

Tobacco Use and Health Risks Among Rhode Island Adults in 2006



Rhode Island Department of Health, December 2007
Center for Health Data and Analysis

Introduction

Information is presented here on health risks reported in 2006 among adult Rhode Islanders, comparing smokers with non-smokers. Data are from Rhode Island's 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 risk factors 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 2006, the Rhode Island BRFSS conducted approximately 376 random-digit dialed telephone interviews each month with adults 18 and older, for a total of 4,515 during the calendar year. Rhode Island's 2006 survey was conducted by a professional survey organization under contract to the Rhode Island Department of Health.

In this Report: This report presents current smoking rates for demographic subgroups, and data for thirty health indicators by smoking status. "Error" bars represent the 95% confidence limits around the values calculated from the sample data. A 95% confidence limit means there is only a 5% chance that the true value is NOT included within the span of the error bar.

Highlights

- ❖ About 1 of every 5 adults in Rhode Island, or roughly 160,000 persons, is a current cigarette smoker. Sixty percent of smokers had tried to quit smoking at least once in the prior year.
- ❖ Smoking rates are highest among: adults ages 18 – 24 (35%), non-college graduates (25%), adults in households with incomes less than \$25,000 (28%), never married and divorced or separated adults (28%), and adults unemployed (28%) or unable to work (37%). (Fig. 1)
- ❖ The lowest smoking rates occur among: adults ages 65 or older (9%), college graduates (10%), and adults with household incomes of \$50,000 or more (16%). (Fig. 1)
- ❖ Smokers are at greater risk than non-smokers for having a sedentary lifestyle (35% vs 22%), or of being chronic drinkers (11% vs 5%). (Fig 2)
- ❖ Lack of access to health services affects a greater proportion of smokers than non-smokers (Fig. 2). These include lack of access to dental care (29% vs 17%) or to a regular medical provider (25% vs 11%); 19% of smokers (vs 8% of non-smokers) said they could not see a doctor when they needed to due to cost.
- ❖ Smokers have higher rates than non-smokers for each of 11 indicators of poor quality of life and mental health. (Fig. 3) Rates for smokers for 5 indicators of poor mental health were twice as great or more as the rates for non-smokers. Almost one-third of smokers had been told at some time in their life that they had a depressive disorder; nearly one-quarter had been told at some time in their life that they had an anxiety disorder.

Acknowledgements: The RI BRFSS is funded in part by the Chronic Disease Prevention and Health Promotion Programs Cooperative Agreement #U58/CCU122791 from the Centers for Disease Control and Prevention.

