

MY HEALTH, MY RESPONSIBILITY, OUR COMMUNITY

State of Community Health Report

on

Adult and Youth Tobacco Use

This is the third in a series of monthly reports from the

Chattanooga-Hamilton County Regional Health Council

Viston Taylor, Chairman
William Hicks, Vice Chairman

April 2000

The Regional Health Council is a community-based organization designated by the Tennessee Department of Health to be responsible for community health assessment, regional health planning, and providing input on funding decisions for health and health-related initiatives. Council members are appointed by the County Executive and the Hamilton County Commission.

The Council identified and prioritized the key health issues facing the community and is developing targeted strategies to address each issue. The five key preventable health issues are: obesity, poor diet and lack of exercise; tobacco use; risky sexual behavior; alcohol and drug use; and lack of involvement in health screenings and other preventive measures.

Data in the report comes from the Hamilton County Behavioral Risk Factor Surveillance Survey (BRFSS), the Hamilton County high school's Youth Risk Behavior Survey (YRBS), and other sources. The data were compiled and analyzed by the Community Research Council, Inc.

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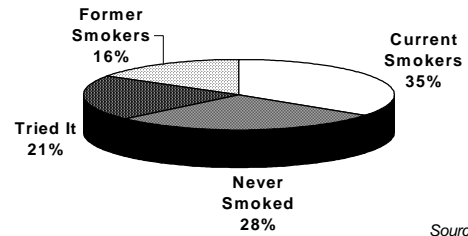
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Hamilton County High School Students Risky Behaviors of Smokers and Non-Smokers

	<u>Smokers</u>	<u>Non-Smokers</u>
Other Risky Behaviors		
Substance Use		
Ever Tried Alcohol	95%	62%
Binge Drinking (past month)	60%	51%
Drink and Drive (past month)	25%	7%
Rode W/Drinking Driver (past month)	48%	21%
Smoke Marijuana	72%	24%
Ever Tried Cocaine	21%	2%
Ever Taken Steroids	11%	2%
Sexual Behaviors		
Ever Had Sexual Intercourse	75%	48%
Had 4 or More Partners	30%	16%
Been or Gotten Someone Pregnant	15%	9%
Violent Behaviors		
In Physical Fight Past Yr.	49%	26%
Carried Weapon Past Month	36%	17%
Carried Gun Past Month	12%	5%
Suicidal Behaviors		
Considered Suicide in Past Yr.	34%	19%
Planned Suicide in Past Yr.	25%	13%
Attempted Suicide in Past Yr.	15%	8%
Demographics		
Grade		
9th	33%	69%
10th	36%	64%
11th	35%	65%
12th	37%	63%
Sex		
Male	32%	68%
Race		
White	44%	56%
Black	17%	83%
Other		
School Team Sports	30%	70%

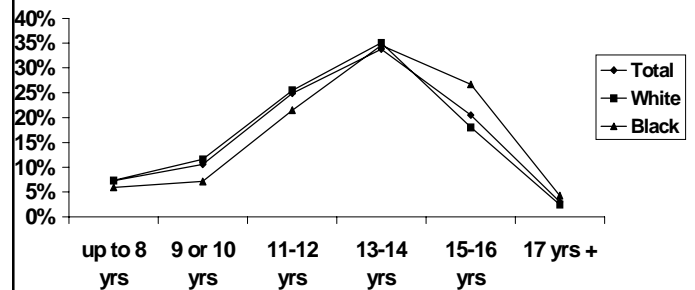
Source: YRBS

Cigarette Use Among Hamilton County High School Students



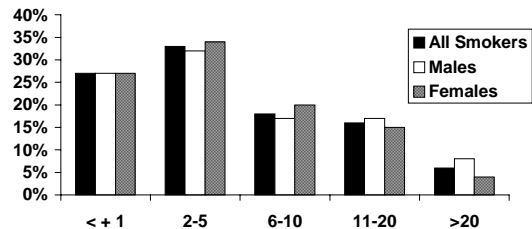
Source: YRBS

Age First Smoked Whole Cigarette



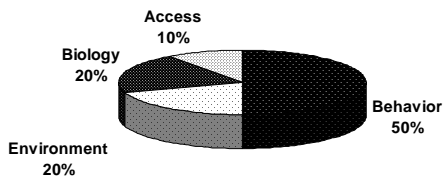
Source: YRBS

Number of Cigarettes Smoked Per Day (Current Smokers)



