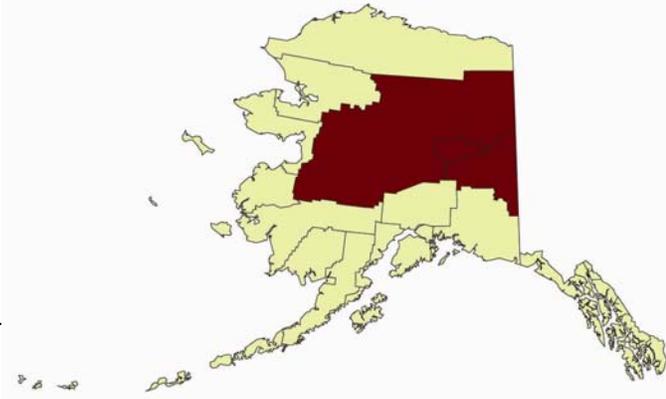


WHAT STATE SURVEYS TELL US ABOUT TOBACCO USE AMONG ALASKA NATIVES: IMPLICATIONS FOR PROGRAM PLANNING

This fact sheet highlights findings related to tobacco use among Alaska Natives living in the Fairbanks and Interior regions*. This information is intended to help people who are working to improve the health of Alaska Natives. The information can be used for planning effective programs and educating communities and their leaders about preventing youth from ever starting to use tobacco, helping current users to quit, and decreasing secondhand smoke exposure.



Adult Tobacco Use

Current Cigarette Smoking

- Almost half (46%) of Alaska Native adults in the Interior region† and 35% in the Fairbanks vicinity currently smoke cigarettes, which is similar to other regions of the state.
- This translates into about 2,000 adult smokers in the Interior region and 1,500 in the Fairbanks vicinity.
- 42% of Alaska Native adults statewide smoke cigarettes.

Current Smokeless Tobacco Use

- More than one in ten (15%) Alaska Native adults in the Interior region† and 3% in the Fairbanks vicinity currently use smokeless tobacco.
- This translates into about 680 adult smokeless tobacco users in the Interior region and about 100 in the Fairbanks vicinity.
- 11% of Alaska Native adults statewide use smokeless tobacco.
- About 6% of Alaska Native adults in the Interior region†, and less than 1% in the Fairbanks vicinity, use Iqmik, a form of homemade smokeless tobacco used only among Alaska Natives; about 3% use Iqmik statewide.

Youth Tobacco Use

Youth data for specific regions were not available – information presented here is from statewide estimates.

Current Cigarette Smoking

- About 44% of Alaska Native high school students statewide currently smoke cigarettes.
- This translates into about 3,400 youth smokers statewide.

Current Smokeless Tobacco Use

- About 24% of Alaska Native high school students statewide currently use smokeless tobacco.
- This translates into about 1,900 youth smokeless tobacco users statewide.

Tobacco Use During Pregnancy

Cigarette Smoking

- About one in four (24%) Alaska Native women in the Fairbanks/Interior region smoked cigarettes during the last three months of pregnancy, which is similar to other regions of the state.
- This translates into about 60 babies per year born to mothers who smoked in the region.
- 28% of Alaska Native women statewide smoke cigarettes during the last three months of pregnancy.

Smokeless Tobacco Use

- About one in ten (8%) Alaska Native women in the Fairbanks/Interior region used smokeless tobacco during their pregnancy, which is similar to other regions of the state.
- This translates into 20 babies per year born to mothers who used smokeless tobacco in the region.
- 18% of Alaska Native women statewide use smokeless tobacco during pregnancy.

Preventing Tobacco Use

- Almost all (83%) Alaska Native high school students statewide have smoked at least one cigarette in their lives; one-third (34%) say that they smoked a whole cigarette before the age of 13.
- Almost half (44%) of Alaska Native high school student smokers use cigarettes on school property and the majority (70%) of smokeless tobacco users use smokeless tobacco on school property.