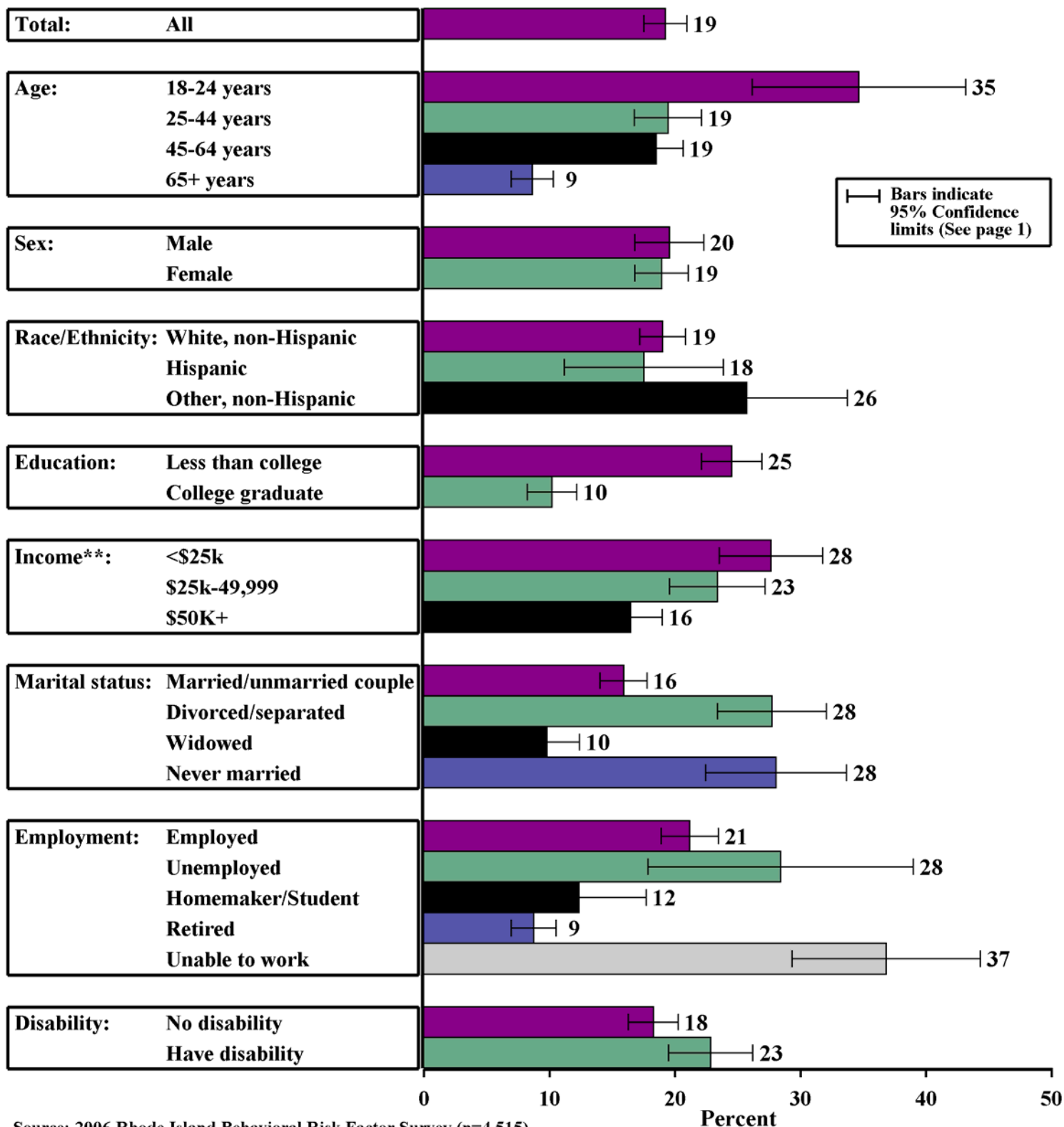
For further information: Go to <http://www.health.ri.gov/chic/statistics/brfss.php> and <http://www.health.ri.gov/webquery/index.html> for this and other RI BRFSS data. For more information on methods, definitions, national or state data, go to CDC's BRFSS website <http://www.cdc.gov/brfss>, or contact the Center for Health Data and Analysis, RI Department of Health (401-222-2550).

Report was prepared by: JE Hesser, PhD and Y Jiang, Ph.D.

Safe and Healthy Lives in Safe and Healthy Communities

Figure 1

Current Smoking* Among Rhode Island Adults (Ages 18 and older) within demographic subgroups -- 2006



Source: 2006 Rhode Island Behavioral Risk Factor Survey (n=4,515)

