



Adult Tobacco Use in Lincoln 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 Lincoln County.

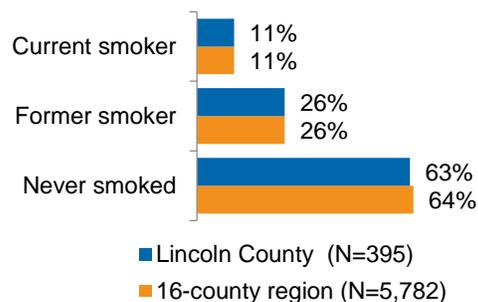
The survey was conducted April through July 2015 and was sponsored in part by the participating counties' grants from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).

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-three percent of Lincoln County residents have never smoked and 26 percent are former smokers. Eleven percent of participants in Lincoln County are current smokers.

RESPONDENTS' SMOKING STATUS



E-cigarettes

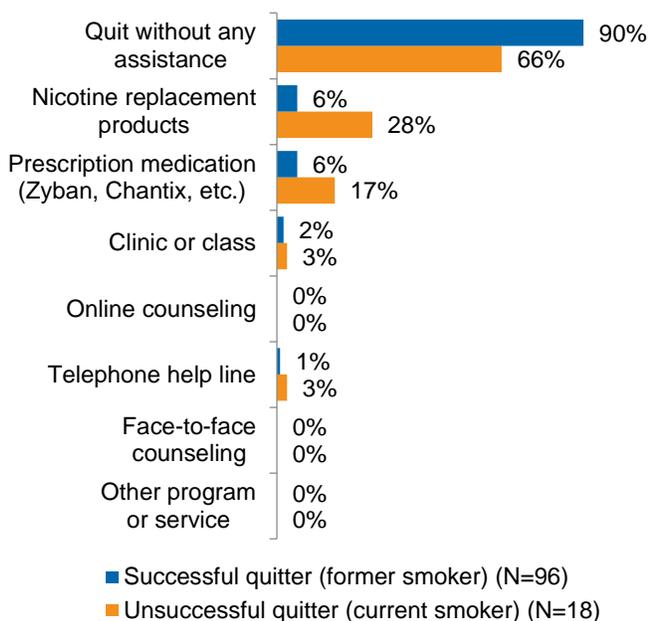
Four percent of respondents said they are e-cigarette users. Less than half (47%) of respondents reported ever having seen someone smoke an e-cigarette in Minnesota. Younger respondents (age 18-54) were more likely than older respondents (age 55+) to have ever seen someone smoking e-cigarettes (56% vs. 27%).

Quitting

Of the 37 percent who are current and former smokers, 38 percent said they had stopped smoking for one day or longer in the past year because they were trying to quit. Lincoln County respondents were less likely than residents of the 16-county region to have tried quitting in the past 12 months (38% versus 51%).

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 and successful 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)



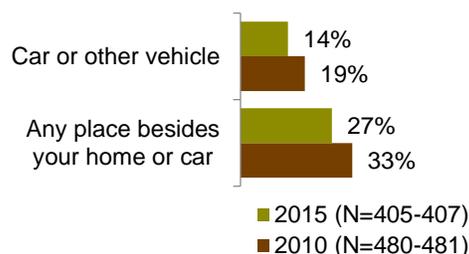
“Quitting without any assistance” was more commonly used among successful quitters (those who are now former smokers and who quit within the past 12 months) than among unsuccessful quitters (current smokers who tried to quit at least once during the past 12 months).

Since 2010, the proportion of current smokers who have tried to quit in the past 12 months has decreased.

Exposure to smoking

Nine percent of Lincoln County respondents allow regular smoking in their homes (by themselves or someone else) compared with 7 percent of respondents from the region. Fourteen percent of Lincoln County respondents report they rode in a vehicle with someone who was smoking in the past week and one-quarter (27%) say they were exposed to secondhand smoke in a public place in Minnesota during the past week.

RESPONDENTS' EXPOSURE TO SECONDHAND SMOKE IN PAST 7 DAYS



Compared with the region...

Overall, tobacco use in Lincoln County is comparable to tobacco use in the region. However, Lincoln County residents are less likely than residents of the region to have stopped smoking for one day or longer in the past 12 months because they were trying to quit.



Wilder Research

Information. Insight. Impact.

AMHERST H
WILDER
FOUNDATION
ESTABLISHED 1906

Here for good.

451 Lexington Parkway North
Saint Paul, Minnesota 55104
651-280-2700
www.wilderresearch.org

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/>

Authors: Monzong Cha, Anna Bartholomay, and Nicole MartinRogers
APRIL 2016