Source: YRBS

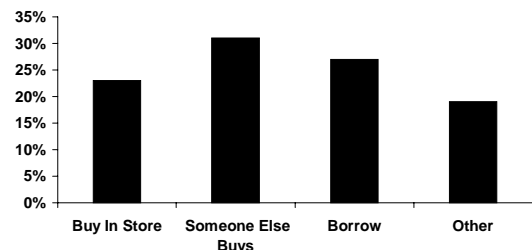
Determinants of Premature Death



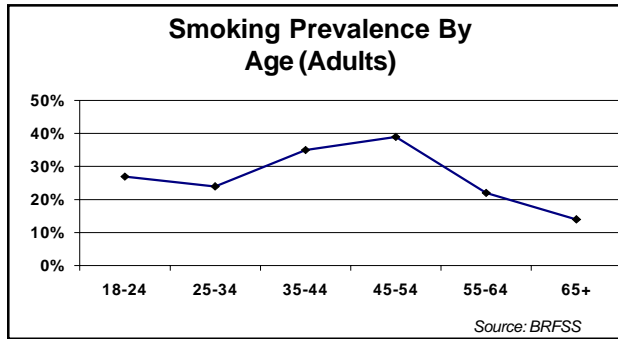
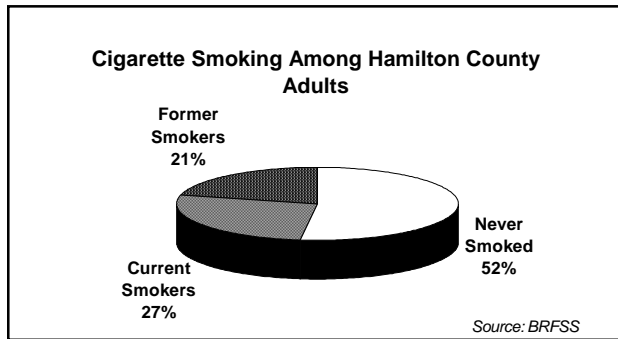
Centers For Disease Control

This report represents a subset of data from the 1999 Behavioral Risk Factor Surveillance Survey (BRFSS) of 1,037 adults, including 280 current smokers, and the 1998 Youth Risk Behavior Survey of 2,990 Hamilton County public high school students, including 1,005 smokers. The questionnaires and methodologies used were similar to the Centers for Disease Control's BRFSS and YRBS surveys, which are conducted nation-wide (the BRFSS survey annually; the YRBS bi-annually). While every effort was made to design questionnaires that would not be leading or tend to encourage particular responses, and the methodologies were designed to collect data in as impersonal a manner as possible, it should be remembered that all activities and personal information were self-reported. Due to the personal nature of this study and human nature, certain health-related behaviors may have been over- or under-reported.

How Underage Smokers Obtain Cigarettes



Source: YRBS



Adult Smokers & Non-Smokers

Other Risky Behaviors	Smokers	Non-Smokers
Fair/Poor Health (self-reported)	27%	16%
Binge Drinker	60%	51%
Chronic Drinker	71%	29%
Don't Wear Seat Belt	45%	30%
3 + Sexual Partners Past Yr.	13%	3%
Teeth Cleaned > 1 Yr. Ago	44%	33%
Permanent Tooth Loss	69%	51%
Demographics		
Education		
< High School	19%	13%
High School or GED	35%	22%
Some College	30%	27%
4+ Yrs. College	15%	33%
Age		
18-34	29%	32%
35-54	51%	33%
55-64	10%	14%
65+	9%	22%
Marital Status		
Married	45%	55%
Divorced	21%	11%
Never Married	20%	21%
Other	11%	13%
Household Income		
< \$25,000	45%	36%
\$25,000-\$35,000	15%	18%
\$35,000-\$50,000	20%	18%
\$50,000+	21%	29%
Race		
White	29%	71%
Non-White	27%	73%
Sex		
Male	32%	68%
Female	23%	77%