Quitting Tobacco Use

- More than half of Alaska Native adult smokers, including 64% in the Interior region† and 57% in the Fairbanks vicinity‡, say that they tried to quit during the past year.
- Almost half (47%) Alaska Native women in the Fairbanks/Interior region who smoke before pregnancy are able to quit by their last three months of pregnancy – but more than half of them (59%§) relapse and are smoking again after their babies are born.
- The clear majority (82%) of Alaska Native women in the Fairbanks/Interior region who smoke after pregnancy say that they want to quit.
- About half (51%) of Alaska Native adult smokers in the Interior region† and 39% in the Fairbanks vicinity‡ know about the state’s toll-free tobacco Quitline: 888-842-QUIT (7848).

Exposure to Secondhand Smoke

Smoking Exposure at Home - Adults

- More than one in ten (14%) Alaska Native adults in the Interior region† and one in six (17%) in the Fairbanks vicinity is exposed to secondhand smoke at home.
- This translates into about 580 adults exposed in the Interior region and 700 in Fairbanks.
- About 16% of Alaska Native adults statewide are exposed to secondhand smoke at home.

Smoking Exposure Indoors - Youth

- About half (49%) of Alaska Native high school students statewide report being exposed to secondhand smoke indoors at least weekly.
- This translates into about 3,800 youth statewide who are exposed to secondhand smoke indoors.

Knowledge and Opinions about Tobacco Control

- About 80% of Alaska Native adults in the Interior region† and 91% in the Fairbanks vicinity‡ believe it is very important to keep stores from selling tobacco to teens; 90% in the Interior† and 83% in the Fairbanks vicinity‡ agree that tobacco use by adults should be banned on school grounds.
- About 49% of Alaska Native adults in the Interior region† and 38% in the Fairbanks vicinity‡ believe that there is little benefit to quitting after smoking for 20 years – which is not true.
- About 73% of Alaska Native adults in the Interior region† and 62% in the Fairbanks vicinity‡ believe that secondhand smoke is “very harmful”; 46% of Interior† and 42% of Fairbanks‡ adults specifically knew that exposure to secondhand smoke causes Sudden Infant Death Syndrome (SIDS) and 74% of Interior† and 66% of Fairbanks‡ adults knew that it causes heart disease.
- About 83% of Alaska Native adults in the Interior region† and 85% in Fairbanks vicinity support banning smoking in all indoor work areas.

More Information about Planning for Tobacco Control

This fact sheet includes regional highlights from the report *What State Surveys Tell Us about Tobacco Use among Alaska Natives: Implications for Program Planning*. The full report contains information about the health burden of tobacco use among Alaska Natives, trends in tobacco use among Alaska Natives, and additional detail about tobacco use indicators such as knowledge of harm, quitting, and opinions about tobacco control programs. Findings in the report are translated into recommendations for program planning.

A full copy of the report, an executive summary and additional fact sheets are available online from the Alaska Tobacco Prevention and Control Program: www.hss.state.ak.us/dph/chronic/tobacco

DATA SOURCES: ADULT TOBACCO USE – ALASKA BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (BRFSS), 2004-05 COMBINED; YOUTH TOBACCO USE – 2003 ALASKA YOUTH RISK BEHAVIOR SURVEY (YRBS); SMOKING DURING PREGNANCY – ALASKA PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS), 2000-03 COMBINED.

REGIONAL ESTIMATES: * WHEN PRESENTED SEPARATELY, “INTERIOR” REFERS TO THE YUKON-KOYUKUK BOROUGH AND “FAIRBANKS VICINITY” REFERS TO THE NORTH STAR AND SOUTHEAST FAIRBANKS BOROUGH. DUE TO SMALL NUMBERS OF SURVEY PARTICIPANTS FOR SOME QUESTIONS, AND DIFFERENT GEOGRAPHIC REGIONS USED BY BRFS AND PRAMS SURVEYS, NOTED REGIONALPREVALENCE ESTIMATES INCLUDE DATA FROM OTHER REGIONS AS FOLLOWS -- †INCLUDES THE INTERIOR, NORTHERN AND SOUTHWEST REGIONS, ‡ INCLUDES FAIRBANKS VICINITY, GULF COAST, SOUTHEAST, AND ANCHORAGE/MAT-SU REGIONS; §GULF COAST, INTERIOR, NORTHERN AND SOUTHEAST REGIONS COMBINED.