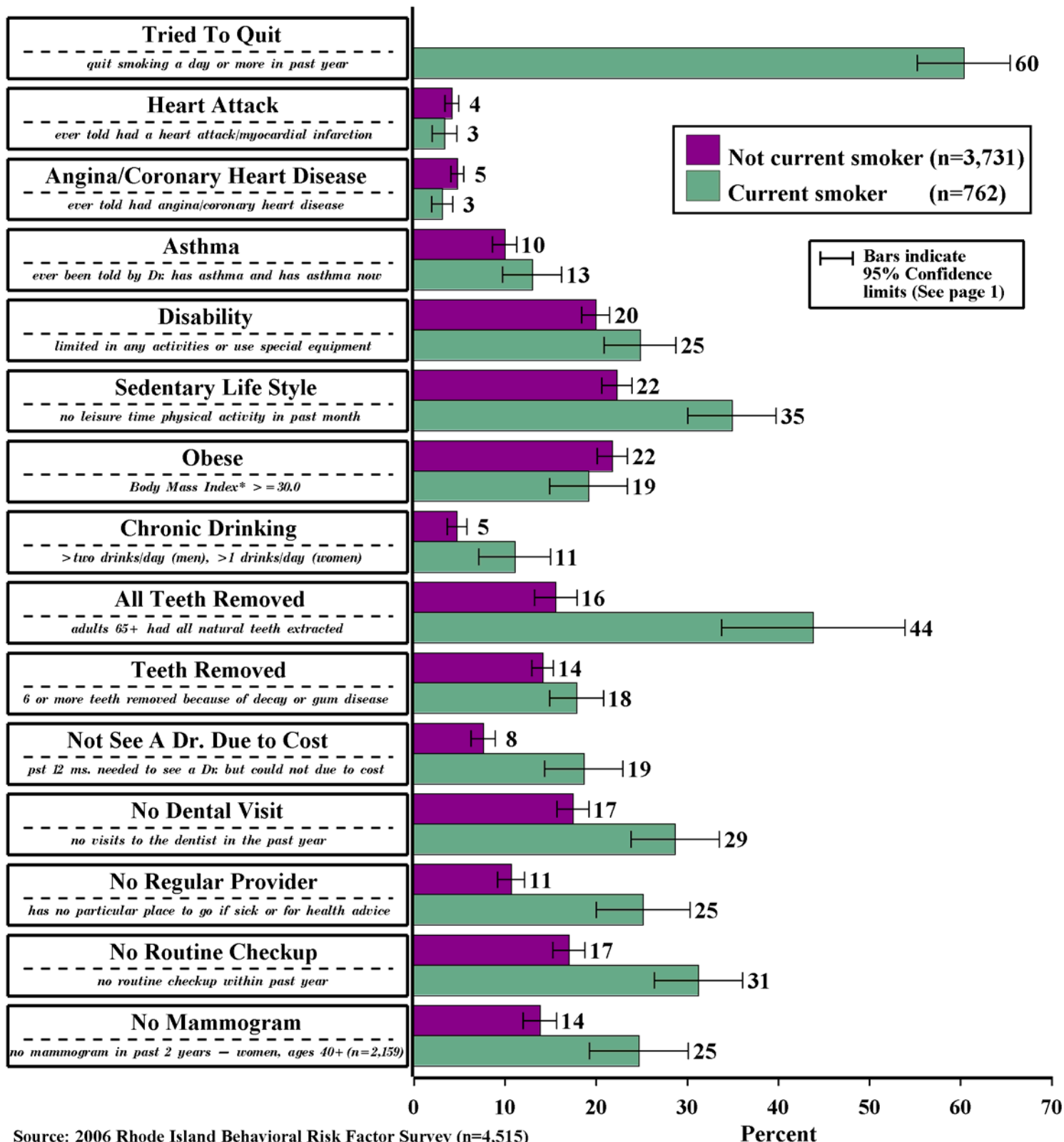
* Current smoker: Respondents that reported having smoked at least 100 cigarettes in their lifetime and currently smoke

