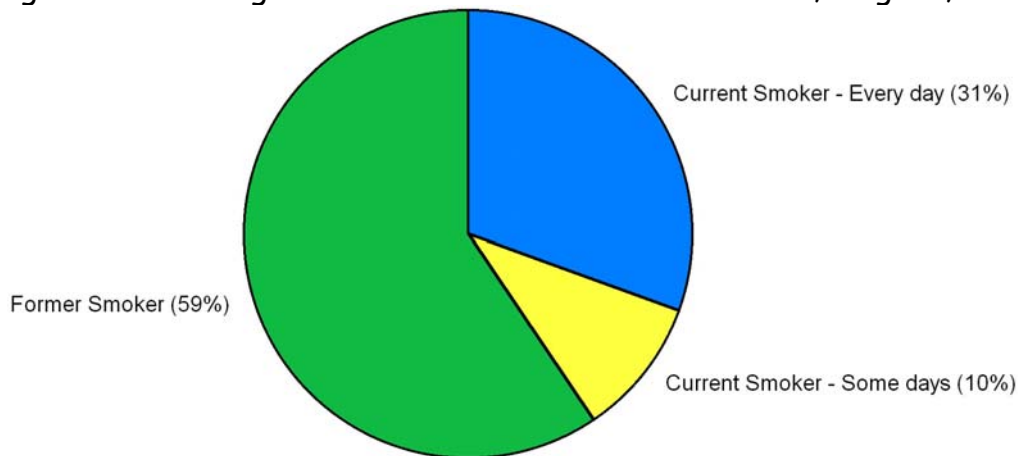


# Quitting Smoking in Virginia

## How Many Tried Smoking

- As of 2008, 2.4 million Virginians (40.5% of the population) have tried smoking.<sup>1</sup>
- 59% of Virginians who tried smoking go on to quit (“former smokers”), whereas 40% continue to smoke (Figure 1).

Figure 1 - Smoking Status of Adults Who Ever Smoked, Virginia, 2008

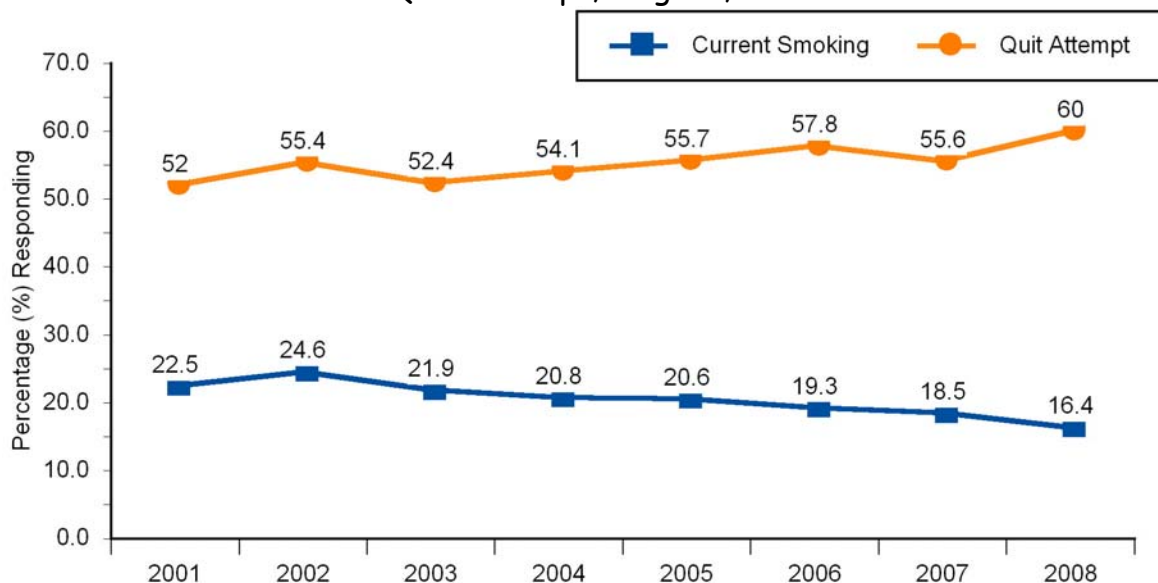


Source: Virginia Behavioral Risk Factor Surveillance System. Percentages are population-weighted.

## Smoking Quit Attempt

- 60% of smokers tried to quit smoking during the past 12 months.<sup>2</sup> Quit attempt rates increased slightly as smoking rates declined over time (Figure 2).

