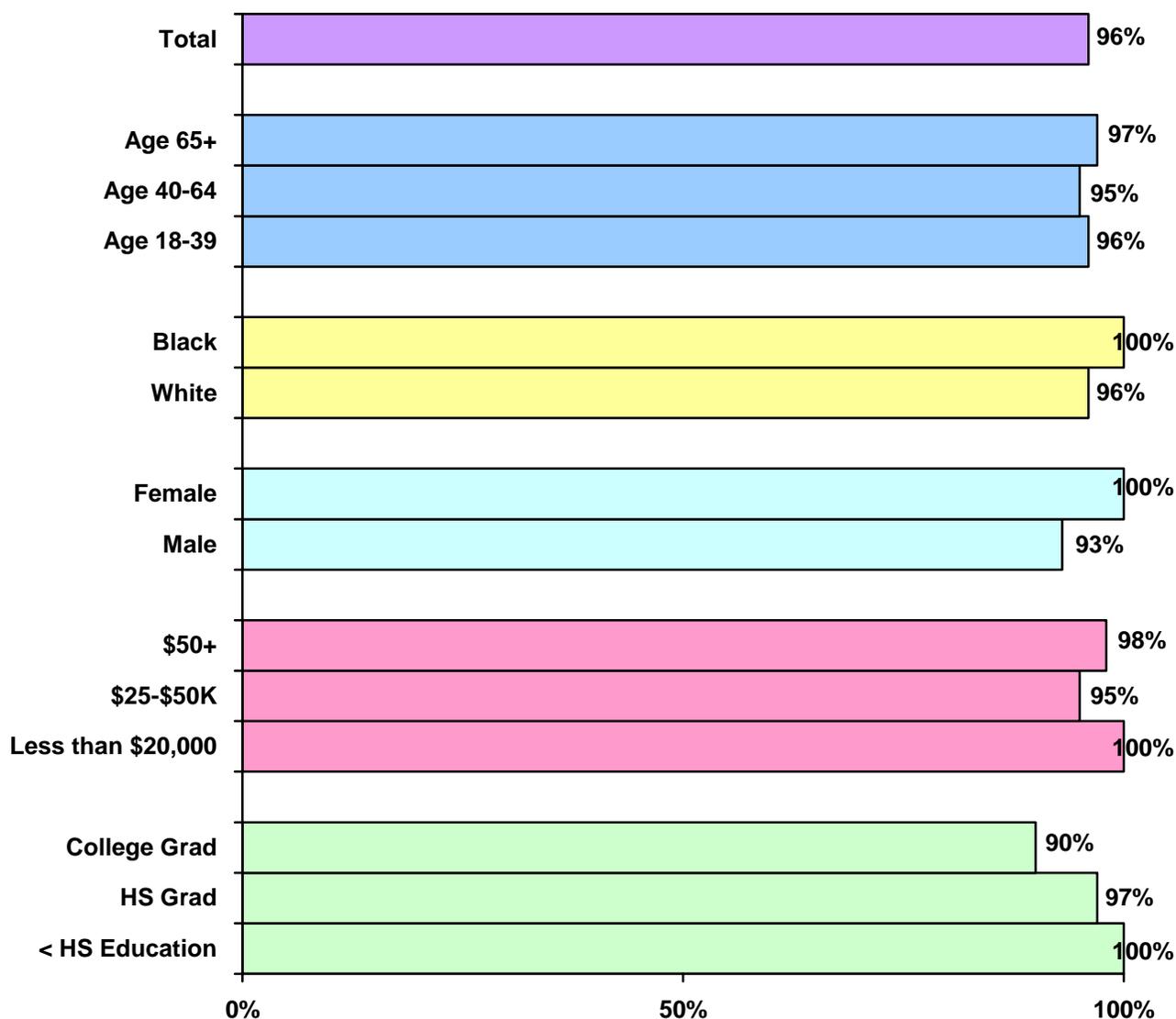
### Other Assistance to Quit

Question: When you quit for good, did you use any other assistance such as classes or counseling?

At Risk: Those who did not use other assistance are considered at risk.

Ninety-six percent of former smokers reported not using some assistance other than medication to quit smoking. Respondents were former smokers who had quit smoking in the past 5 years or less.

### Former Smokers with No Assistance to Quit



## Current Smokers

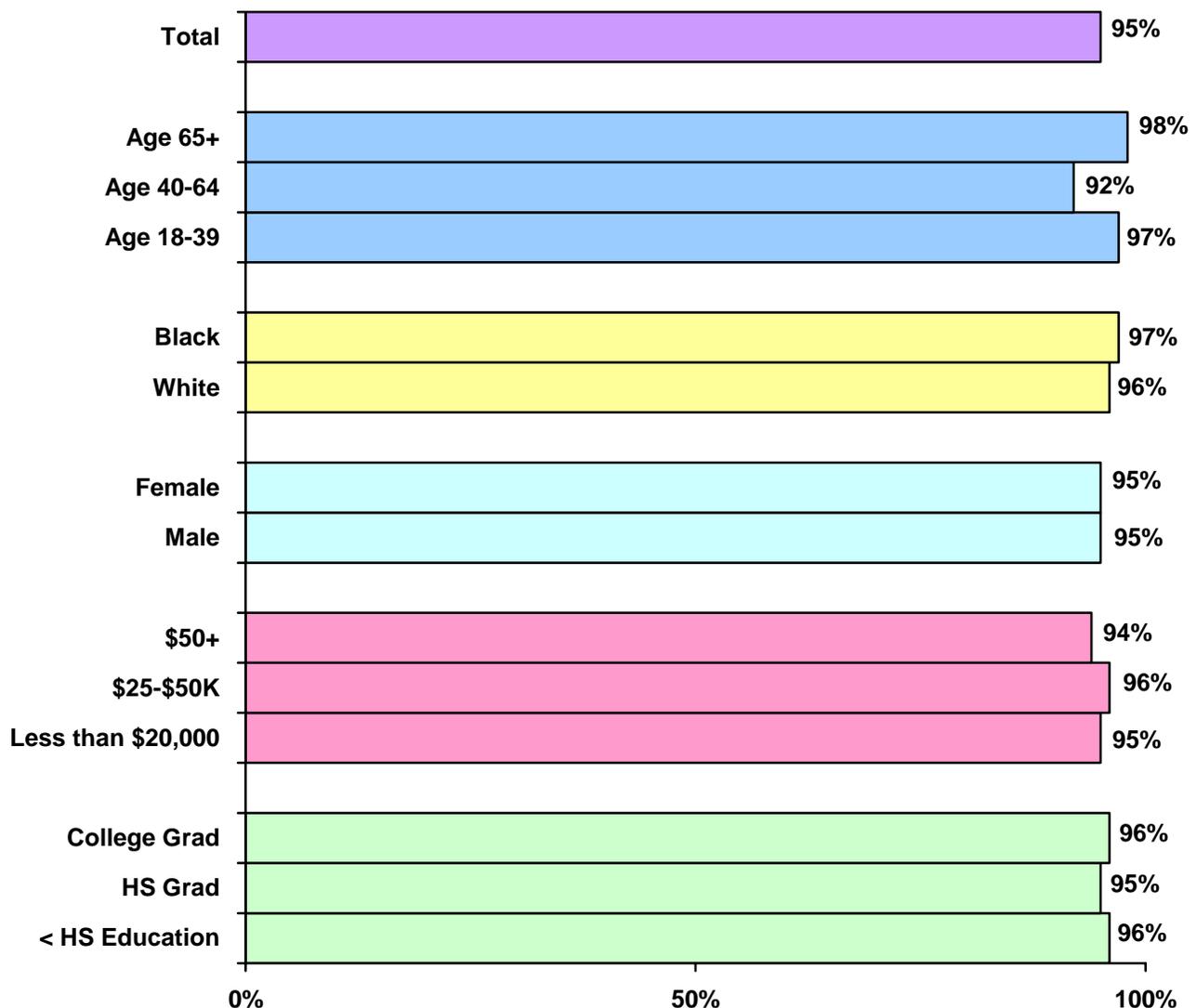
### Other Assistance to Quit

Question: The last time you tried to quit smoking, did you use any other assistance such as classes or counseling?

At Risk: Those who did not use other assistance are considered at risk.

Ninety-five percent of current smokers reported not using some assistance other than medication to try to quit smoking. Respondents were current smokers (everyday or some days) that reported quitting for at least one day in past year.

#### Current Smokers with No Assistance in Attempt to Quit



## Current Smokers

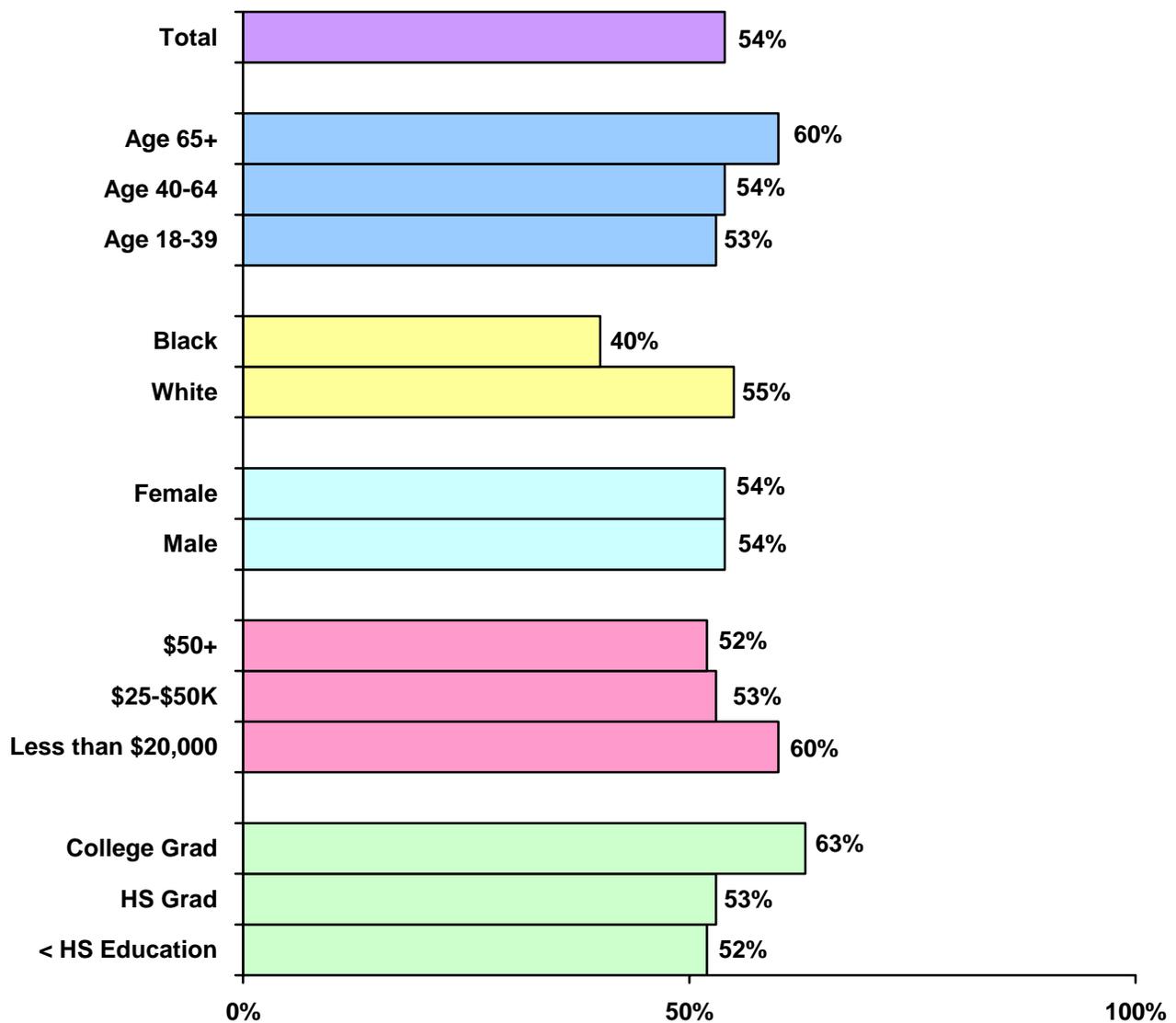
### Seriously Considering Quitting

Question: Are you seriously considering stopping smoking within the next six months?

At Risk: Those who are not seriously considering stopping to smoke are considered at risk.

Fifty-four percent of current smokers were not seriously considering quitting. Respondents were current smokers (everyday or some days) who have not tried to stop smoking for at least one day in last year.

### Current Smokers with No Plans to Quit in 6 Months



## Current Smokers

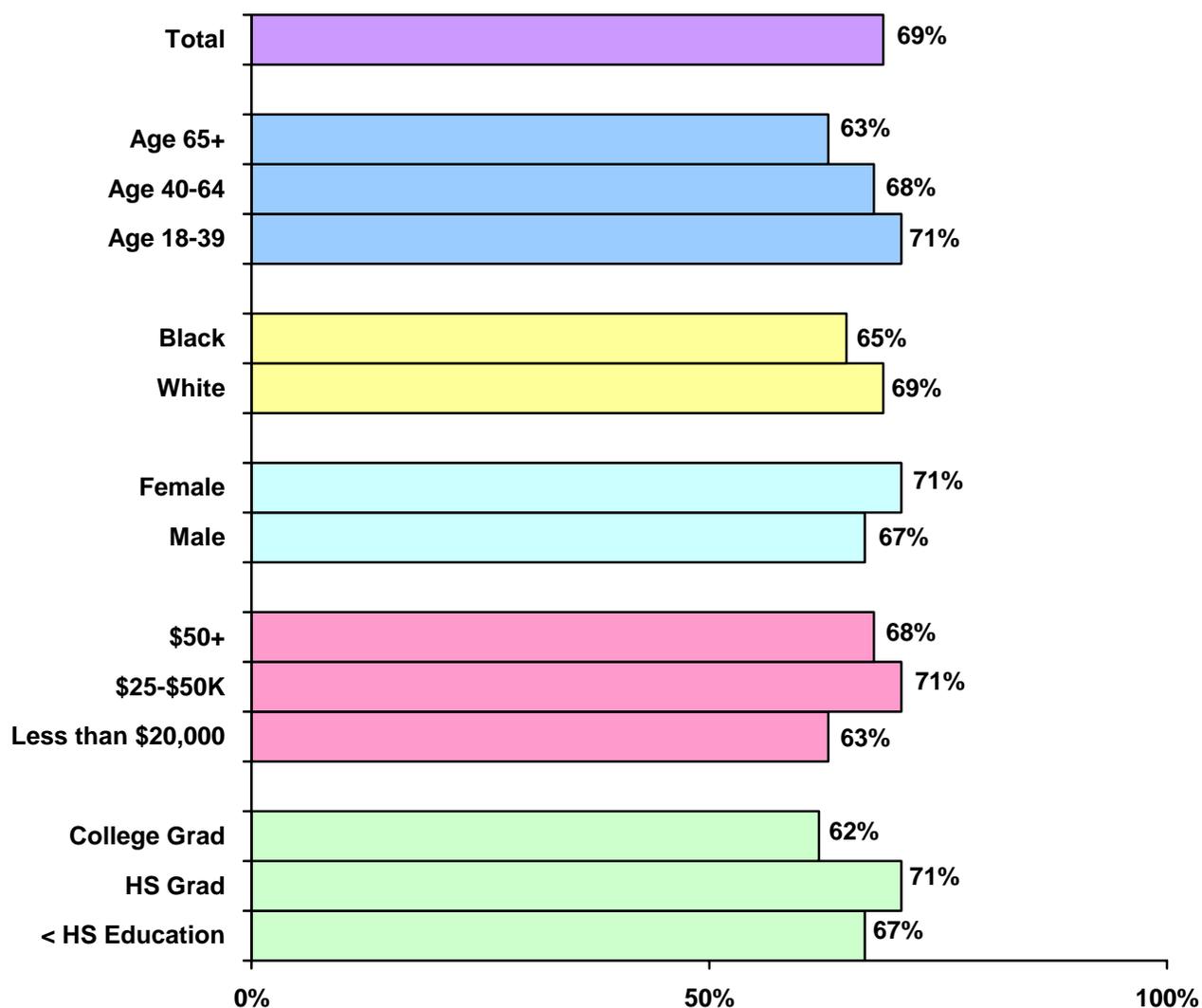
### Plan to Stop in Next 30 Days

Question: Are you planning to quit smoking in the next 30 days?

