



Adult Tobacco Use in Murray County

Findings from the 2015 Southwest Minnesota Healthy Communities Survey

The 2015 Southwest Minnesota Healthy Communities Survey was conducted to learn about the health and health habits – physical activity, nutrition, tobacco use, dental health, and mental health – of residents living in 16 counties in southwest Minnesota. Southwest Health and Human Services contracted with Wilder Research to produce summary reports for each of the six counties in their service area. This fact sheet summarizes survey results related to the tobacco use of adult residents in Murray County.

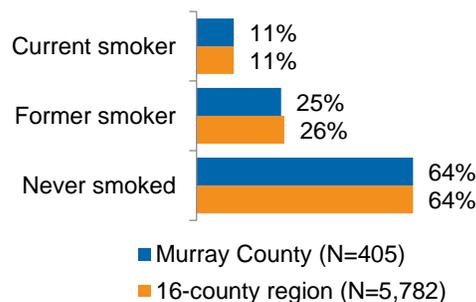
The survey was conducted April through July 2015 and was sponsored in part by the participating counties' grants from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).

In the following report, when it is stated that respondents' answers to a survey item increased or decreased, this refers to a change of 10 percentage points or more in respondents' answers from the 2010 to the 2015 county survey. Similarly, when response percentages are reported as higher or lower in the county compared to the 16-county region this refers to a difference of 10 percentage points or more.

Current tobacco use

Sixty-four percent of Murray County residents have never smoked and 25 percent are former smokers. Eleven percent of respondents from Murray County are current smokers.

RESPONDENTS' SMOKING STATUS



E-cigarettes

Three percent of respondents said they are e-cigarette users. Forty-five percent of respondents reported ever having seen someone smoke an e-cigarette in Minnesota. Those who had ever seen someone smoke an e-cigarette were most likely to have seen them being used in a bar or restaurant, or in someone's home or car (including their own).

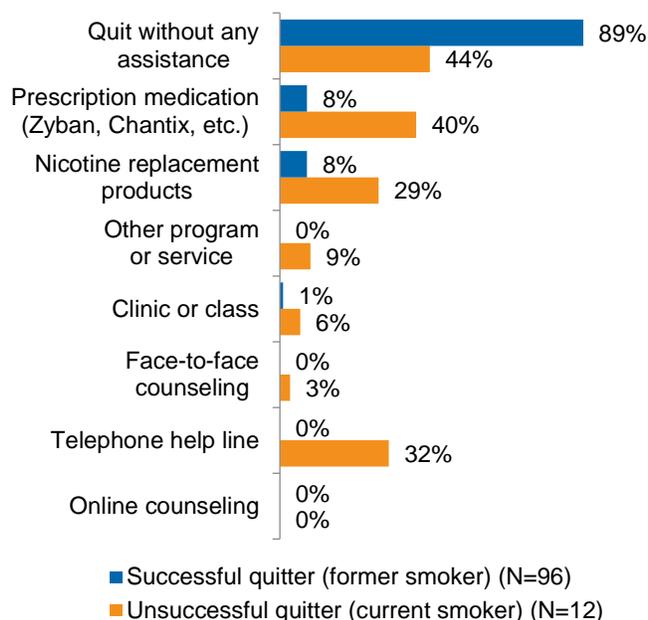
Quitting

Of the 36 percent who are current and former smokers, 44 percent said they had stopped smoking for one day or longer in the past year because they were trying to quit.

Since 2010, a proportion of Murray County residents have stopped smoking for one day or longer because they were trying to quit has increased.

Of former and current smokers who had stopped smoking for one day or longer during the past 12 months because they were trying to quit, the most common quitting method used was to quit without any assistance from nicotine replacement medications, counseling, or other forms of quitting support.

RESPONDENTS' USE OF VARIOUS TOBACCO CESSATION METHODS (OF CURRENT AND FORMER SMOKERS WHO HAD TRIED TO QUIT IN THE PAST 12 MONTHS)



“Quitting without any assistance” was more commonly used among successful quitters (those who are now former smokers and who quit within the past 12 months) than among unsuccessful quitters (current smokers who tried to quit at least once during the past 12 months).

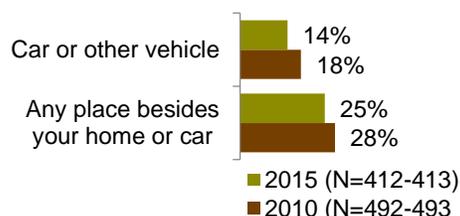
There have been no significant changes in quit methods used by Murray County residents since 2010.

Exposure to smoking

Nine percent of Murray County respondents allow regular smoking in their homes (by themselves or someone else) compared with 10 percent of respondents from the region. Fourteen percent of Murray County respondents report they rode in a vehicle with someone who was smoking in the past week and 28 percent say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week.

There has been no significant change in exposure to secondhand smoke in Murray County since 2010.

RESPONDENTS' EXPOSURE TO SECONDHAND SMOKE IN THE PAST 7 DAYS



Compared with the region...

There are no significant differences in tobacco use in Murray County compared with tobacco use in the 16-county region.



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For more information

This summary presents findings from the 2015 Southwest Minnesota Healthy Communities Survey. For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682. For access to other reports, visit <http://www.swmhhs.com/public-health-assessment-and-planning/>

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