Figure 2 - Percentages of Adults Who Currently Smoke and Adult Smokers Who Made a Quit Attempt, Virginia, 2001-2008

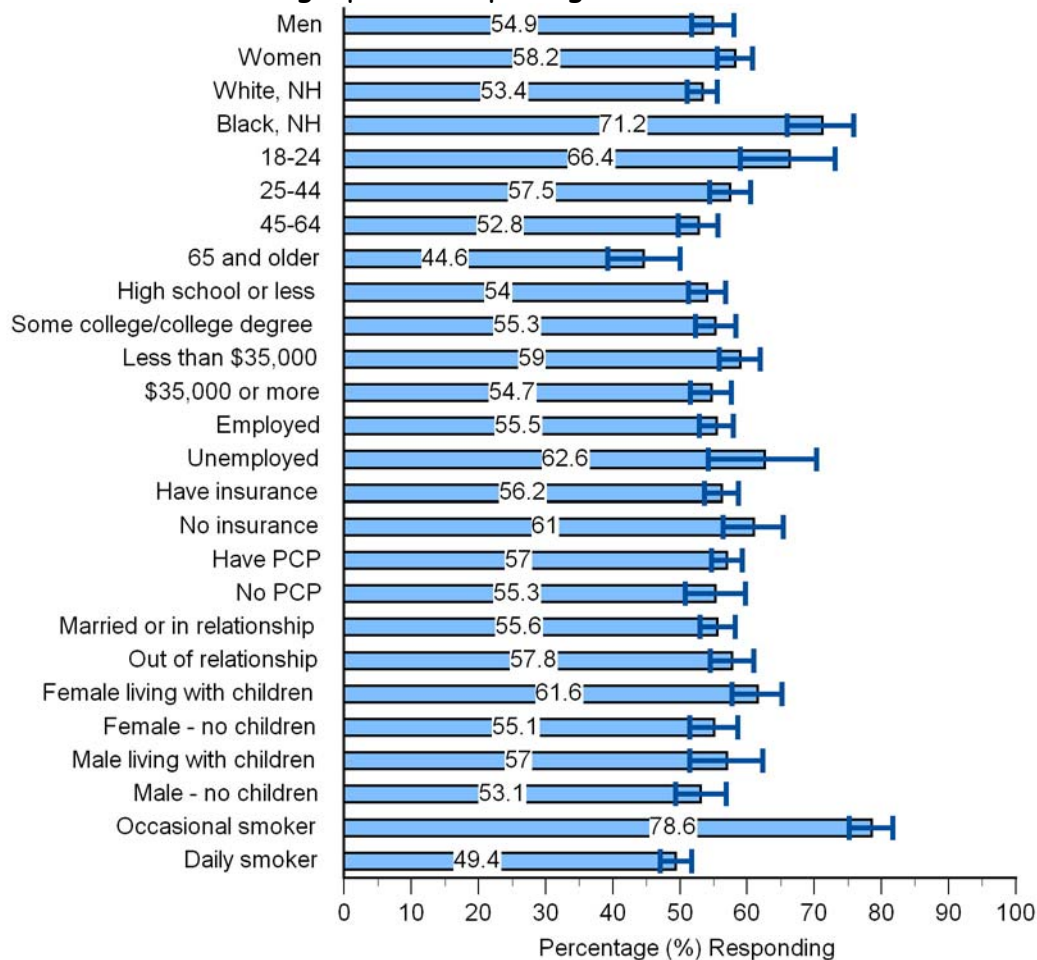


Source: Virginia Behavioral Risk Factor Surveillance System. Percentages are population-weighted.

## Quitting Smoking in Virginia

- 90% of adults who ever smoked had tried to quit since they started smoking:<sup>3</sup>
- Among those who tried to quit, 45% tried to quit once or twice, 26% tried 3-5 times, 6% tried 6-9 times, and 13% tried 10 or more times.
- Current smokers are more likely than former smokers to make multiple (3+) quit attempts (55% versus 37%), and more likely to not try at all (13% versus 8%).
- Blacks, young adults, and women who have children living with them are more likely to try to quit (Figure 3). (Adults 65 years and older were least likely to try to quit.) Marital status, income, education, employment status, and access to healthcare had no influence on quitting.
- Occasional smokers were 60% more likely to try to quit than daily smokers.<sup>4</sup>

Figure 3 - Percentage of Adult Smokers Who Made a Quit Attempt, by Demographic Group, Virginia, 2004-2008