At Risk: Those not planning to quit smoking in next 30 days are considered at risk.

Sixty-nine percent of current smokers are not planning to quit smoking in the next 30 days. Respondents were current smokers (everyday or some days) who have not tried to stop smoking for at least one day in last year but were considering quitting within next 6 months.

### Smokers Planning to Quit but Not in Next 30 Days



## Current Smokers

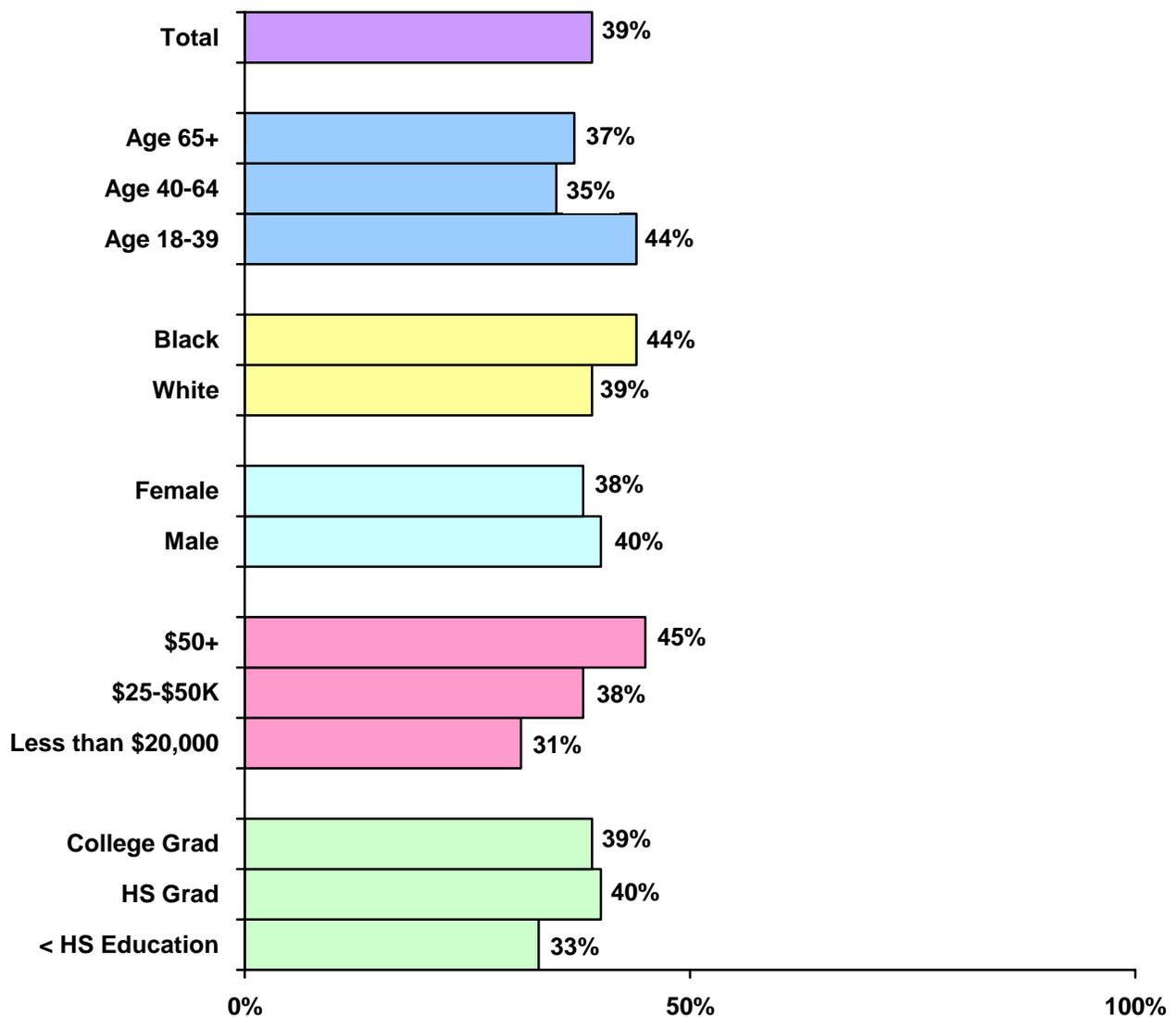
### Professional Advised to Quit

Question: During in the last 12 months, did any doctor, nurse, or other health professional advise you not to smoke?

At Risk: Those who smoke but were not advised to quit smoking by health professional are considered at risk.

Thirty-nine percent of current smokers were not advised to quit smoking by a health professional. Respondents were current smokers (everyday or some days) and who had seen a doctor in the last year.

### Smokers Not Advised to Quit Smoking



## Had Doctor Visit

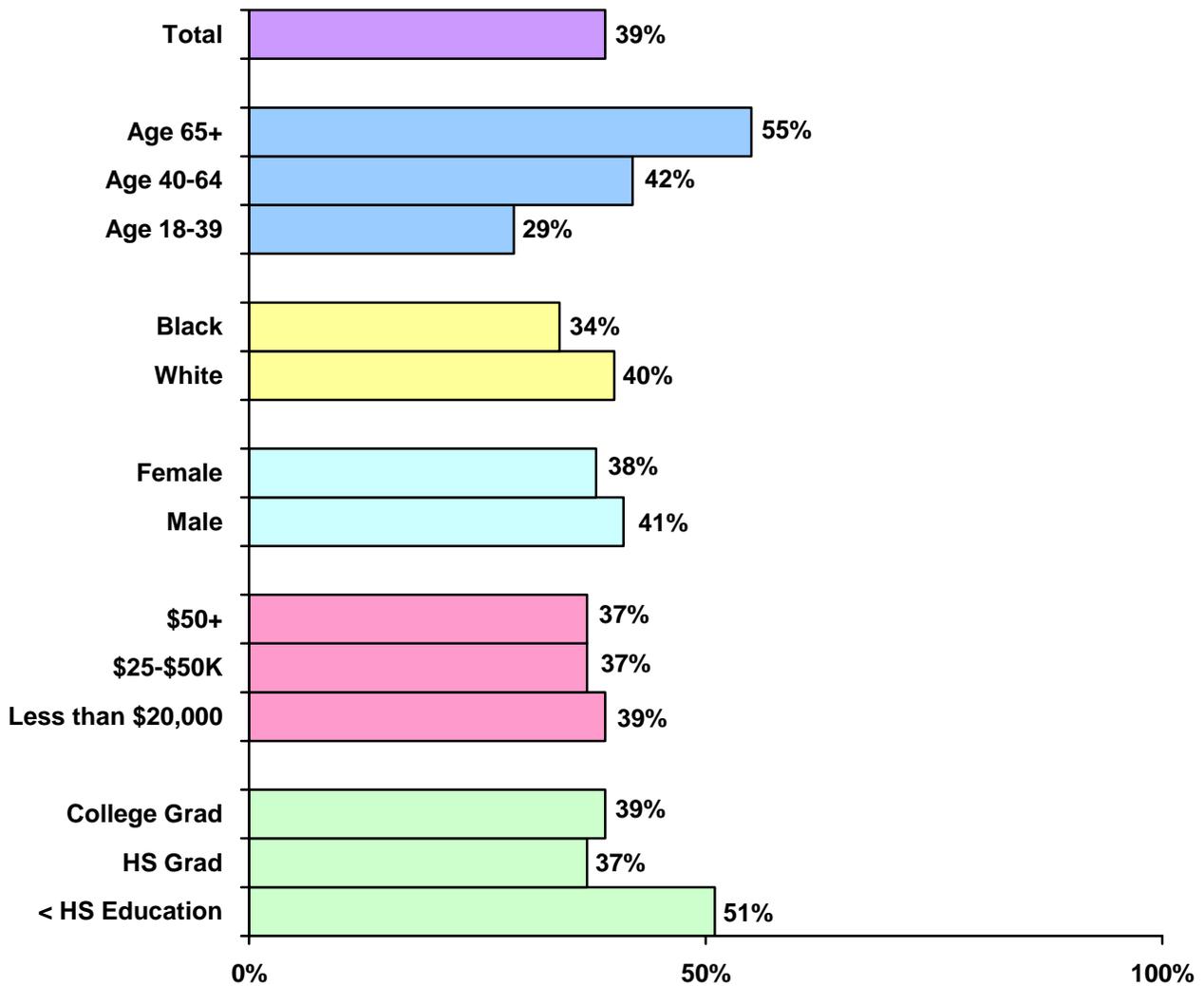
### Professional Assessment of Smoking Status

Question: During the past 12 months, did any doctor or other health professional, ask if you smoke?

At Risk: Those who smoke but were not asked about their smoking habits are considered at risk.

Thirty-nine percent of respondents who had visited a doctor were not asked about their smoking habits by their health professional during their health exam. Respondents had seen a doctor in the last year but had not been advised to quit smoking.

### Not Asked About Smoking Habits



## Current Smokers Advised to Quit

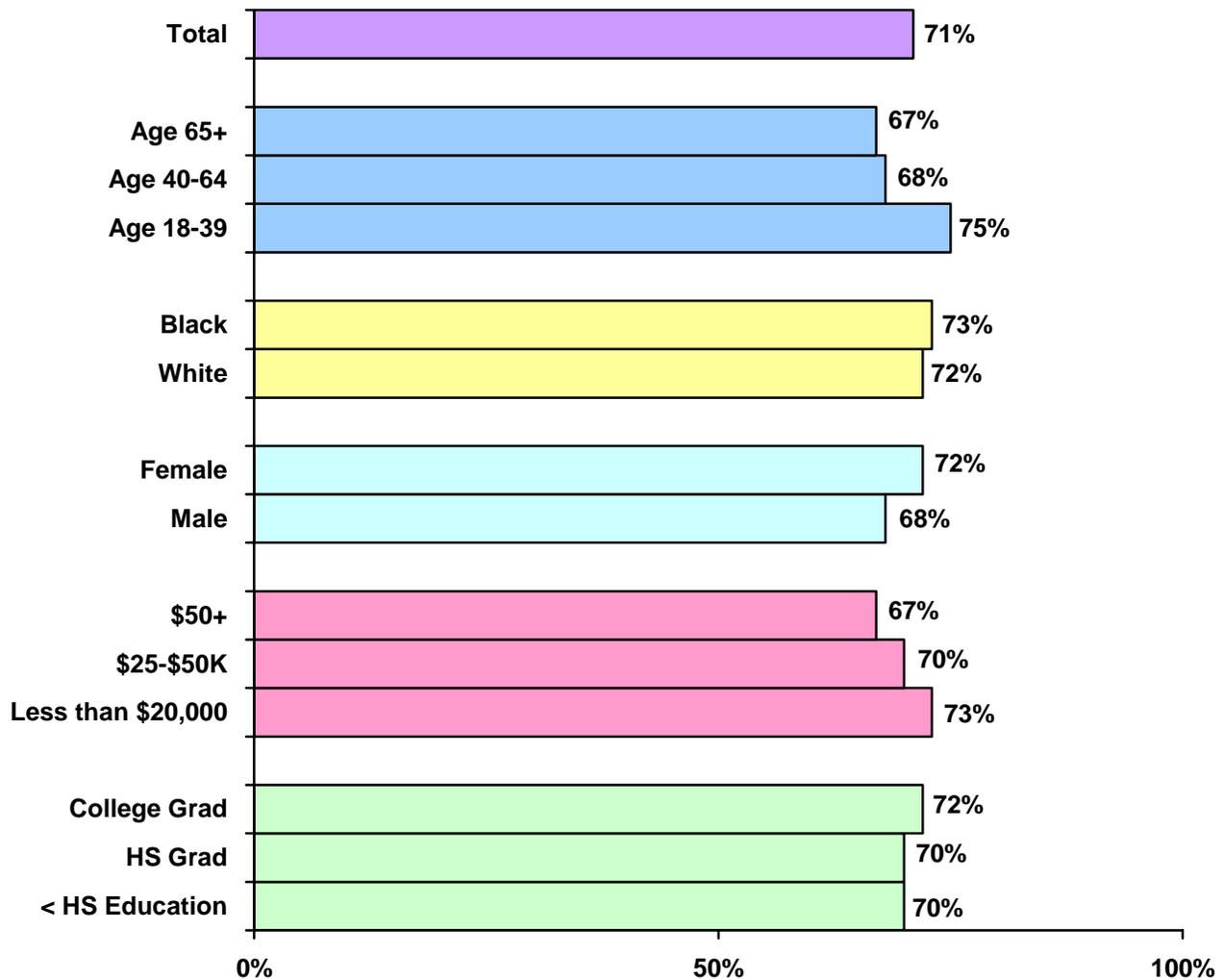
### Professional Prescribe Medication

Question: In the past 12 months, when a doctor or other health professional advised you to quit smoking, did they also prescribe or recommend a patch, nicotine gum, nasal spray, an inhaler, or pills such as Zyban?

At Risk: Those who were not prescribed medication are considered at risk.

Seventy-one percent of current smokers were not given a prescription for medication to help them stop smoking. Respondents were current smokers who had been advised to quit smoking in last 12 months by a health professional.

### Smokers Advised to Quit but Not Prescribed Medication



## Current Smokers Advised to Quit

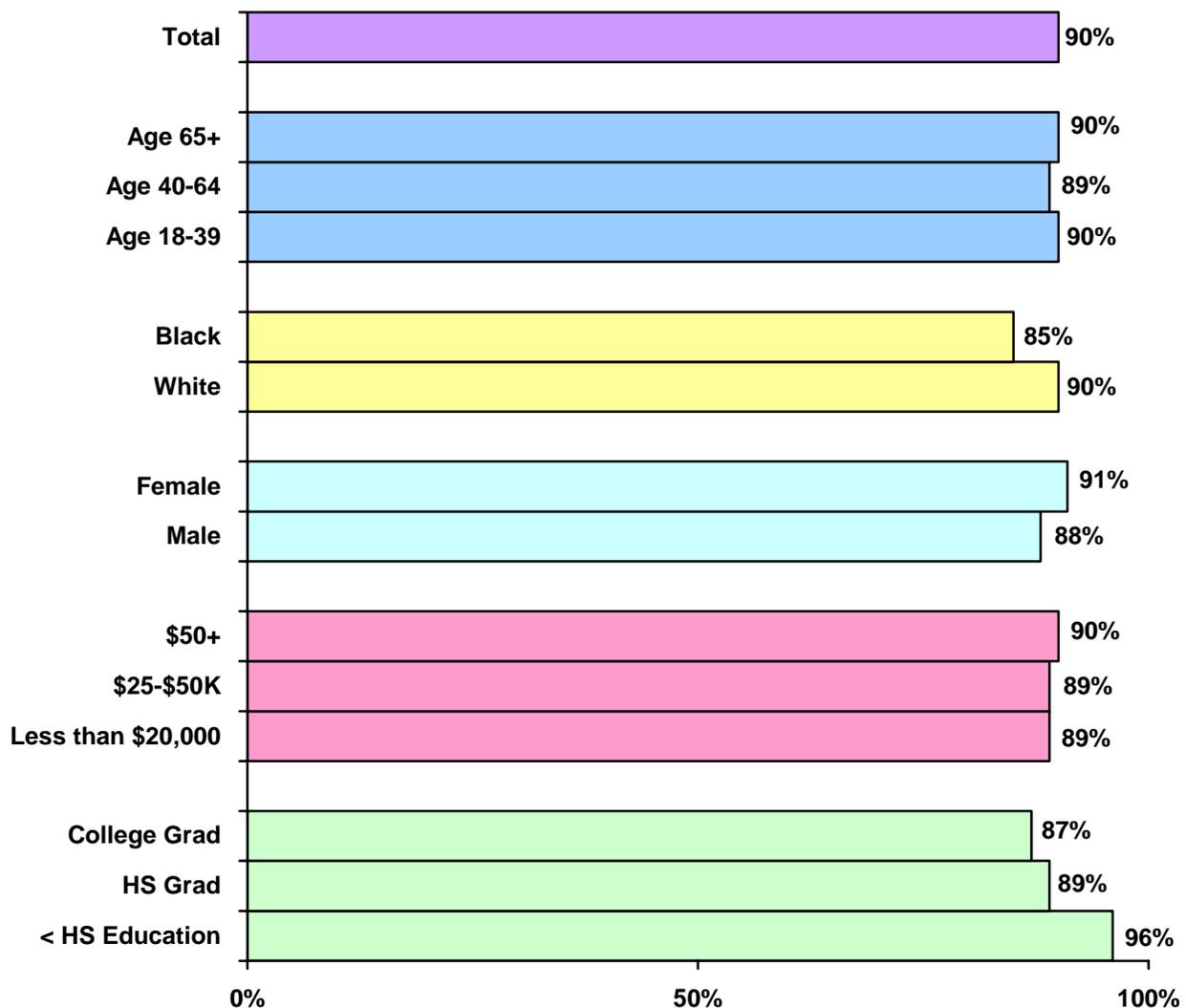
## Professional Prescribe Counseling

Question: In the past 12 months, when a doctor or other health professional advised you to quit smoking, did they also suggest that you use a smoking cessation class, program, quit line, or counseling?

