

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 tobacco on school property.

Quitting Tobacco Use

- More than half (57%) of Alaska Native adult smokers in the Southeast region† say that they tried to quit during the past year.
- More than half (56%) of Alaska Native women in the Southeast 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 (76%) of Alaska Native women in the Southeast region who smoke after pregnancy say that they want to quit.
- About one in five (39%) of Alaska Native adult smokers in the Southeast region† know about the state’s toll-free tobacco Quitline: 888-842-QUIT (7848).

Exposure to Secondhand Smoke

Smoking Exposure at Home - Adults

- About one in five (17%) Alaska Native adults in the Southeast region are exposed to secondhand smoke at home.
- This translates into about 1,300 adults exposed in the Southeast region.
- 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 91% of Alaska Native adults in the Southeast region† believe it is very important to keep stores from selling tobacco to teens; about 83% agree that tobacco use by adults should be banned on school grounds.
- About 38% of Alaska Native adults in the Southeast region† believe that there is little benefit to quitting after smoking for 20 years – which is not true.
- About 69% of Alaska Native adults in the Southeast region† believe that secondhand smoke is “very harmful”; 42% specifically know that exposure to secondhand smoke causes sudden infant death syndrome (SIDS) and 66% know that it causes heart disease.
- About 72% of Alaska Native adults in the Southeast region 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: DUE TO SMALL NUMBERS OF SURVEY PARTICIPANTS FOR SOME QUESTIONS, AND DIFFERENT GEOGRAPHIC REGIONS USED BY BRFSS AND PRAMS SURVEYS, NOTED REGIONAL ESTIMATES INCLUDE DATA FROM OTHER REGIONS AS FOLLOWS -- †SOUTHEAST, ANCHORAGE/MAT-SU, GULF COAST, AND FAIRBANKS REGIONS COMBINED; ‡ GULF COAST, INTERIOR, NORTHERN AND SOUTHEAST REGIONS COMBINED.

