



## Adult Tobacco Use in Rock 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 Rock County.

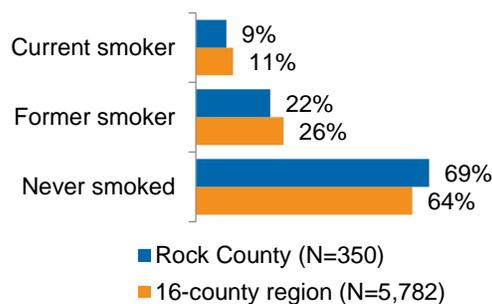
The survey was conducted April through July 2015 and was sponsored in part by the participating counties' grants from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).

In the reporting of results that follows, when it is stated that respondents' answers to a survey item are higher or lower in the county survey compared to those in the overall 16-county survey this is referring to a difference of 10 percentage points or more. Rock County does not have comparable data from 2010 as Rock County did not participate in the 2010 Southwest/South Central Adult Health Survey.

### *Current tobacco use*

Sixty-nine percent of respondents from Rock County have never smoked and 22 percent are former smokers. Nine percent of Rock County respondents are current smokers.

### RESPONDENTS' SMOKING STATUS



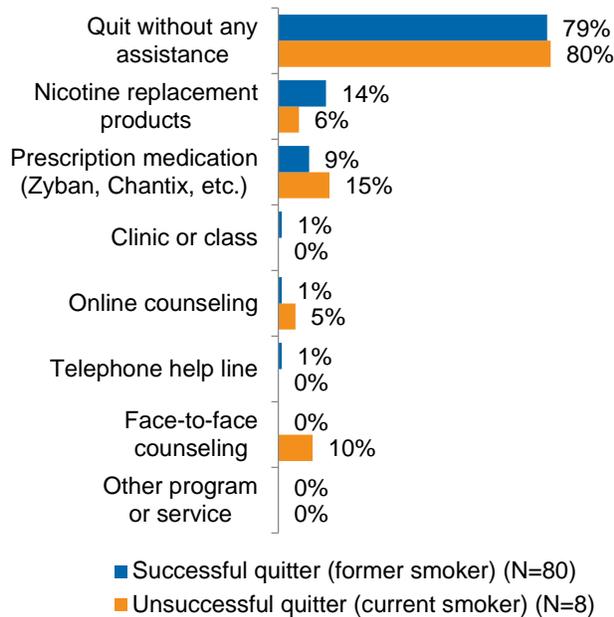
### *E-cigarettes*

One percent of respondents said they are e-cigarette users. Forty-six percent of respondents reported ever having seen someone smoke an e-cigarette in Minnesota. The greatest proportion of respondents have seen people smoke e-cigarettes in a park or outdoor recreation area (32%), someone's home or car (29%), a parking lot (28%), and at a restaurant or bar (27%).

### *Quitting*

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)**

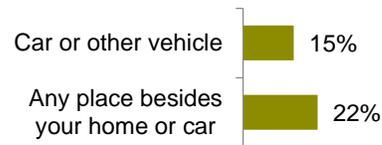


For most counties in the 16-county region “quitting without any assistance” was more commonly used among successful quitters (those who are now former smokers and who quit within the past 12 months) than among unsuccessful quitters (current smokers who tried to quit at least once during the past 12 months). Of respondents who had tried to quit in the past 12 month only eight were unsuccessful quitters, therefore, we cannot draw conclusions from the data.

**Exposure to smoking**

Seven percent of Rock County respondents allow regular smoking in their homes (by themselves or someone else). Fifteen percent report they rode in a vehicle with someone who was smoking in the past week and 22 percent say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week.

**RESPONDENTS' EXPOSURE TO SECONDHAND SMOKE IN PAST 7 DAYS (N=346-354)**



**Compared with the region...**

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



**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