At Risk: Those who were not directed to classes or counseling are considered at risk.

Ninety percent of current smokers were not directed to classes or counseling to help them stop smoking. Respondents were current smokers who had been advised to quit smoking in last 12 months by a health professional.

### Smokers Advised to Quit but Not Directed to Counseling



## Current Smokers Advised to Quit

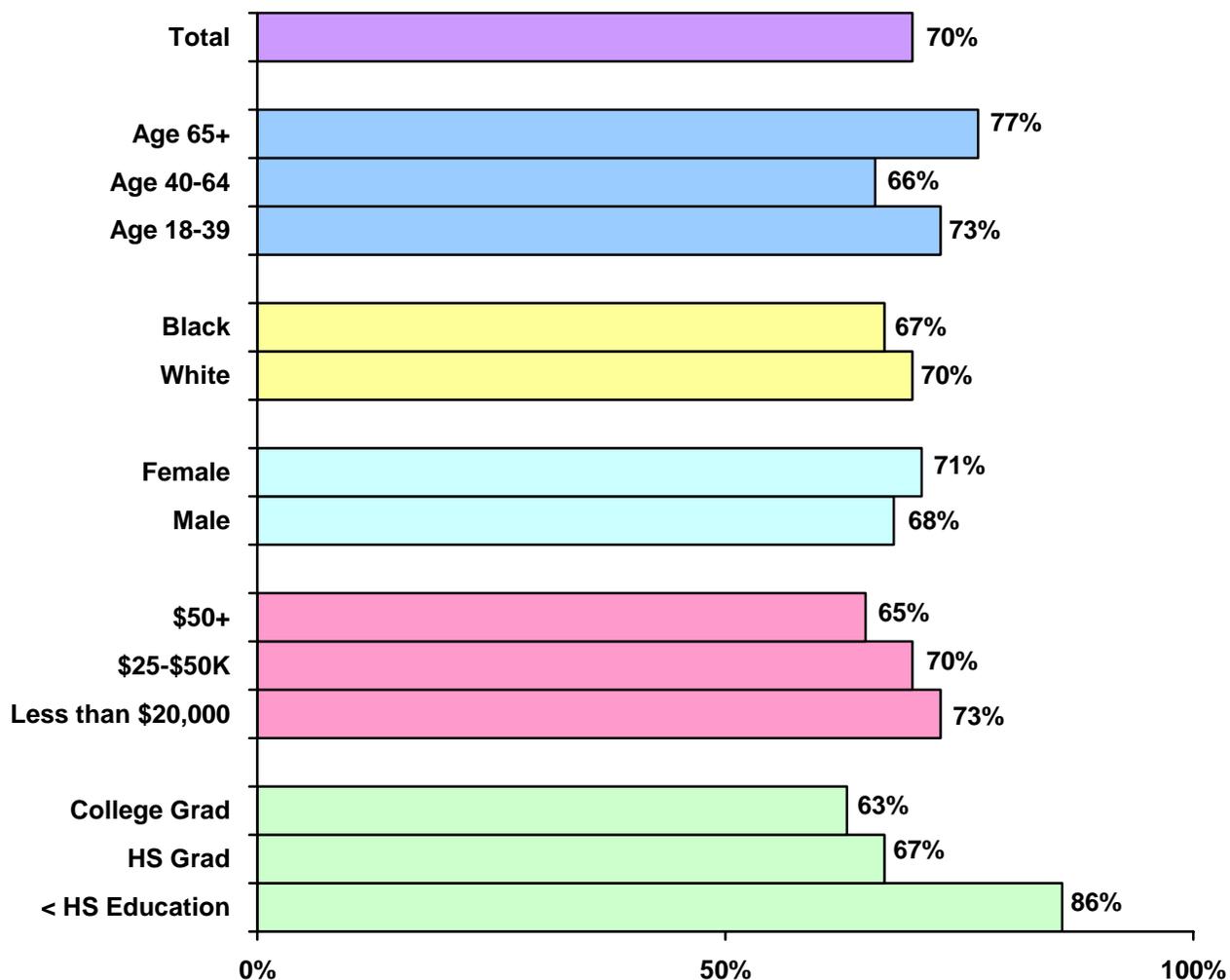
### Professional Offer Other Suggestions

**Question:** In the past 12 months, when a doctor or other health professional advised you to quit smoking, did they: “suggest that you set a specific date to stop smoking,” or “provide you with booklets, videos, or other materials to help you quit smoking on your own”?

**At Risk:** Those not receiving other professional advice on other methods to help quit smoking are considered at risk.

Seventy percent of current smokers were not given other information on methods to help them stop smoking. Respondents were current smokers who had been advised to quit smoking in last 12 months by a health professional.

### Professional Not Offering Other Suggestions



# **Knowledge of Smoking Consequences**

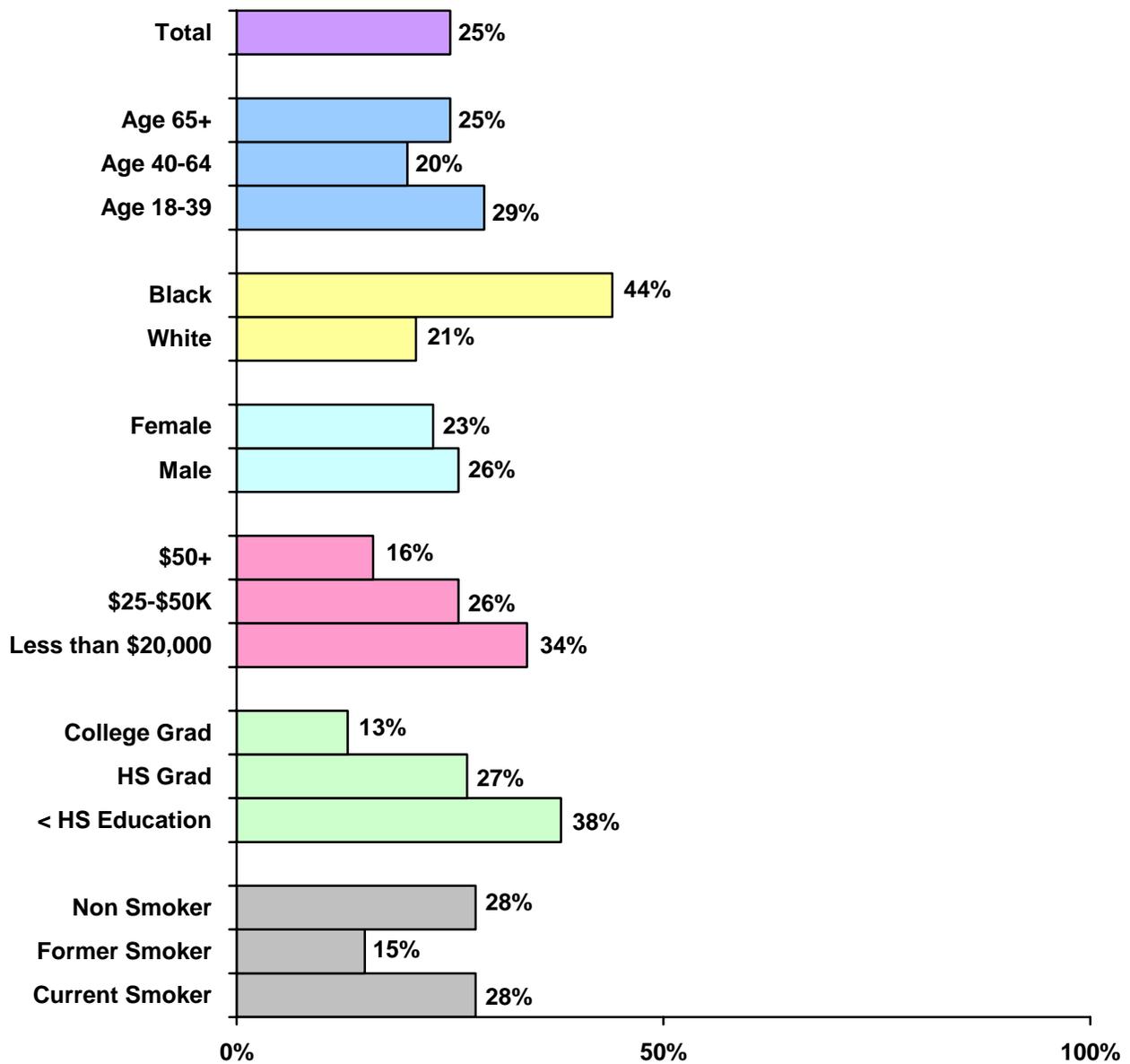
## Long Term Impact of Smoking

Question: Would you “Strongly Agree,” “Agree,” “Disagree,” or “Strongly Disagree” with the following statement: “If a person has smoked a pack of cigarettes a day for more than 20 years, there is little health benefit to quitting smoking”?

At Risk: Those who do not agree that long-term smokers can benefit from quitting are considered at risk.

Twenty-five percent of respondents reported little health benefit from 20-year smokers quitting.

### See No Benefit from 20-year Smokers Quitting



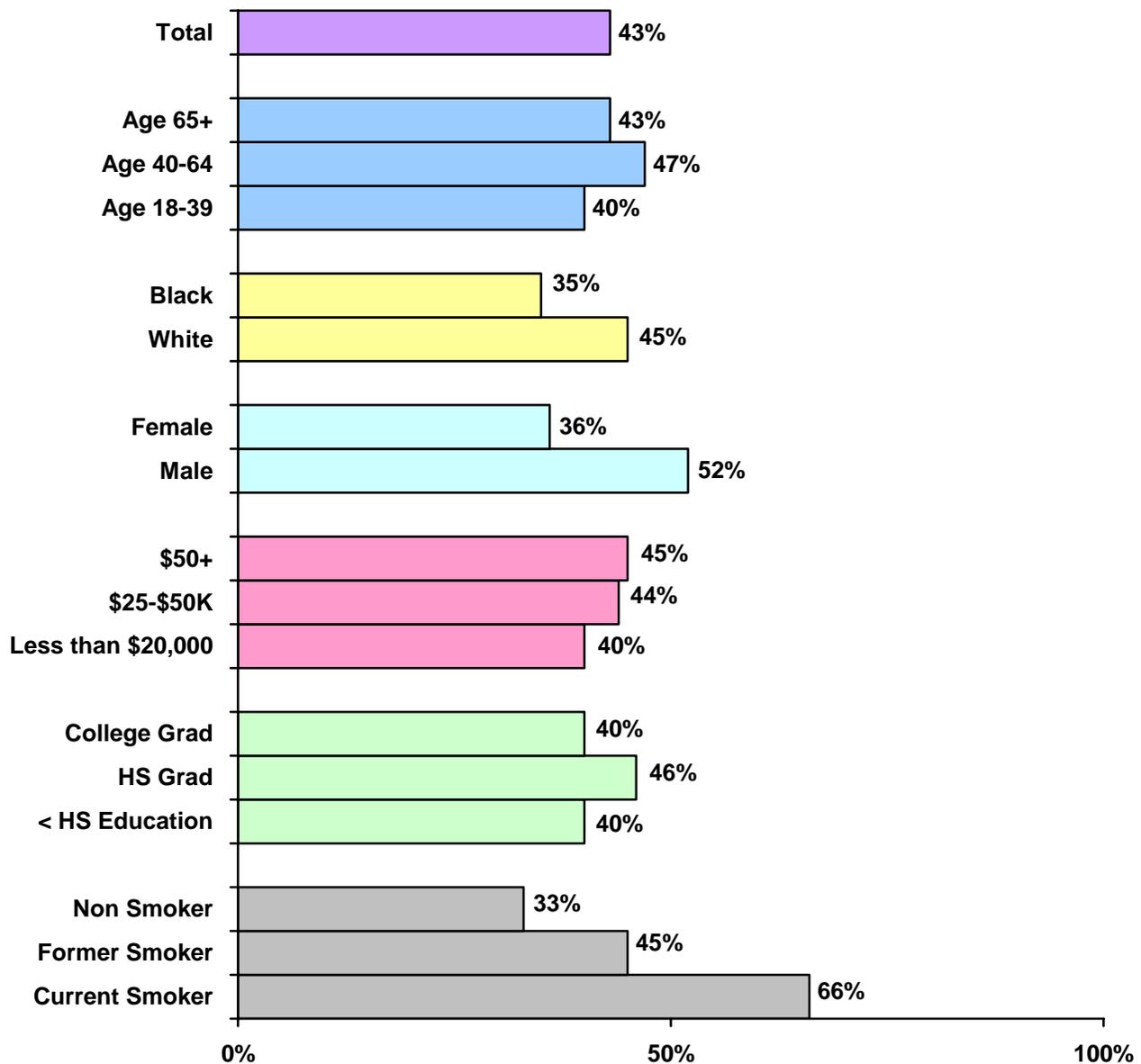
## Harm of Secondhand Smoke

Question: Do you think that breathing smoke from other people’s cigarettes is: “Very harmful to one’s health,” “Somewhat harmful to one’s health,” “Not very harmful to one’s health,” or “Not harmful at all to one’s health”?

At Risk: Those who think that smoke from other people’s cigarettes are not very harmful to one’s health are considered at risk.

Forty-three percent of respondents reported second hand smoke was only somewhat or not harmful to one’s health.

### Second Hand Smoke is Not Harmful



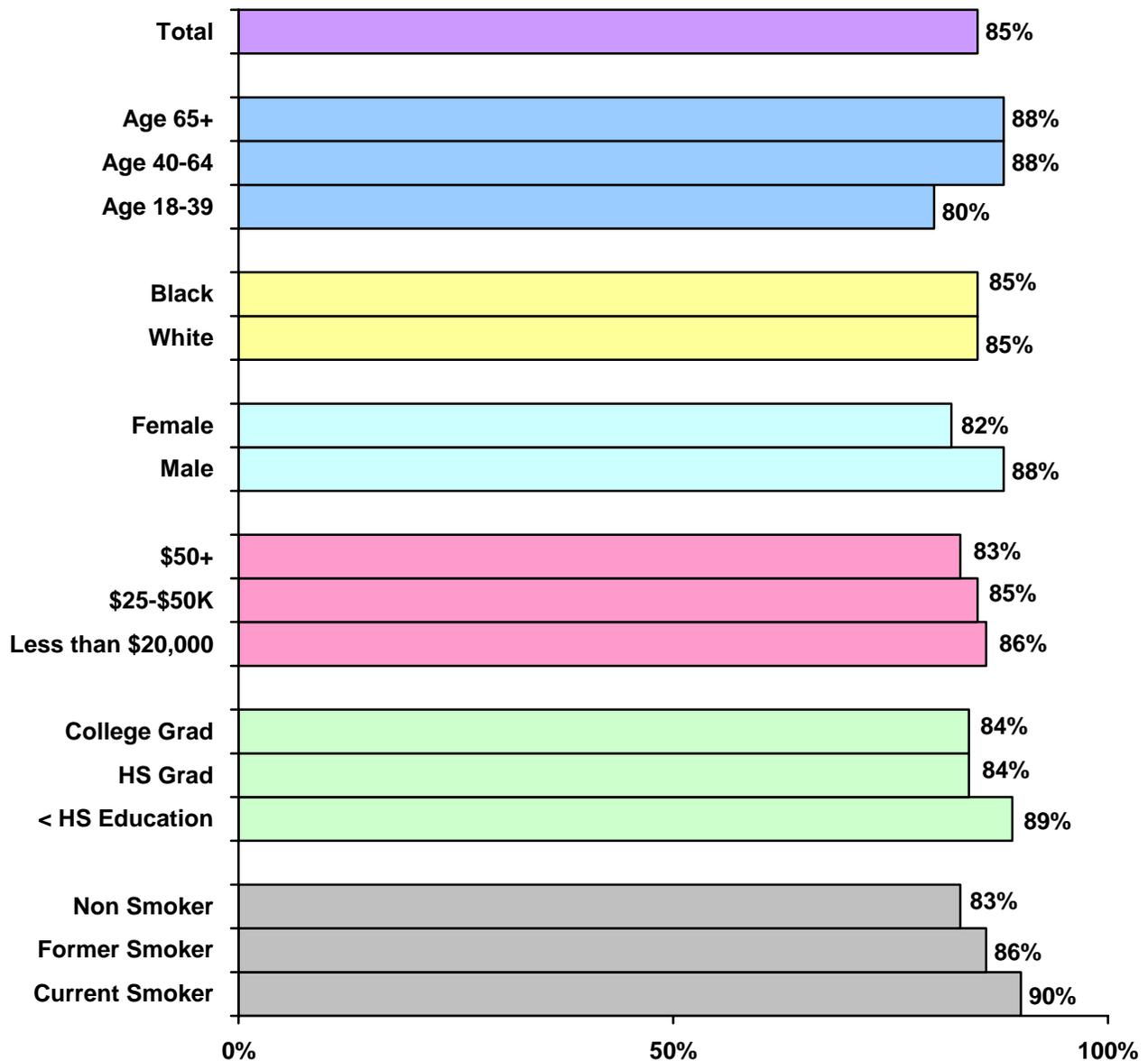
## Diseases Caused by Secondhand Smoke

Question: Given a list of conditions or diseases, can you identify those that are caused by second hand smoke?