Source: BRFSS

Trends and Tidbits

- ❑ Twenty-seven percent of Hamilton County adults and 35% of Hamilton County high school students smoke cigarettes.
- ❑ Among smokers, 20% of adults and 7% of students smoke a pack a day or more.
- ❑ One third of adults with no health insurance are smokers.
- ❑ Twenty-eight percent of households with children under age 16 have an adult smoker in the home.
- ❑ Males and females are equally likely to smoke. This has not always been true; traditionally, males have been more likely to smoke than females. This change is reflected in the rate of smoking related diseases incurred by men and women. For example, lung cancer surpassed breast cancer as the number one cancer killer among women in 1987.
- ❑ White students are more likely to smoke than black students; however, white and black adults are equally likely to smoke.
- ❑ The Centers for Disease Control reports that 90% of adult smokers started as teenagers. Forty-three percent of Hamilton County students who had tried cigarettes had their first experience before age 13, while only 3% waited until age 17 or older.
- ❑ Two-thirds of Hamilton County high school students who smoke have tried to quit smoking. Three out of four adult smokers want to quit, and half had tried to quit within the past year.
- ❑ Thirty percent of Hamilton County high school athletes were smokers.
- ❑ Sixteen percent of Hamilton County high school students were daily smokers. White students (22%) were more likely than black students (3%) to smoke daily.
- ❑ Fifteen percent of students reported they had smoked cigarettes on school property in the previous month.
- ❑ Less than half (43%) of all students purchasing cigarettes in the previous month were asked to show proof of age.
- ❑ Eighteen percent of male students and 1% of female students reported using smokeless tobacco during previous month.

Source: YRBS and BRFSS

The Chattanooga Coalition Against Tobacco

The Chattanooga Coalition Against Tobacco (CCAT) is comprised of 10 community organizations that have joined together to reduce the incidence of disease and disability and death due to tobacco.

CCAT is working in collaboration with the Regional Health Council to develop targeted strategies to reduce tobacco use in Hamilton County. Specifically, CCAT is working in three strategic areas. These strategic areas and the most recent or planned activities for each follows.

Awareness. To increase the awareness of the community at large about the dangers of tobacco use through media campaigns, surveys and programs.

☐ Sponsor awareness activities, such as the recent school anti-tobacco poster contest. Winning posters were displayed on billboards throughout Hamilton County and on movie slides at Carmike Cinemas.

☐ Support special events such as April's Smoke Free Restaurant Day. (Sponsored by the Hamilton County Health Department)

☐ Support Great American Smoke-Out in November (sponsored by the American Cancer Society)

Education. To plan, develop, and implement smoking cessation and prevention programs for users and nonusers of tobacco products.

☐ Develop a smoking cessation hotline which will support people who desire to quit using tobacco and link them with upcoming smoking cessation classes and other resources to help them quit smoking.

☐ Participate in Citizens for a Health and Responsible Tennessee (CHART). CHART is a cooperative effort of the American Heart Association, the American Lung Association, and the American Cancer Society in Tennessee, as well as the Tennessee Medical Association, and local anti-tobacco coalitions. CHART's mission is to improve the quality of life for all Tennesseans by preventing and reducing disease, disability, and death caused by tobacco use.

☐ Support TAP and TEG, two smoking cessation programs in Hamilton County Schools sponsored by STARS (Students Taking a Right Stand).

Advocacy. To influence and enact changes in public perception and policy towards the reduction of the use of tobacco products at the state and local level.

☐ To support CHART in their legislative efforts to secure 40% of the tobacco settlement money for youth tobacco use prevention program development and implementation. CHART plans action this spring to convince the General Assembly to allocate a significant portion of this year's estimated \$200 million tobacco settlement for such a comprehensive plan. The National Centers for Disease Control recommends that Tennessee spend approximately \$90 million annually for a comprehensive tobacco program. Current spending is closer to \$1.2 million.

Cost of Tobacco Use in Hamilton County

Tobacco related costs to our community can be measured in both lives and dollar amounts. Lost time from work and health care costs directly impact business as well.

Local Costs

☐ An estimated 628 lives in Hamilton County in 1998.

☐ Approximately \$37.1 million in annual direct and \$29.4 to \$66.5 million in indirect costs in Hamilton County.

☐ 2 to 2.5 more sick days per employee annually.

Resources in Hamilton County

Freedom from Smoking. This is the American Lung Association's behavioral approach to smoking cessation. The eight-week program is offered at Memorial North Park and Parkridge Medical Center. For information, contact Chris McKeever at 629-1098, Memorial North Park at 870-6165, or Parkridge Hospital at 493-6714.

Breathe Free. This stop smoking plan is a total health method. The program is a series of nine sessions and is offered at the Memorial Center for Health at the Hamilton YMCA. Call 495-4700 for details.

American Cancer Society, Hamilton County Unit. Contact: Teresa Davis, 267-8613

American Lung Association, Hamilton County. Contact: Chris McKeever, 529-1098.

Chattanooga-Hamilton County Health Department. Contact: Michelle Patrick, 209-8242.