

Tobacco Use

Definition

Tobacco use is any habitual use of the tobacco plant leaf and its products. The predominant use of tobacco is by smoke inhalation of cigarettes, pipes, cigars, and ENDS (Electric Nicotine Delivery Systems). Smokeless tobacco includes a variety of tobacco products that are sniffed, sucked, or chewed (Al-Ibrahim, & Gross, 1990).

Rationale

To effectively prevent and reduce tobacco use among Alaskans with disabilities, it is important to promote health system changes that reduce barriers that limit the ability of people with disabilities to access and use preventive health care. The inclusion of people with disabilities in smoking cessation programs will require overcoming the many barriers to preventive care that they experience.

- In Alaska, adults with disabilities are more likely to smoke (27.4%) than adults without a disability (20.7%) (Alaska BRFSS, 2013).
- 63.4% of Alaskans with disabilities who use tobacco want to quit, as compared with 57.5% of Alaskans without disabilities (Alaska BRFSS 2013).
- More Alaskans with disabilities are also former smokers: 2010 data indicate that 36.8% of individuals with disabilities also categorize themselves as former smokers, as compared with 29.2% of individuals without disabilities (Alaska BRFSS, 2011).

Data from the Alaska Needs Assessment survey of agency and support staff showed “[Direct support] staff reported people with disabilities utilized primary care most often. Health education services (e.g., healthy living, tobacco cessation) were utilized with less frequency; 29.1% of people did not seek health education services.”

Vision

Alaskans with disabilities live a tobacco free life.

Access

ACTION STEPS

- 8.1.1 The State of Alaska Tobacco Prevention and Control Program (TPCP) will include resources on tobacco use and prevention that are accessible and inclusive of people with disabilities, using diverse images of people with disabilities, person-first language, and varied literacy levels and formats.
- 8.1.2 The Alaska Health and Disability Program (AHDP), in partnership with the Disability Law Center, Northwest ADA Center, and Independent Living Network, will distribute information and promote the use of resources on **communication and information accessibility** of tobacco prevention and quit-related services.
- 8.1.3 The AHDP, in partnership with the Disability Law Center, Northwest ADA Center, and Independent Living Network, will distribute information and promote the use of resources on **staff training, policies, and accommodations on accessibility** of tobacco prevention and quit-services.

Data/ Surveillance

ACTION STEPS

- 8.2.1 The AHDP will utilize available data to identify and prioritize tobacco use disparities among Alaskans with disabilities and disseminate information in an annual report to stakeholders.
- 8.2.2 The Division of Public Health Section of Chronic Disease Prevention and Health Promotion will explore the possibility of adding additional questions to the supplemental tobacco section in the Alaska Behavioral Risk Factor Surveillance Survey to identify disability status for people receiving the supplemental survey.

Education/ Awareness

ACTION STEPS

- 8.3.1 The AHDP will partner with the TPCP to incorporate disability into existing "Ask Advise Refer" training.
- 8.3.2 The TPCP will ensure the Alaska Tobacco Quit Line is accessible to deaf and hard of hearing via methods such as text to quit and web-based coaching.
- 8.3.3 The TPCP will ensure that Quit Line materials include the number for deaf and hard of hearing community access (TTY) through the use of assistive technology.
- 8.3.4 The AHDP and partners will disseminate Quit Line materials to disability service providers and partners.
- 8.3.5 The TPCP will support tobacco-free or smoke-free policies in diverse environments including schools, residential settings, community rehab programs, disability service agencies, and worksites.
- 8.3.6 The AHDP will conduct a survey of disability-related programs, agencies, and advocates to identify tobacco-free campus status. The survey will include the collection of available tobacco free policies. This information will be reported to the TPCP.
- 8.3.7 The TPCP will develop and promote tobacco education trainings for providers who work with people with disabilities (e.g., Quit Line protocols, resources, and tobacco-free campus policy support).
- 8.3.8 The ADHP, in partnership with the UAA Center for Human Development, support training and technical assistance on universal design principles through conference presentations and on-line materials to ensure prevention and quit programs are accessible to people with disabilities.

Collaboration

ACTION STEPS

- 8.4.1 The AHDP, TPCP, and the Independent Living Network will recruit individuals with disabilities and their families to participate in state and local coalitions focused on tobacco prevention and control.
- 8.4.2 The TPCP will maintain an ongoing partnership with the Alaska Tobacco Quit Line staff to provide accessible services for people with disabilities.