At Risk: Those who did not correctly identify conditions or diseases are considered at risk.

Eighty-five percent of respondents did not correctly identified conditions or diseases caused by second hand smoke and did not also over generalize the impact of smoking on the cause of diseases.

### Did Not Correctly Identify Diseases



# **Second Hand Smoke Exposure**

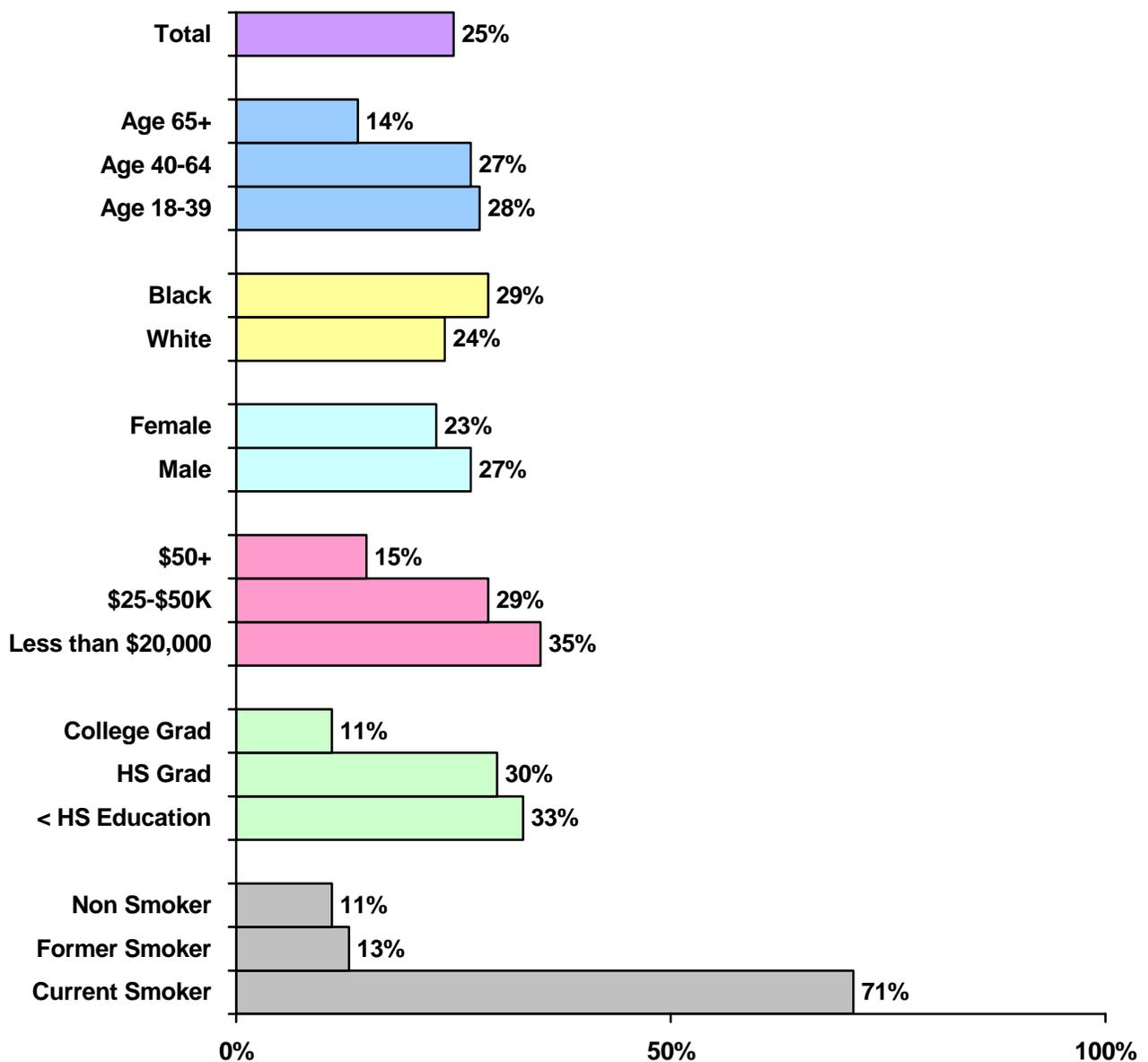
## Others Smoking in Home

Question: During the past 7 days, how many days did anyone smoke cigarettes, cigars, or pipes anywhere inside your home?

At Risk: Those who are exposed to any cigarette, cigar or pipe smoking in their home are considered at risk.

Twenty-five percent of respondents reported someone smoked in their home at least once in the past 7 days.

## Smoking Exposure In Home



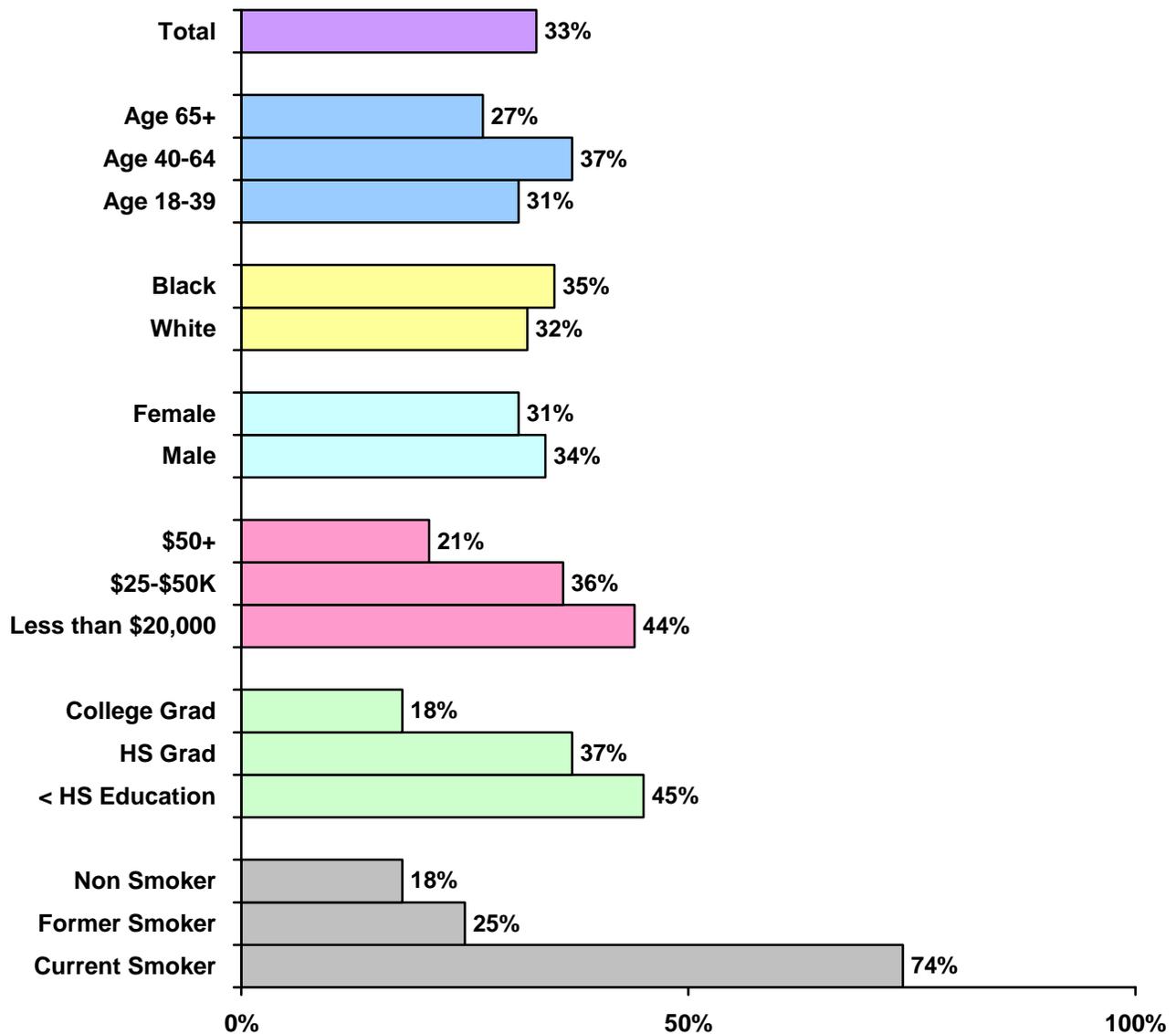
## Rules of Smoking in Home

Question: Which statement best describes the rules about smoking in your home: “Smoking is not allowed anywhere inside your home,” “Smoking is allowed in some places or at some times,” “Smoking is allowed anywhere inside the home”?

At Risk: Those who allow smoking in some or all places or at some times in the home are considered at risk.

Thirty-three percent of respondents reported that smoking was allowed in some or all places or at some times in the home.

### Smoking Allowed in Home



## Employed Indoors

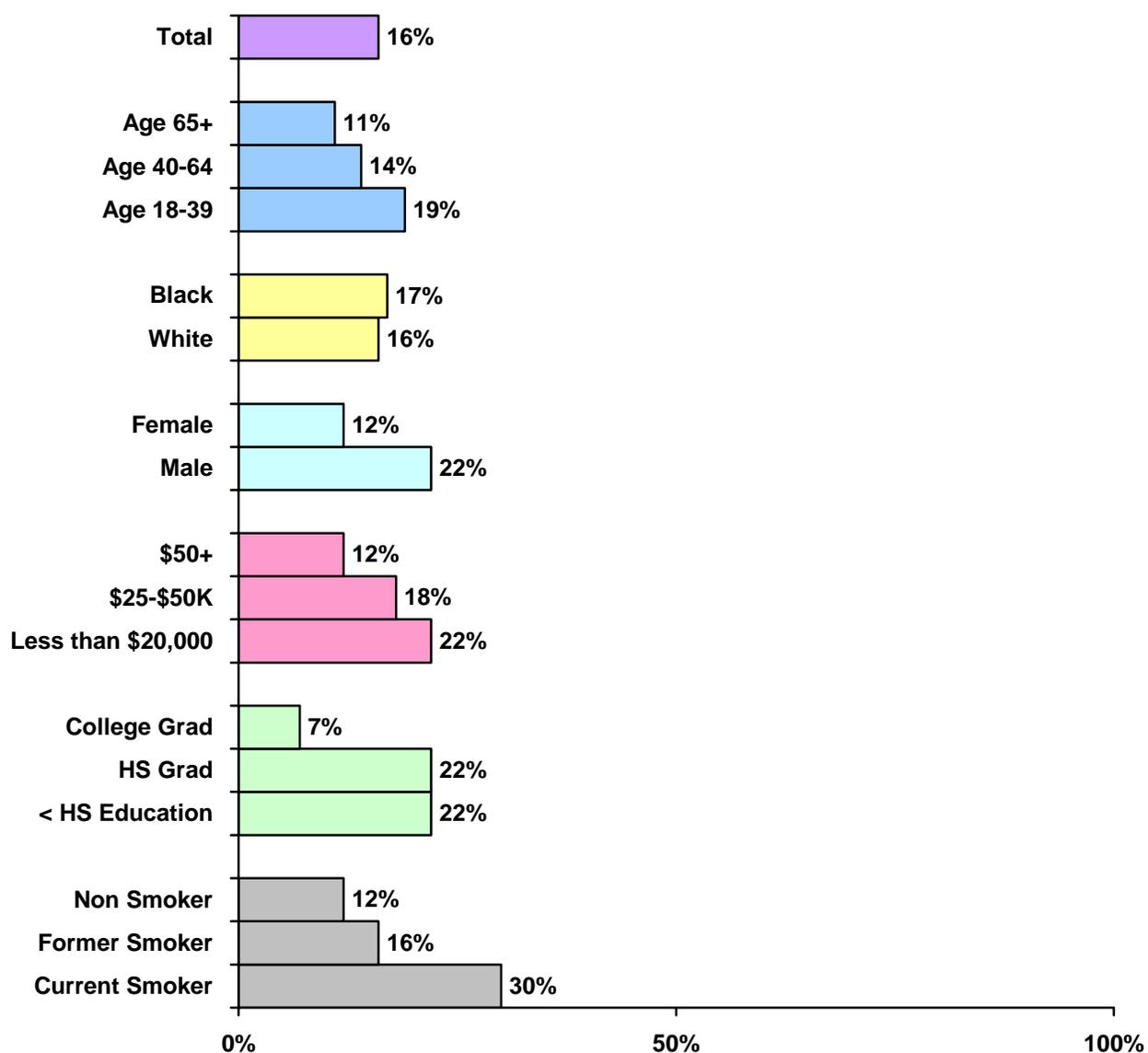
### Exposure in Work Place

Question: As far as you know, in the past 7 days, has anyone smoked in your work area?

At Risk: Those who are exposed to smoking in their work area are considered at risk.

Sixteen percent of respondents working indoors most of the time reported someone smoking in their work area in the past 7 days.

### Smoking Allowed In Work Area

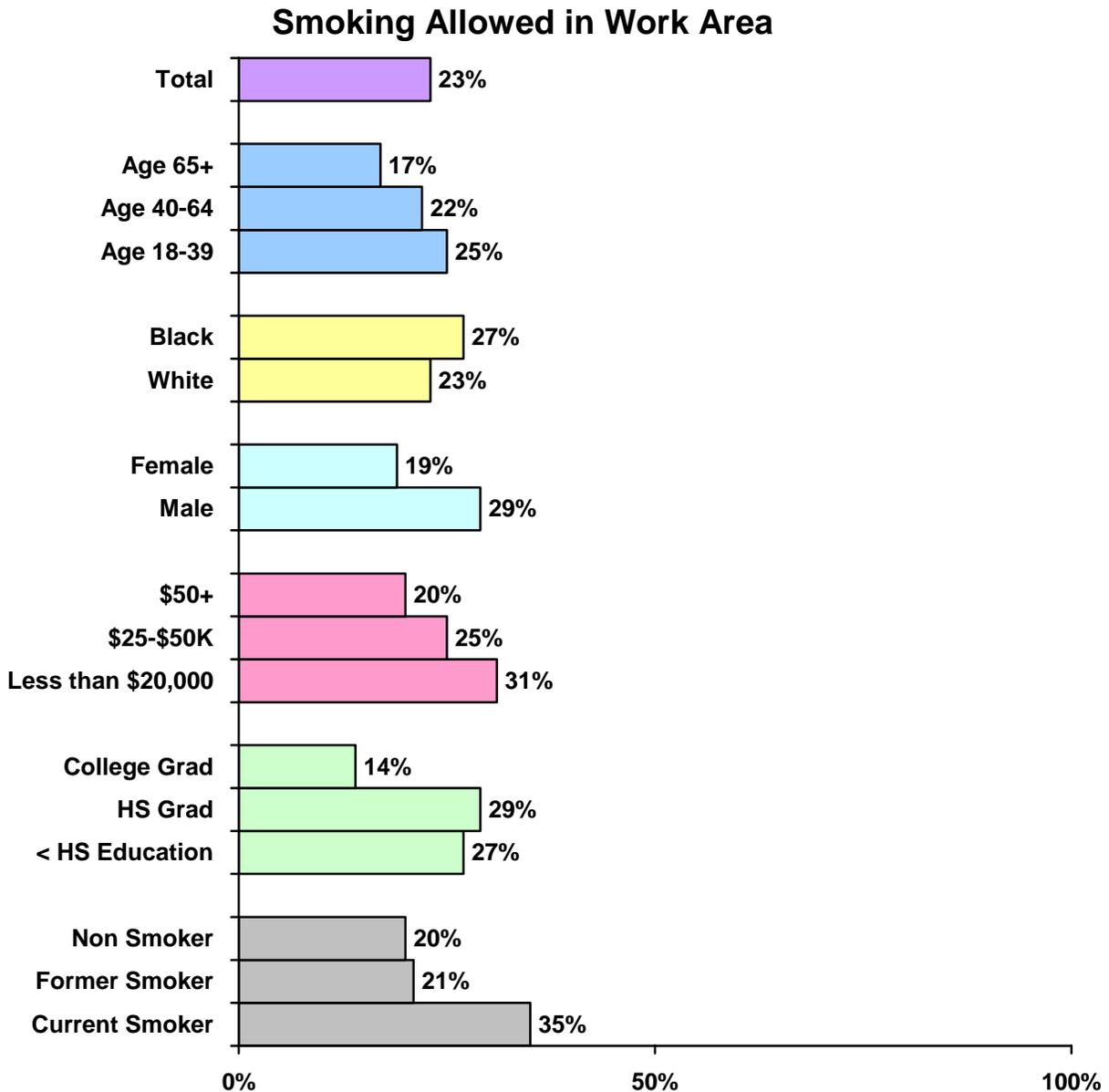


## Smoking Policy in Work Areas

**Question:** Which of the following best describes your place of work’s official smoking policy for work areas: “not allowed in any work area,” “allowed in some work areas,” “allowed in all work areas,” or “no official policy”?