** Annual household

Figure 2

Health Risks Among Rhode Island Adults

(Ages 18 and older) by smoking status* -- 2006



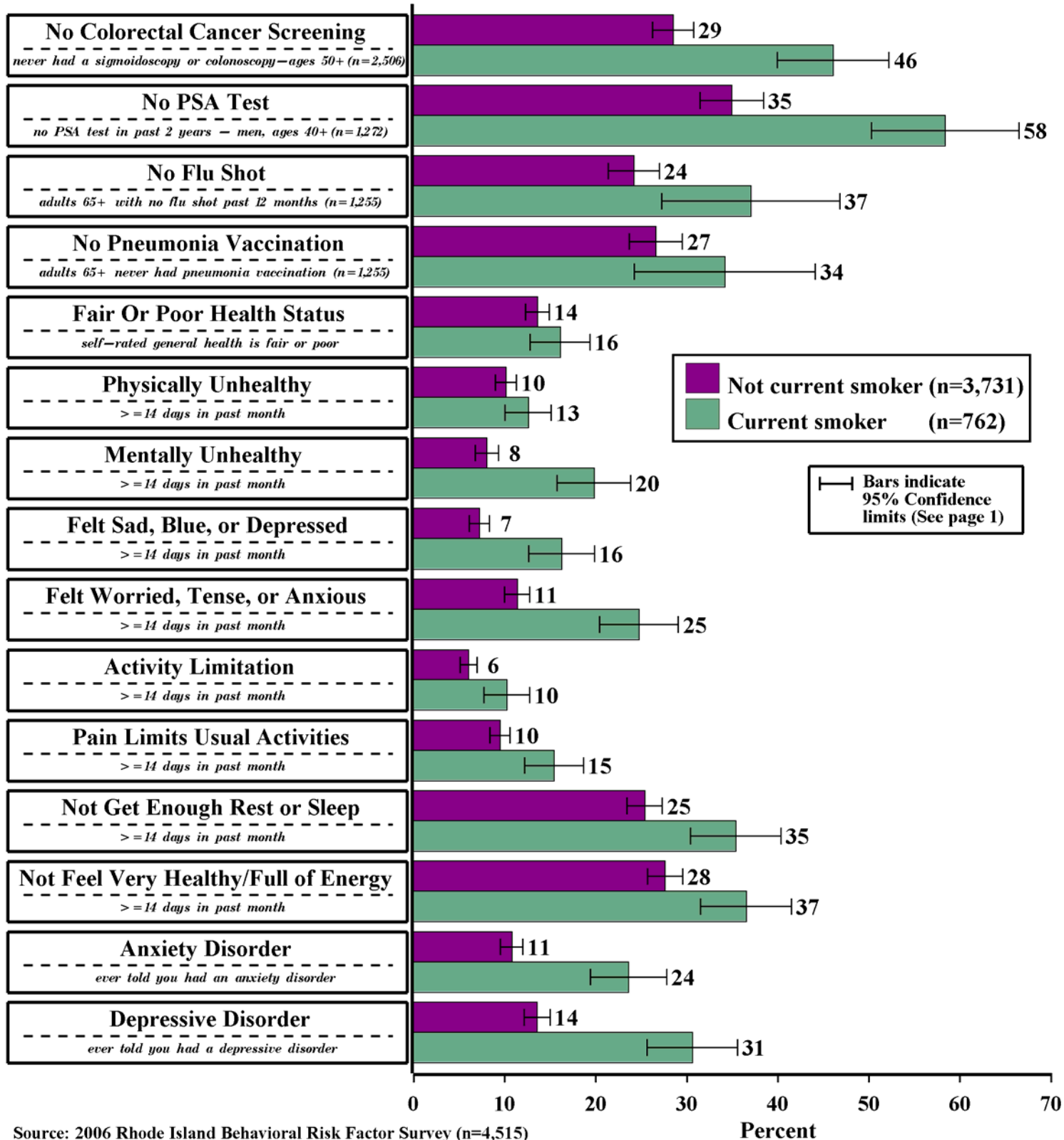
Source: 2006 Rhode Island Behavioral Risk Factor Survey (n=4,515)

* 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

Figure 3

Health Risks Among Rhode Island Adults (Ages 18 and older) by smoking status* -- 2006



Source: 2006 Rhode Island Behavioral Risk Factor Survey (n=4,515)

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