



## Adult Tobacco Use in Southwest Health & Human Services Service Area

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 (SWHHS) 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 the SWHHS 6-county region.

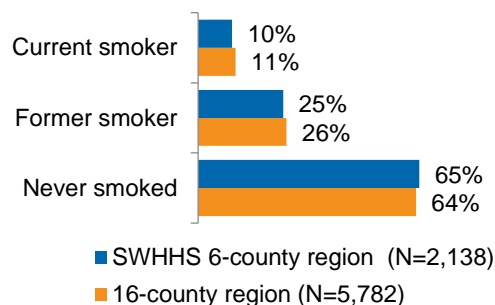
The survey was conducted April through July 2015 and was sponsored in part by the participating counties' grants from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).

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 SWHHS region compared to the 16-county region, this refers to a difference of 10 percentage points or more.

### *Current tobacco use*

Sixty-five percent of respondents from the SWHHS 6-county region have never smoked and 25 percent are former smokers. Ten percent of respondents from the SWHHS region are current smokers.

#### RESPONDENTS' SMOKING STATUS



### *E-cigarettes*

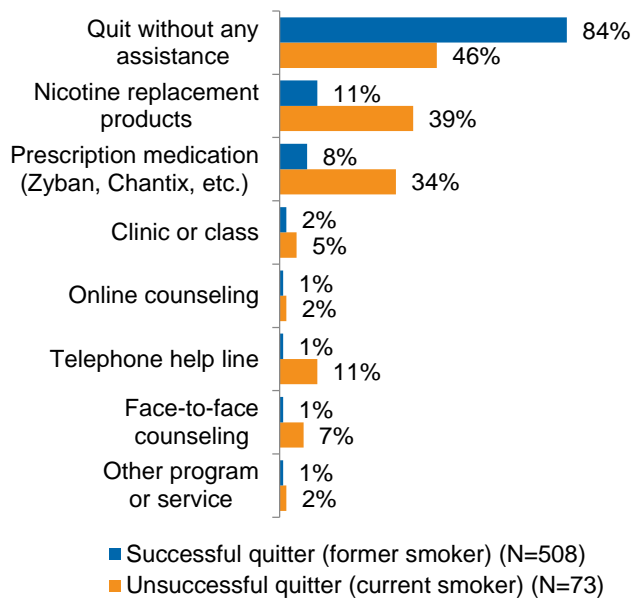
Three percent of respondents said they are e-cigarette users. Half (50%) of respondents reported ever having seen someone smoke an e-cigarette in Minnesota. Younger respondents (age 18-44) were more likely than older respondents (age 45+) to have ever seen someone smoking e-cigarettes (64% vs. 37%).

## Quitting

Of the 35 percent who are current and former smokers, 50 percent said they had stopped smoking for one day or longer in the past year because they were trying to quit.

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).



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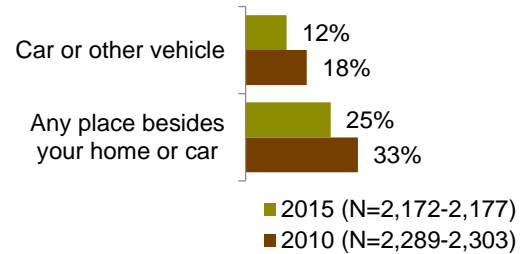
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## Exposure to smoking

Six percent of respondents from the SWHHS region allow regular smoking in their homes (by themselves or someone else). Twelve percent of respondents report they rode in a vehicle with someone who was smoking in the past week and one-quarter (25%) 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 the SWHHS 6-county region is comparable to tobacco use in the 16-county region.

### 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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