**At Risk:** Those who are exposed to smoking in their work areas or who have no official policy are considered at risk.

Twenty-three percent of respondents working indoors most of the time reported that smoking was allowed in all or some areas or there was no official policy for work areas.



## Employed Indoors

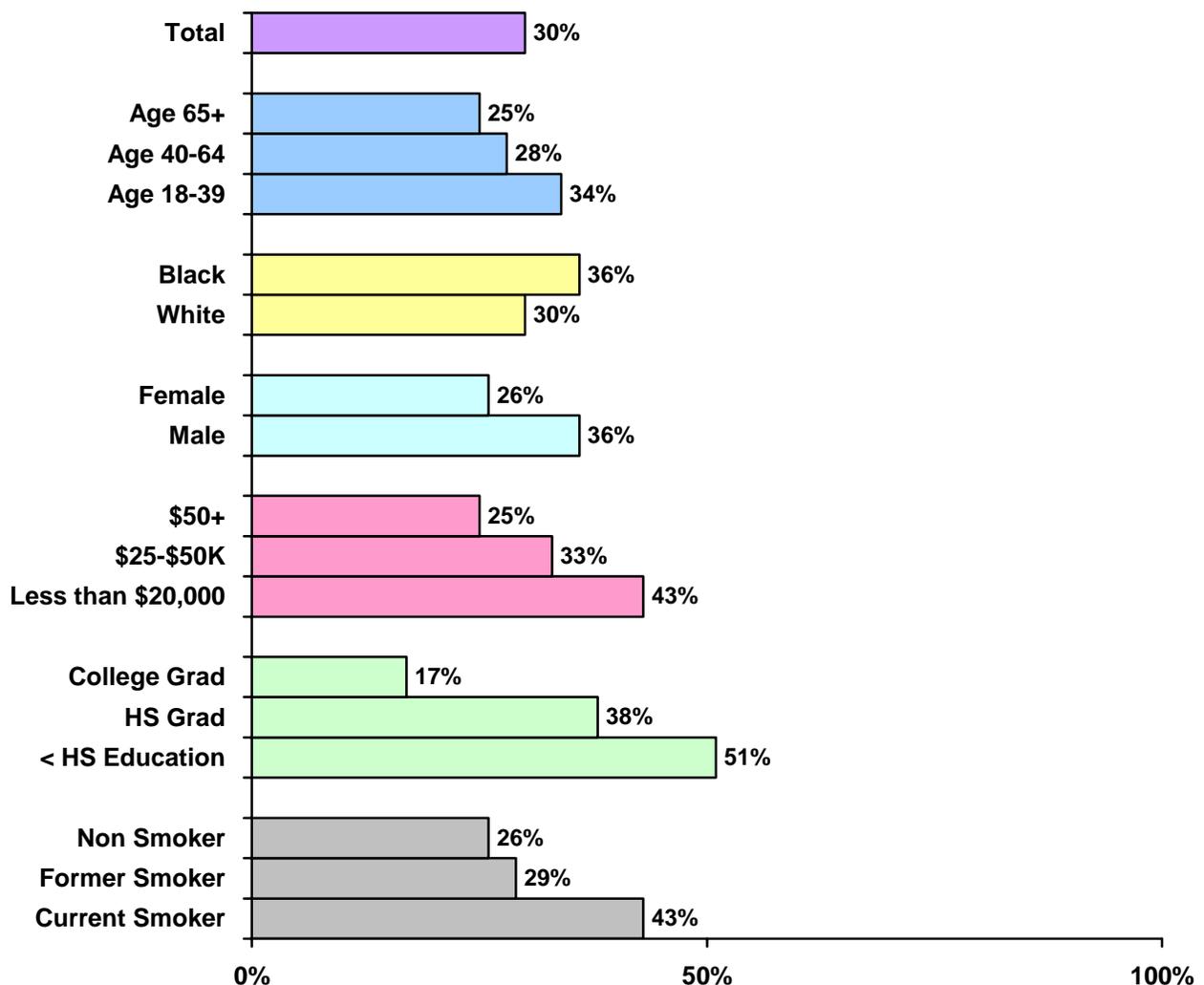
### Smoking Policy in Public/Common Work Areas

**Question:** Which of the following best describes your place of work's official smoking policy for indoor public or common areas: "not allowed in any public place," "allowed in some public areas," "allowed in all public areas," or "no official policy"?

**At Risk:** Those who are exposed to smoking in the common areas at work or who have no official policy, are considered at risk.

Thirty percent of respondents working indoors most of the time reported that they did not have an official smoking policy or that smoking was allowed in all or some indoor public or common areas.

### Smoking Allowed In Public Areas



## Employed Indoors

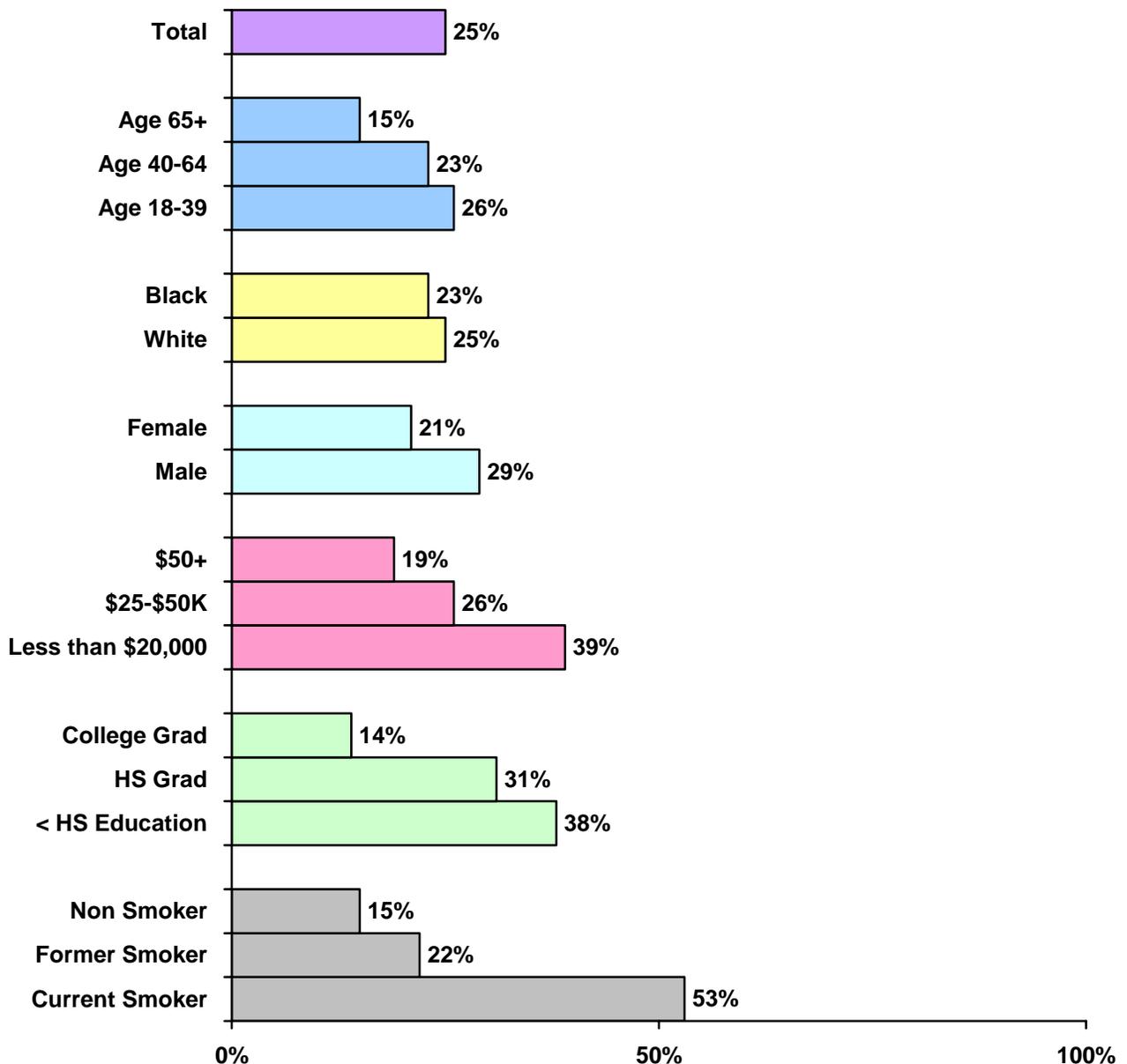
### View about Smoking Policy at Work

Question: In indoor work areas, do you think smoking should be allowed in “all areas,” “some areas,” or “not at all”?

At Risk: Those who would allow smoking in all or some areas are considered at risk.

Twenty-Five percent of respondents working indoors most of the time reported they thought smoking should be allowed. Respondents worked indoors most of the time for employers that allow smoking in public areas.

### Smoking Should Be Allowed



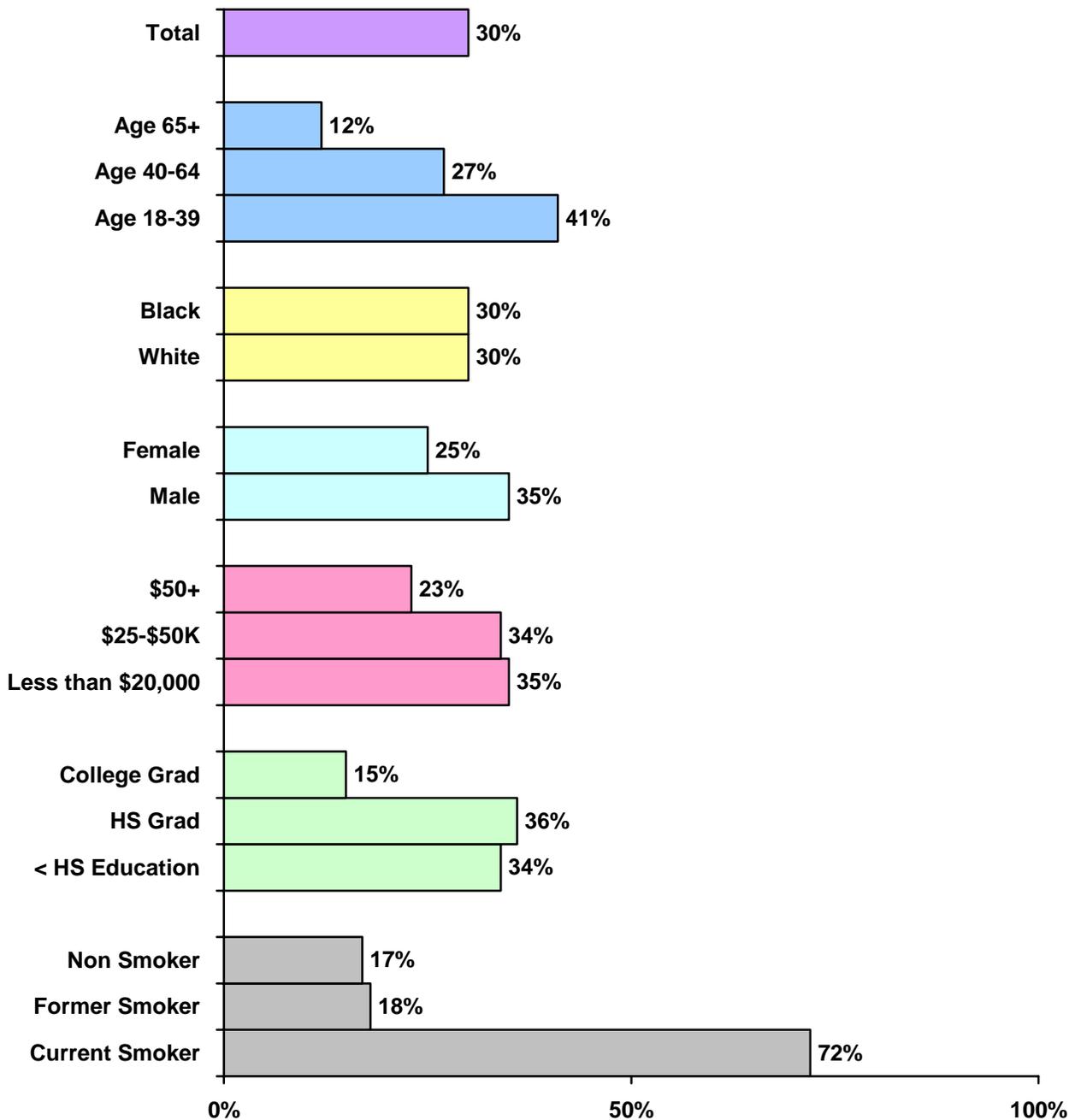
## Smoking in Cars

Question: In the past 7 days, have you been in a car with someone who was smoking?

At Risk: Those who have been in a car with someone smoking in the past 7 days are considered at risk.

Thirty percent of respondents were in a car with someone smoking.