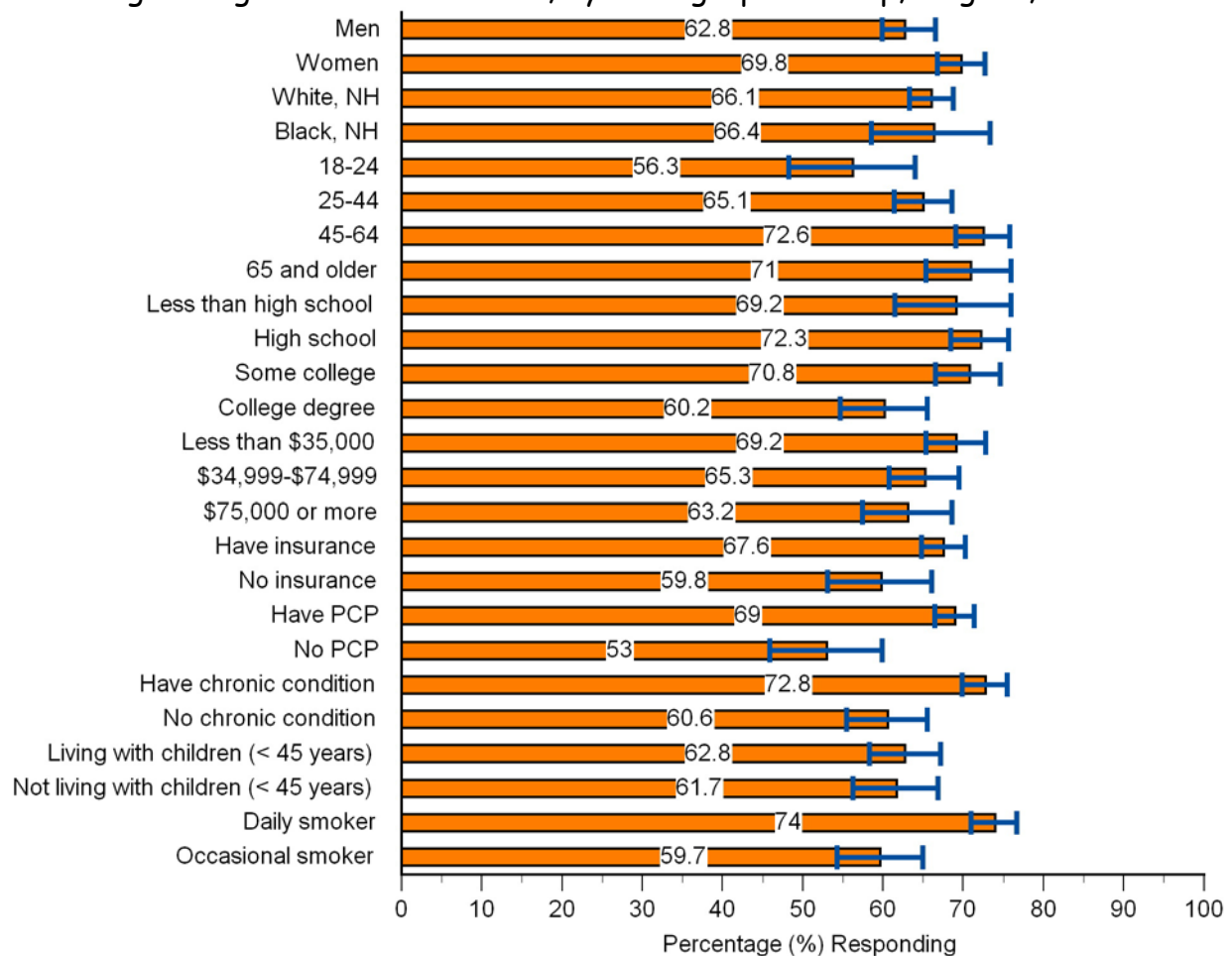
Source: Virginia Behavioral Risk Factor Surveillance System. Percentages are population-weighted.

## Quitting Smoking in Virginia

### Healthcare Intervention and Quitting

- 67% of current and former smokers were advised to quit smoking by a healthcare professional during visits in the past 12 months.<sup>5</sup>
- 62% of smokers were advised by a doctor, and 33% were advised by a dentist to quit.<sup>6</sup>
- 43% of smokers said that their providers discussed use of medication (e.g., nicotine replacement, Wellbutrin/Zyban), and 31% said that other methods for quitting were discussed.<sup>5</sup>
- Men, adults under age 45, college graduates, the uninsured, and adults having no personal doctor were least likely to be advised to quit (Figure 4). Adults with children were no more likely to be advised to quit than adults with no children. Occasional smokers were less likely to be advised to quit than daily smokers.

