



## Adult Tobacco Use in Lyon 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 Lyon County.

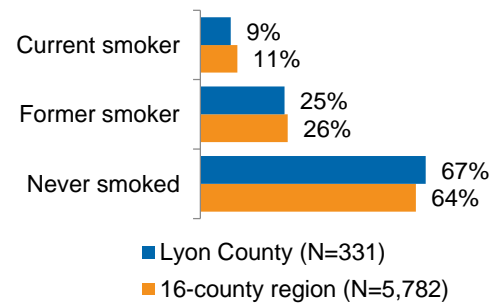
The survey was conducted April through July 2015 and was sponsored in part by the participating counties' grants from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).

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-seven percent of Lyon County residents have never smoked and 25 percent are former smokers. Nine percent of adults in Lyon County are current smokers.

### RESPONDENTS' SMOKING STATUS



### *E-cigarettes*

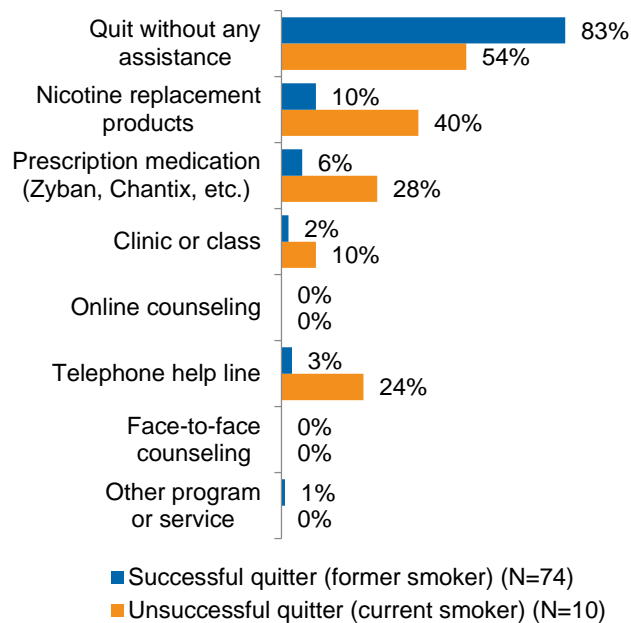
Three percent of respondents said they are e-cigarette users. More than half (57%) of respondents reported ever having seen someone smoke an e-cigarette in Minnesota. Younger respondents (age 18-54) were more likely than older respondents (age 55+) to have ever seen someone smoking e-cigarettes (66% vs. 38%).

### *Quitting*

Of the 34 percent who are current and former smokers, 46 percent said they had tried to quit within the past 12 months.

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).

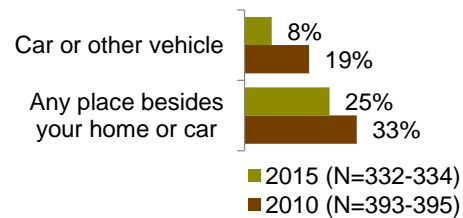
Regarding methods for quitting smoking, since 2010 Lyon County residents have decreased their use of nicotine replacement products and prescription medication. Since 2010, Lyon County residents are less likely to have stopped smoking for one day or longer because they were trying to quit.

**Exposure to smoking**

Five percent of Lyon County respondents allow regular smoking in their homes (by themselves or someone else) compared with 8 percent of respondents from the region. Eight percent of Lyon County respondents report they rode in a vehicle with someone who was smoking in the past week and 25 percent say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week.

Since 2010, exposure to secondhand smoke in cars or other vehicles has decreased.

**RESPONDENTS' EXPOSURE TO SECONDHAND SMOKE IN PAST 7 DAYS**



**Compared with the region...**

There are no significant differences in tobacco use in Lyon 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 Martin Rogers 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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APRIL 2016