### In Cars With Smokers



# **Support for Bans**

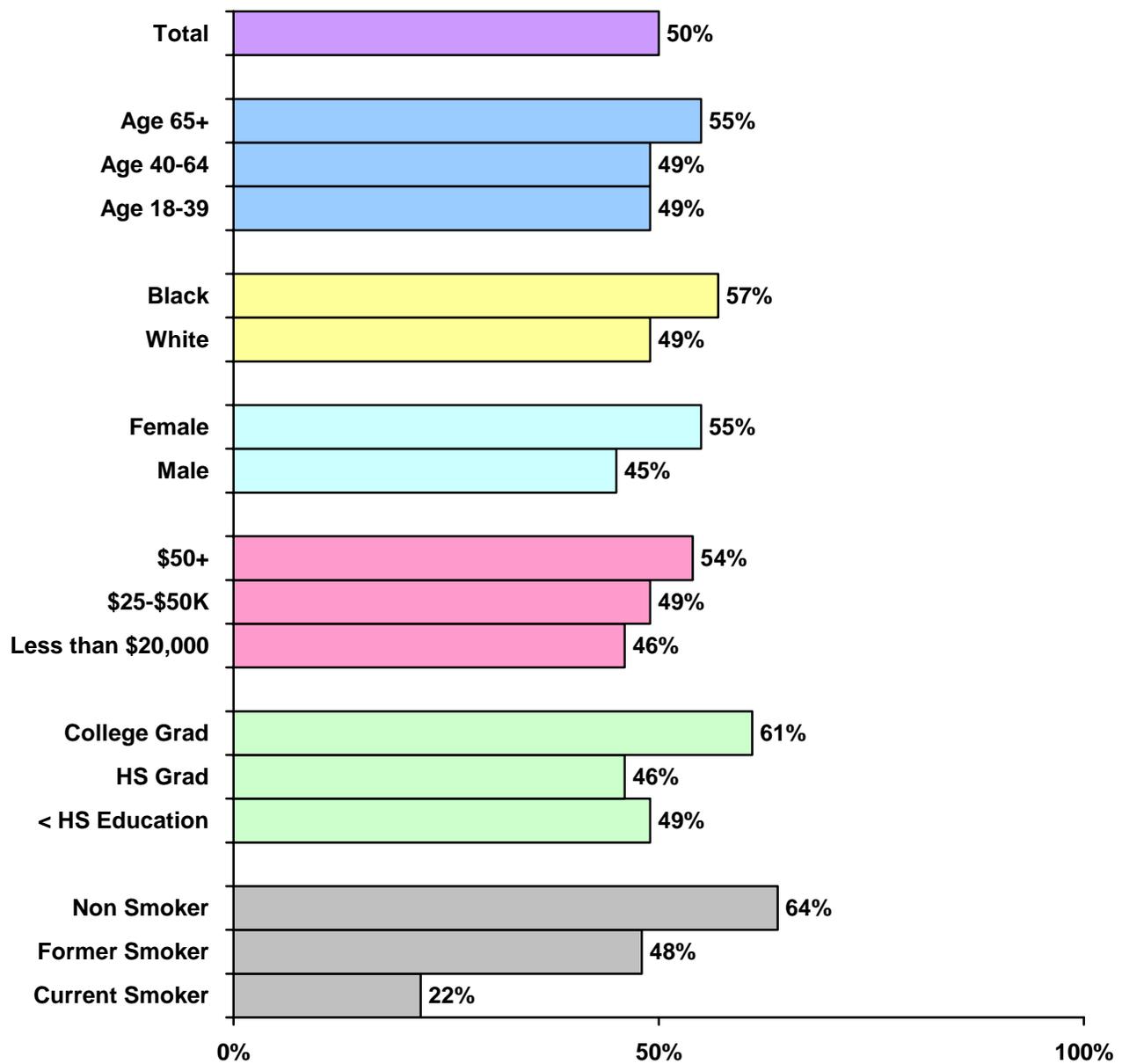
# Smoking in Restaurants

Question: In the indoor dining area of restaurants, do you think that smoking should be “allowed in all areas,” “some of the areas,” or “not allowed at all”?

Support Ban: Those who would not allow smoking in any area.

Fifty percent of respondents would support bans on smoking for indoor restaurant.

## Ban Smoking Inside Restaurants



## Respondents that eat out some

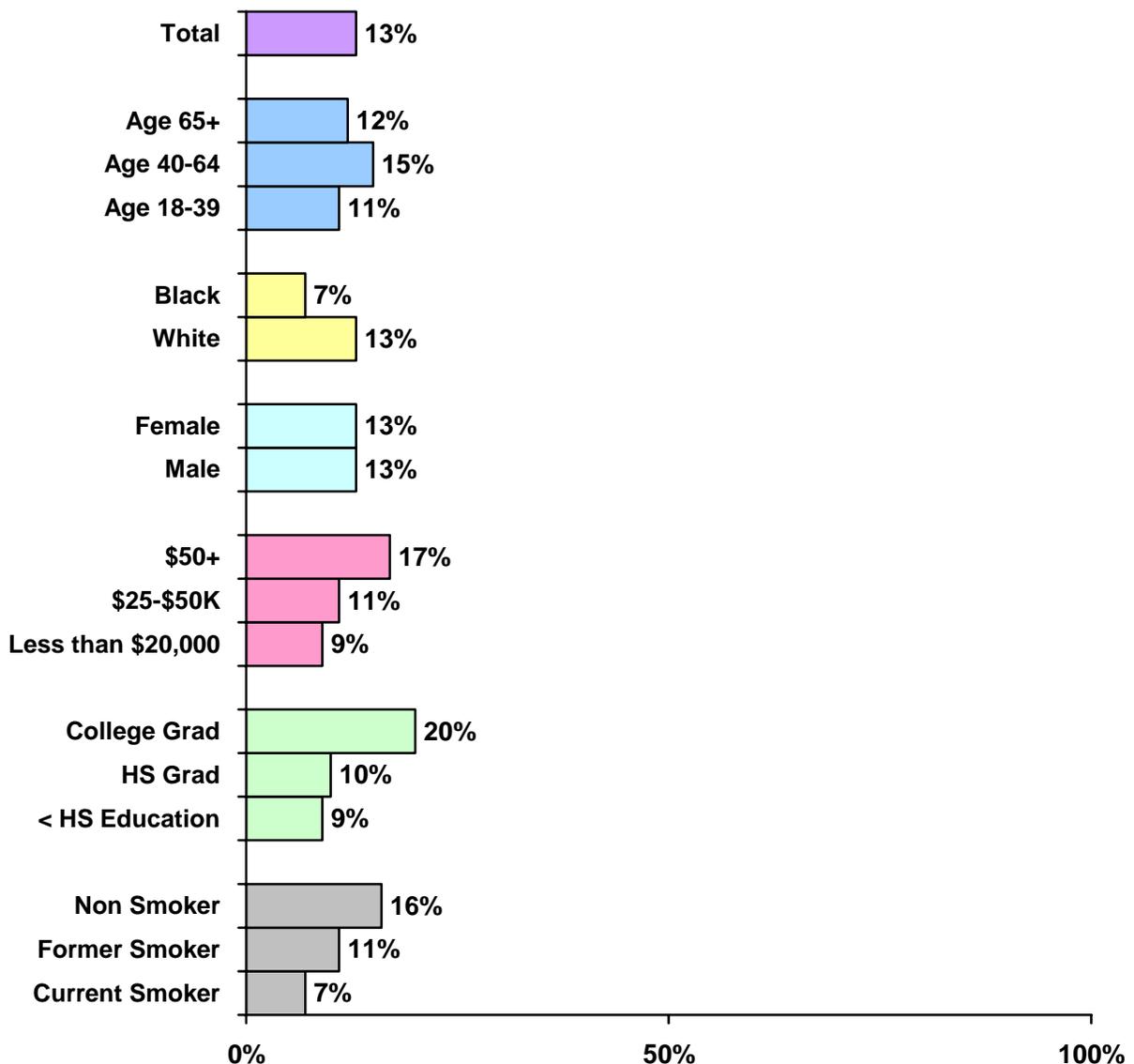
### Reason for Not Going to a Restaurant

Question: In the past year, did you **not** go to a restaurant because you knew smoking was permitted? About how often do you eat out in a week? Would you say: “more than once per week,” “about once a week,” “about once or twice a month,” “less than once a month,” or “never.”

Support Ban: Those who did not eat out to avoiding smoke-allowed restaurants.

Thirteen percent of respondents who eat out sometimes did not eat out to avoid smoke allowed in a restaurant.

### Avoided Smoking-Allowed Restaurants



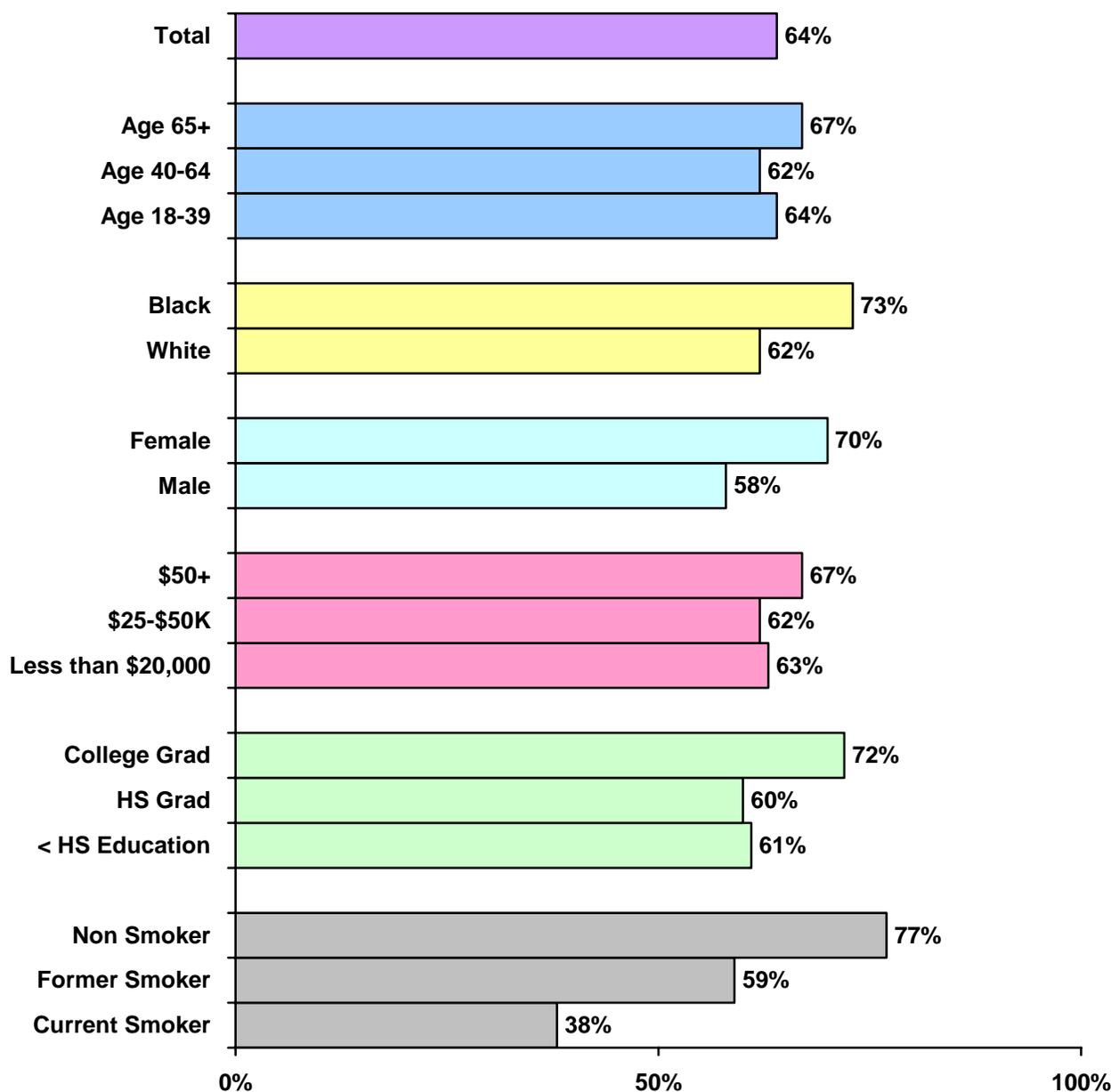
## Laws Banning Smoking in Restaurants

Question: Some cities and towns are considering laws that would make restaurants smoke free; that is eliminating all tobacco smoke from restaurants. Would you support such a law in your community?

Support Ban: Those who would support a law to eliminate tobacco smoke from restaurants.

Sixty-four percent of respondents would support a law to eliminate tobacco smoke from restaurants.

### Support of Smoke Banning Laws



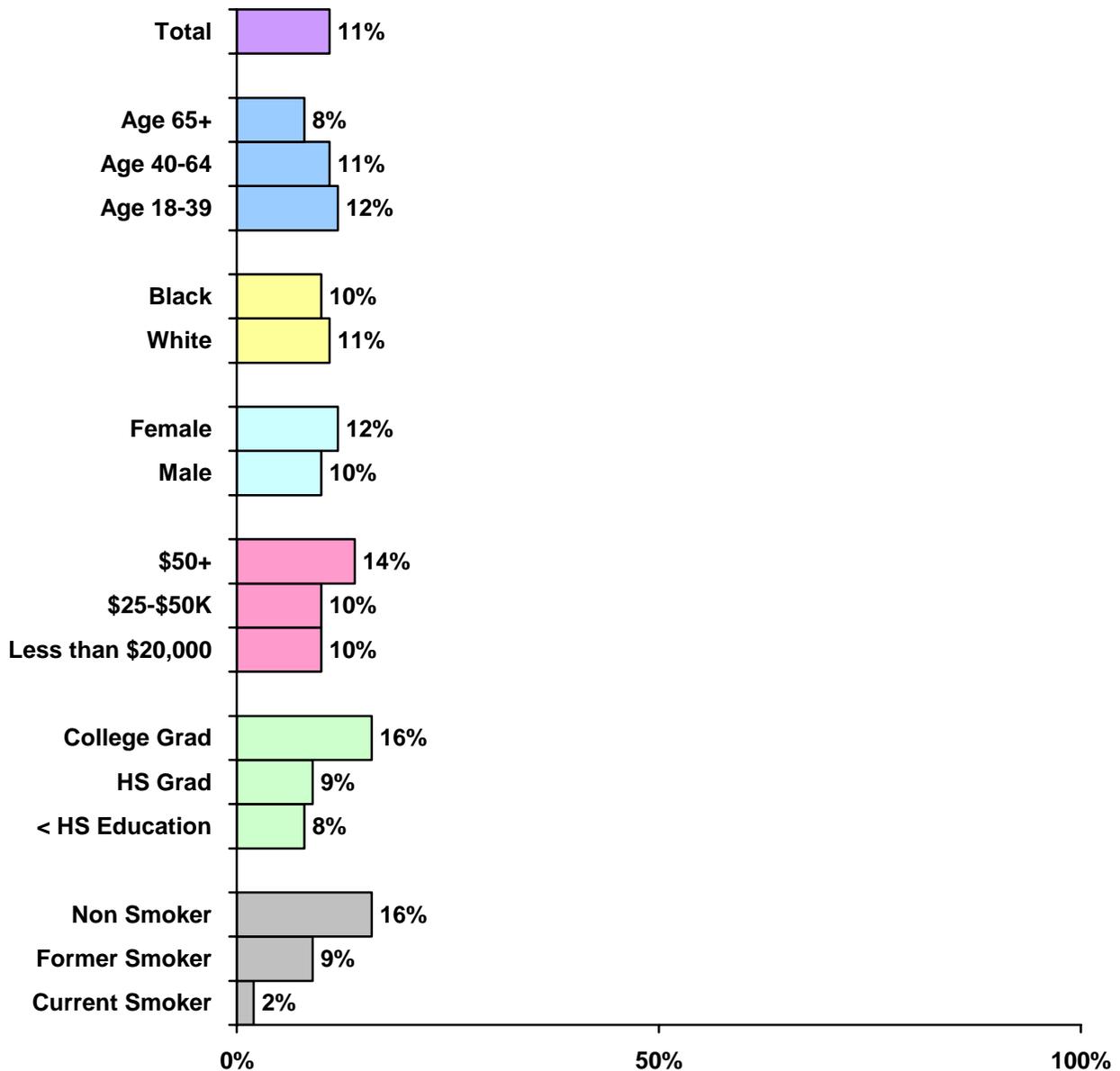
# Smoking in Restaurants

Question: If there was a total ban on smoking in restaurants, would you eat out “more,” “less,” or “would it make no difference”?

Support Ban: Those who would eat out more.

Eleven percent of respondents would eat out more if there was a total ban on smoking in restaurants.