Figure 4 - Percent of Smokers Advised by a Healthcare Professional to Quit Smoking During the Past 12 Months, by Demographic Group, Virginia, 2004-2007

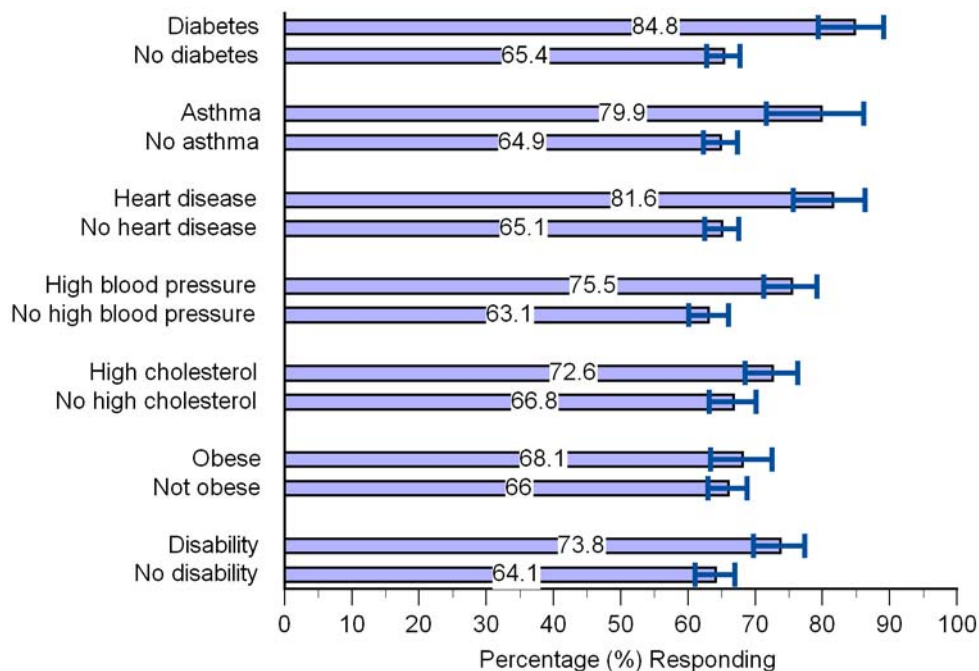


Source: Virginia BRFSS. Percentages are weighted. 95% confidence intervals are reported. Sample includes former smokers as well as current smokers.

## Quitting Smoking in Virginia

- Persons with a chronic health condition (e.g., diabetes, asthma, heart disease) were more likely to be advised to quit than adults with no health conditions (Figure 5).

Figure 5 - Percent of Smokers Advised to Quit Smoking, By Chronic Disease or Risk Factor, Virginia, 2004-2007



Source: Virginia BRFSS. Percentages are weighted. 95% confidence intervals are reported. Sample includes former smokers as well as current smokers.

<sup>1</sup> Virginia Behavioral Risk Factor Surveillance System (BRFSS), 2008. Percentages are weighted according to population characteristics. "Ever smokers" are defined as having smoked 100 or more cigarettes in a lifetime. The quit ratio is the ratio of former smokers to ever smokers.

<sup>2</sup> To assess quit attempt rates, current smokers were asked "[during the past 12 months], have you stopped smoking for one day or longer because you were trying to quit smoking?".

<sup>3</sup> Virginia BRFSS, 2005-2006.

<sup>4</sup> Virginia BRFSS. Data for 2004 through 2008 are combined for more accurate rate estimates. 95% confidence intervals are reported.

<sup>5</sup> Virginia BRFSS. Data from 2004 through 2007 were combined to provide reliable rates. The question had been asked of both current and former smokers. For this report, only responses by current smokers are examined.

<sup>6</sup> Giovino GA, Chaloupka FJ, Hartman AM et al. [Cigarette Smoking Prevalence and Policies in the 50 States: An Era of Change - The Robert Wood Johnson Foundation ImpacTeen Tobacco Chart Book](#). Buffalo, NY: University at Buffalo, State University of New York, 2009. Data comes from the Current Population Survey-Tobacco Use Supplement (CPS-TUS), 2006-2007.