## Eat Out More



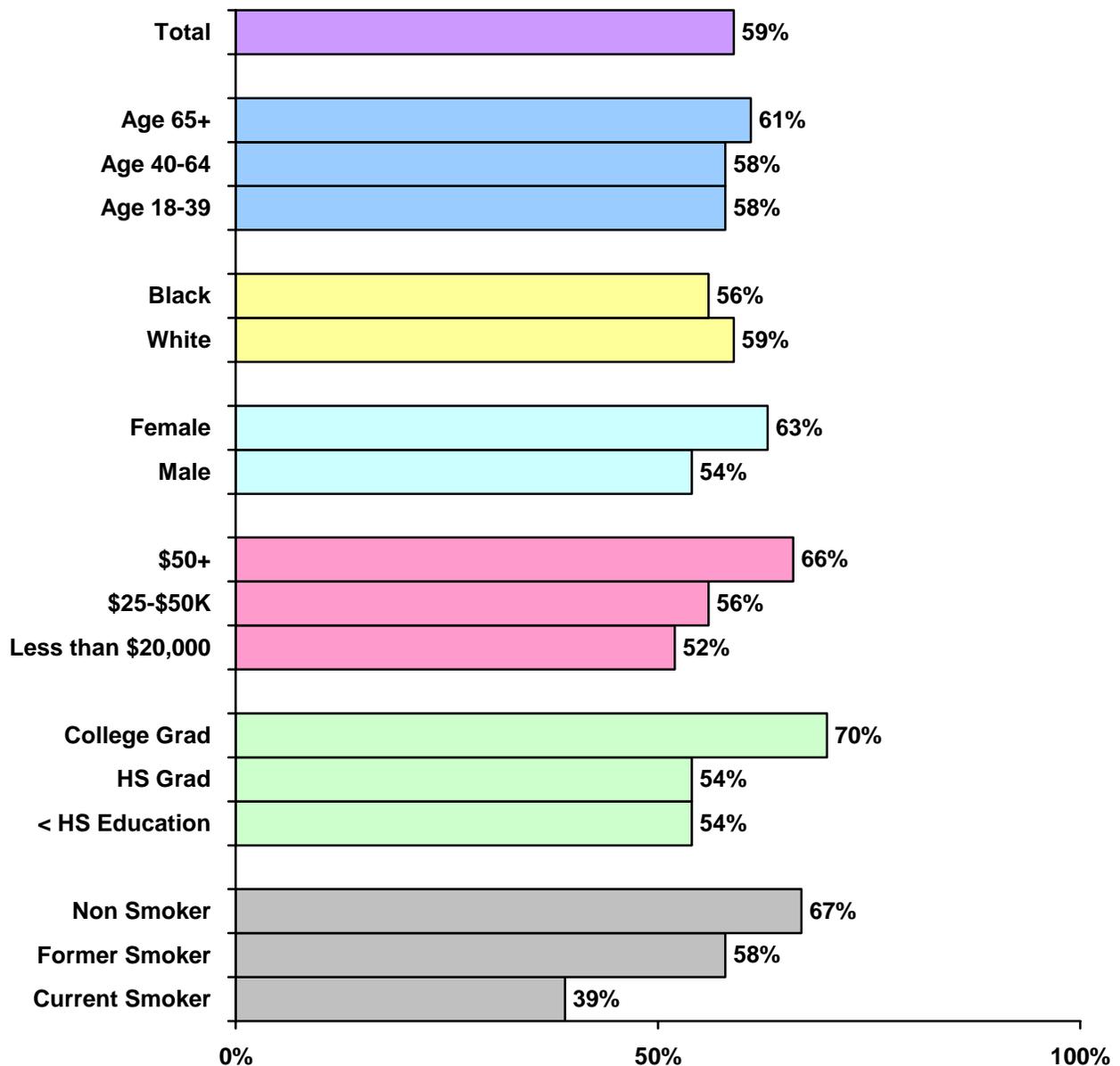
## Restrictions in Public Buildings

Question: In public buildings, do you think that smoking should be “allowed in all areas,” “some areas,” or “not allowed at all”?

Support Ban: Those who would not allow smoking in any public area.

Fifty-nine percent of respondents would not allow smoking in public buildings.

### Ban Smoking In Public Buildings



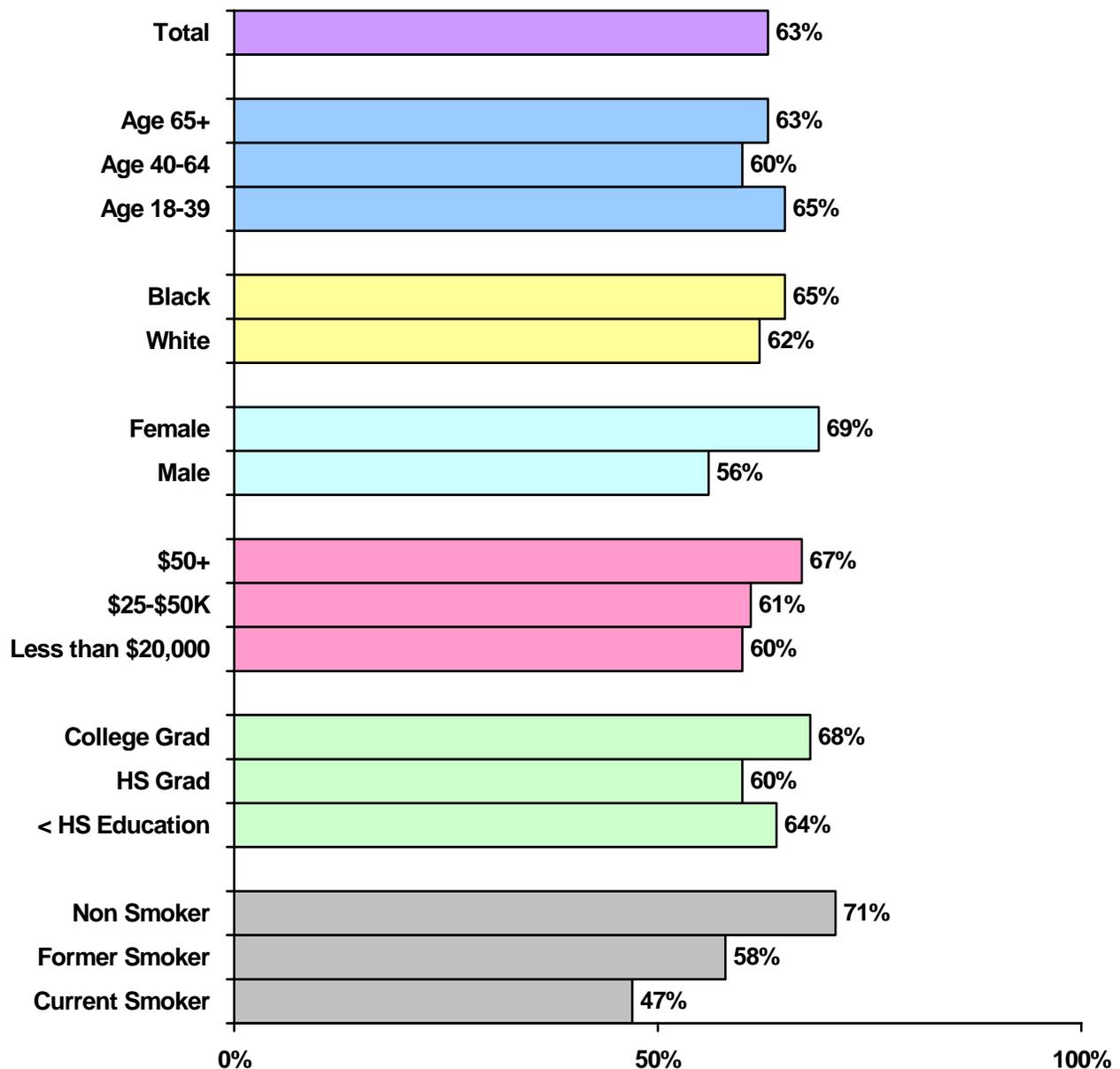
## Restrictions in Indoor Shopping Malls

Question: In indoor shopping malls, do you think that smoking should be “allowed in all areas,” “some areas,” or “not allowed at all”?

Support Ban: Those who would not allow smoking in indoor shopping malls.

Sixty-three percent of respondents would not allow smoking in any areas of indoor shopping malls.

### Ban Smoking in Indoor Shopping Malls



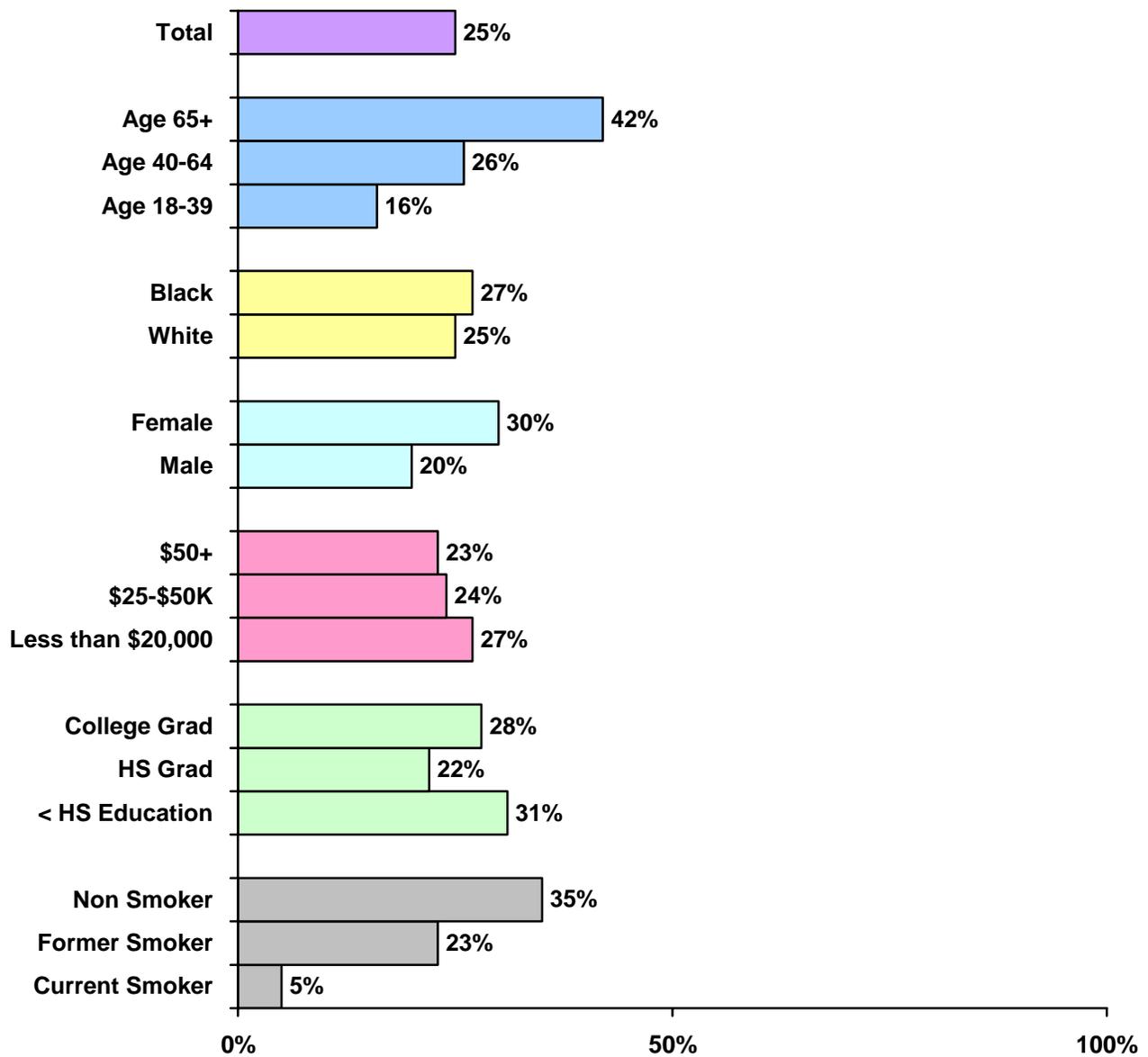
## Restrictions in Bars

Question: In bars and cocktail lounges, do you think that smoking should be “allowed in all areas,” “allowed in some areas,” or “not allowed at all”?

Support Ban: Those who would not allow smoking in bars or cocktail lounges.

Twenty-five percent of respondents would not allow smoking in any areas of bars or cocktail lounges.

### Ban Smoking in Bars



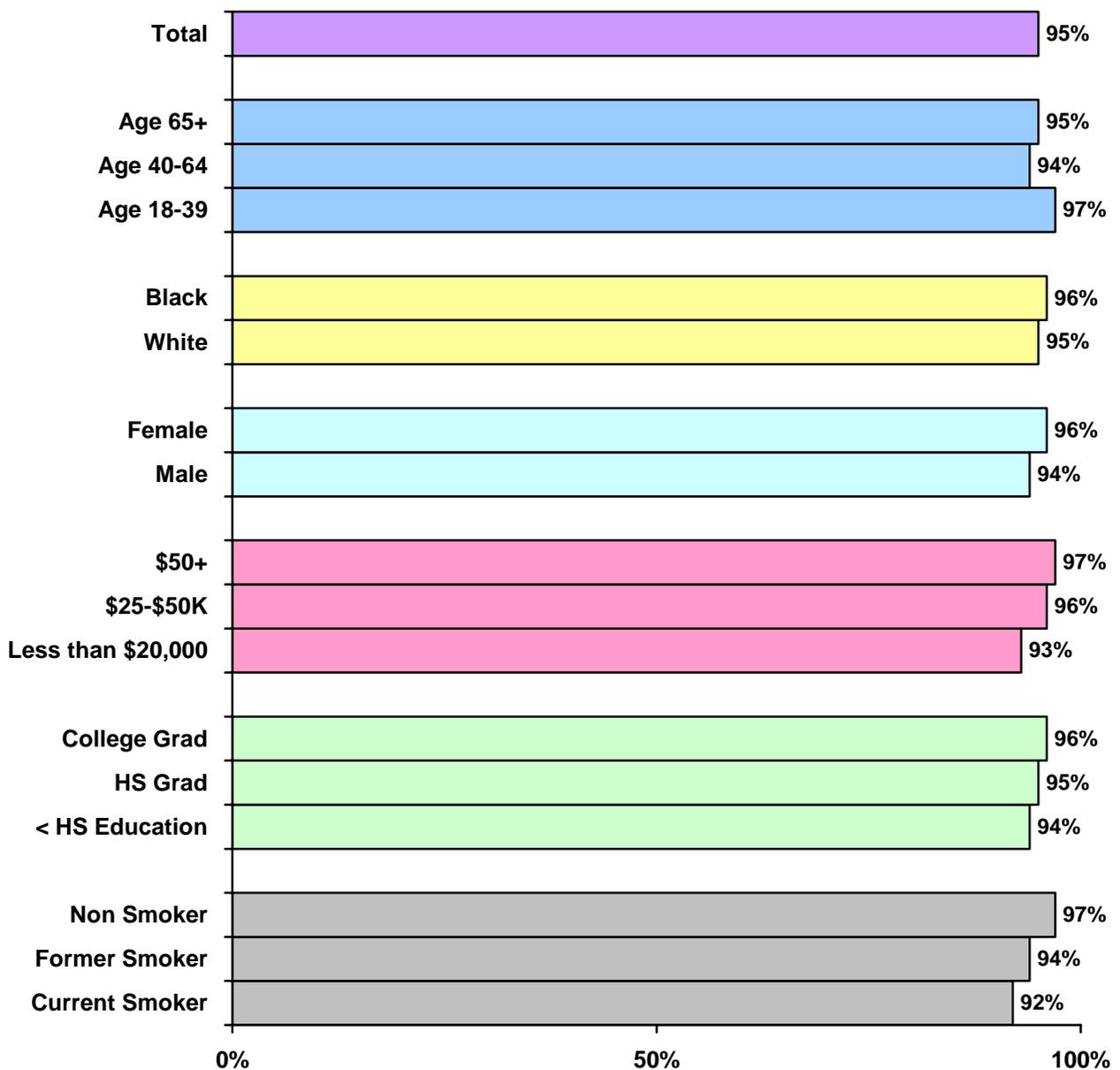
## Restrictions in Day Care Centers

Question: In day care centers, do you think that smoking should be “allowed in all areas,” “allowed in some areas,” or “not allowed at all”?

Support Ban: Those who would not allow smoking in day care centers.

Ninety-five percent of respondents would not allow smoking in any areas of day care centers.

### Ban Smoking in Day Care Centers



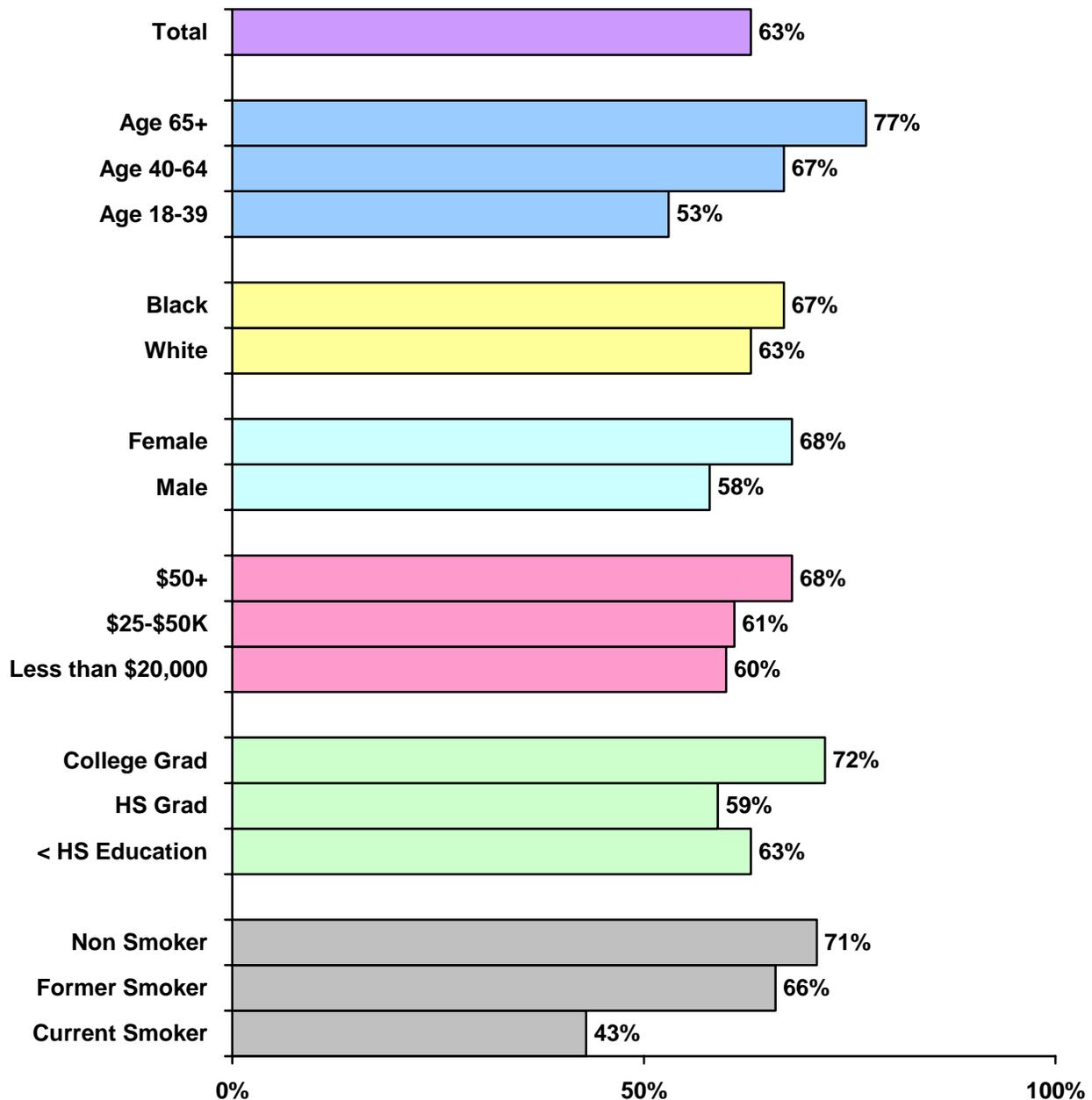
## Restrictions in Sporting Events

Question: In indoor sporting events and concerts, do you think that smoking should be “allowed in all areas,” “allowed in some areas,” or “not allowed at all”?

Support Ban: Those who would not allow smoking at sporting events.

Sixty-three percent of respondents would not allow smoking in any areas at indoor sporting events or concerts.

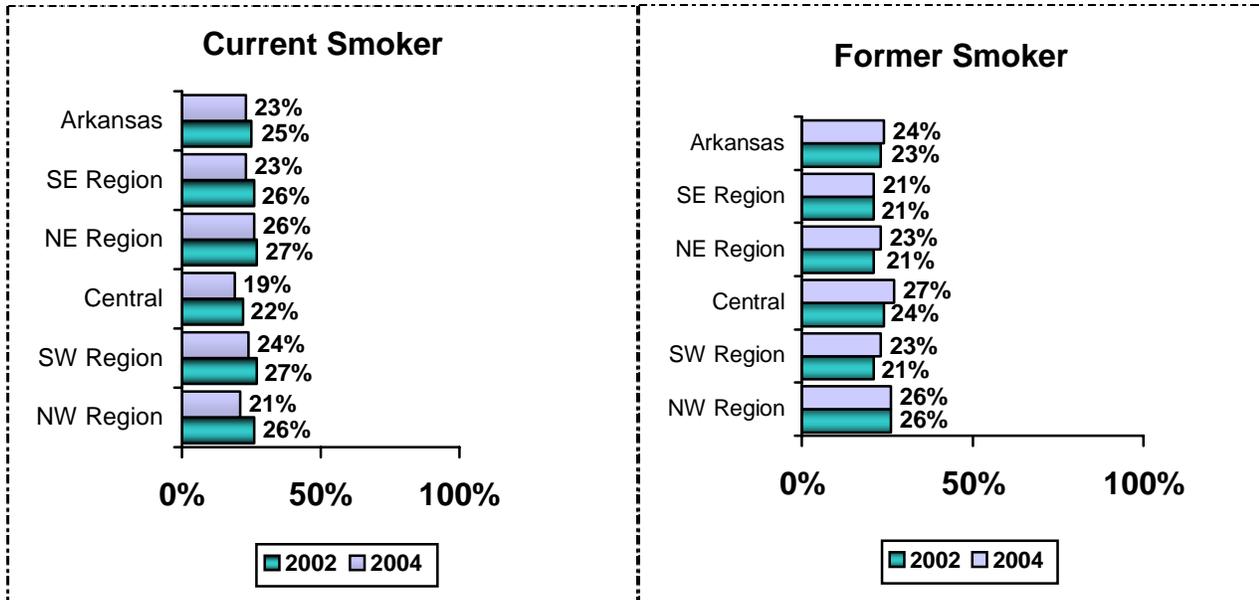
### Ban Smoking in Sporting Events and Concerts



# **Comparisons from the Arkansas 2002 Survey to the 2004 Survey**

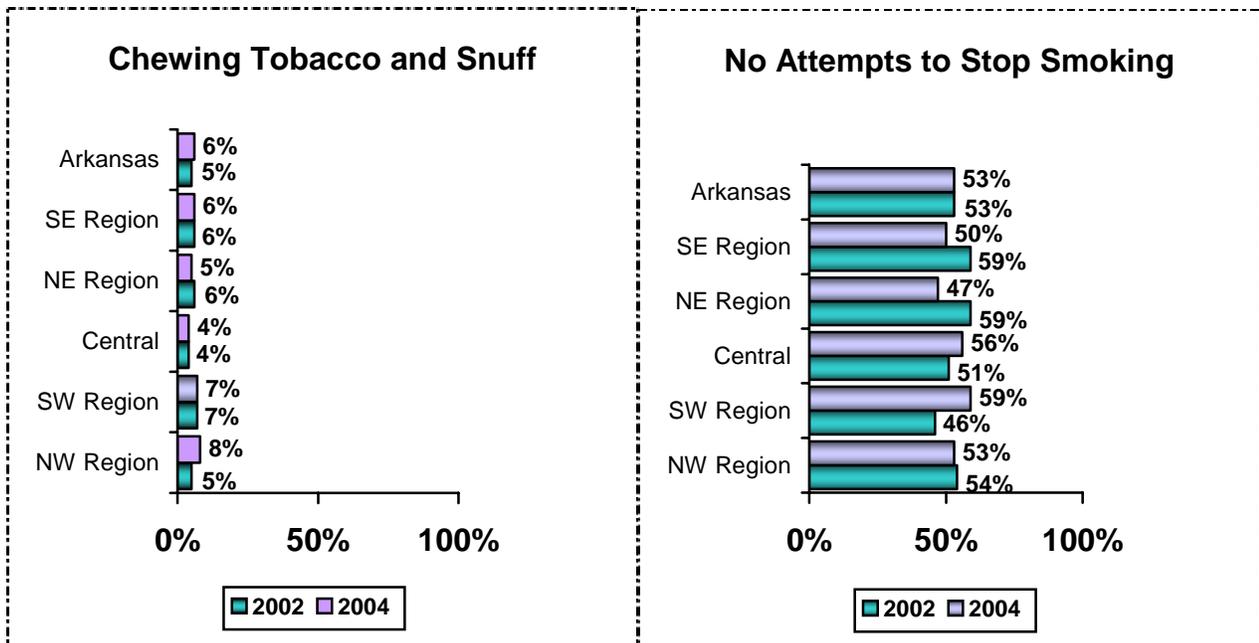
## How Does 2004 Compare to 2002?

The following charts compare the responses to tobacco related questions for the Arkansas survey conducted in 2002 to the survey conducted in 2004.



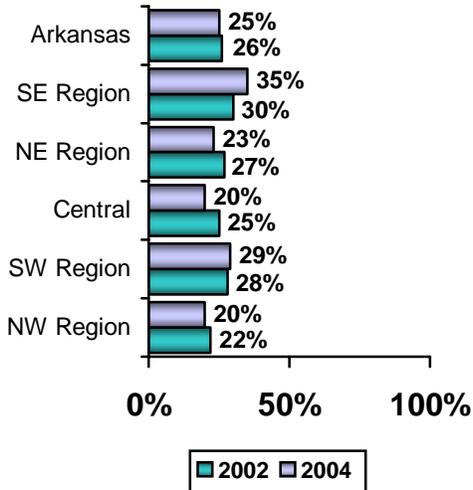
The data above suggest a trend of decrease of smokers. However, the data below (lower left) indicate an oral tobacco use increased from 5% to 8% for northwest Arkansas.

The percent of smokers trying to stop smoking remained constant statewide (see lower right; 53% did not try to stop) from 2002 until 2004. However, a higher percent tried to stop smoking in the South East and North East regions of Arkansas in 2004 than in 2002. More smokers are at risk in the South West region because a higher percent did not try to stop smoking.



## Perceptions of Risk

### Long Term Impact of Smoking

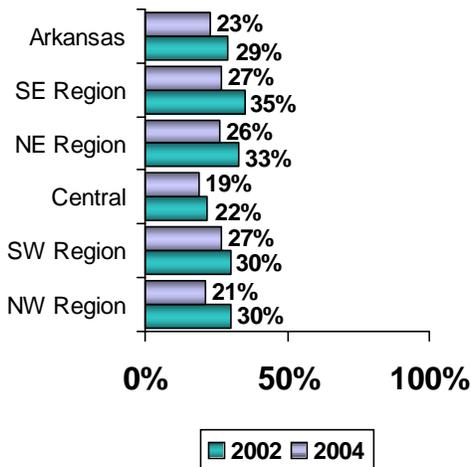


In 2002, 26% percent of Arkansans reported little health benefit from 20-year smokers quitting (see figure on top left). In 2004 this had decreased to 25% suggesting that more Arkansans saw the benefit of quitting even after 20 years.

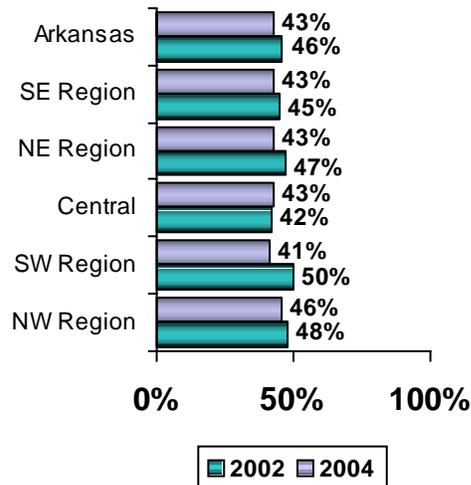
In 2002, 29% of Arkansans working indoors most of the time reported someone smoking in their work area in the past 7 days (see figure bottom left). In 2004, this decreased to 23%.

In 2002, 46% of Arkansans reported second hand smoke was not harmful to one's health (see figure bottom right). In 2004 this had decreased to 43% suggesting that more Arkansans saw the dangers of secondhand smoke.

### Smoking Policy in Work Areas

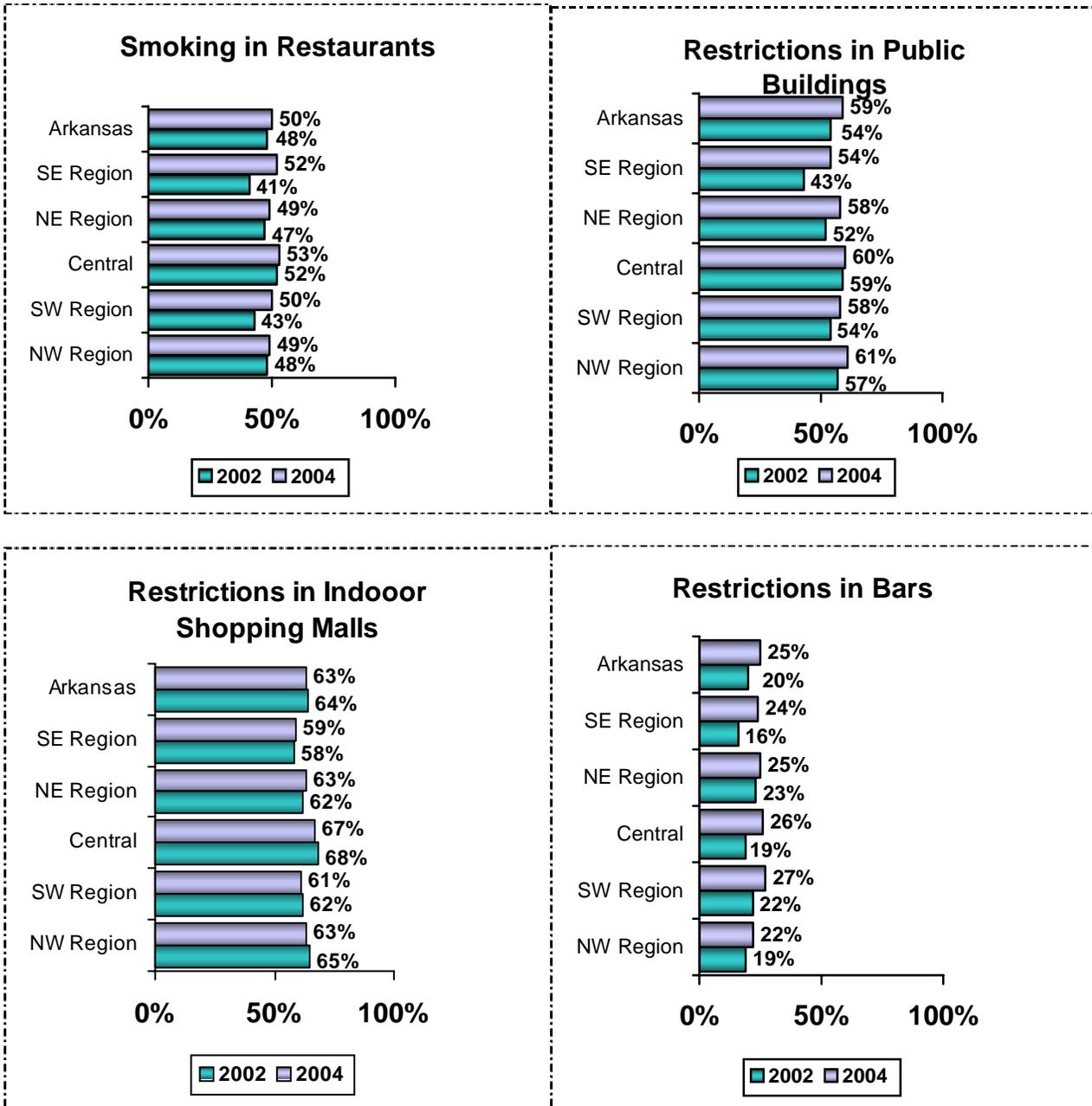


### Harm of Secondhand Smoke



## Support for Bans

The data suggest a general trend in increased support for smoking restrictions.



## Question and Terminology Clarification

**Current smokers** are defined as respondents who reported smoking at least 100 cigarettes in their life and currently smoke someday or everyday.

**Current, frequent smokers** are defined as respondents who reported smoking at least 100 cigarettes in their life and currently smoke everyday.

**Current, occasional smokers** are defined as respondents who reported smoking at least 100 cigarettes in their life and currently smoke some days.

**Former smokers** are defined as respondents who reported smoking at least 100 cigarettes in their life but do not smoke at all now.

**Non smokers** are defined as respondents who have never smoked 100 cigarettes in their life and do not smoke at all now.

**Second hand smoke** is breathing smoke from other people's cigarettes.

Health risks associated with **second hand smoking** include lung cancer in adults, heart disease in adults, respiratory problems in children, or sudden infant death syndrome. Colon cancer may be associated with smoking but endorsement of it is considered over endorsement of problems associated with smoking.

A **pack of cigarettes** typically contains 20 cigarettes.

Public or common areas include lobbies, rest rooms, and lunchrooms.

Smoking inside the home does not include decks, garages or porches.