

## Disability & Health Disparities in Washington State

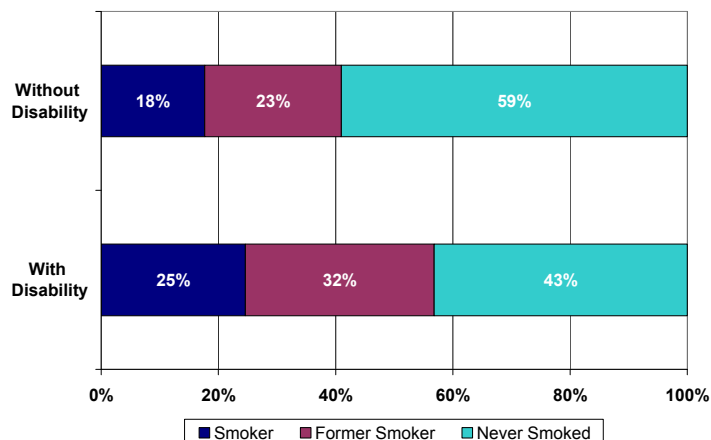
# TOBACCO CESSATION

## Behavioral Risk Factor Surveillance System (BRFSS)

### Smoking

People with disabilities had higher rates of smoking compared to people without disabilities. This was true even among people of the same age, income, education, sex, race/ethnicity, and health status. Smokers with disabilities averaged more cigarettes per day (14.6) than did those without disabilities (11.9).

Smoking by Disability, 2004



### Definition of Disability

A person with a disability was defined in BRFSS as someone who reported:

- Being limited in any way in any activities because of physical, mental, or emotional problems, or
- Having health problems that require them to use special equipment.

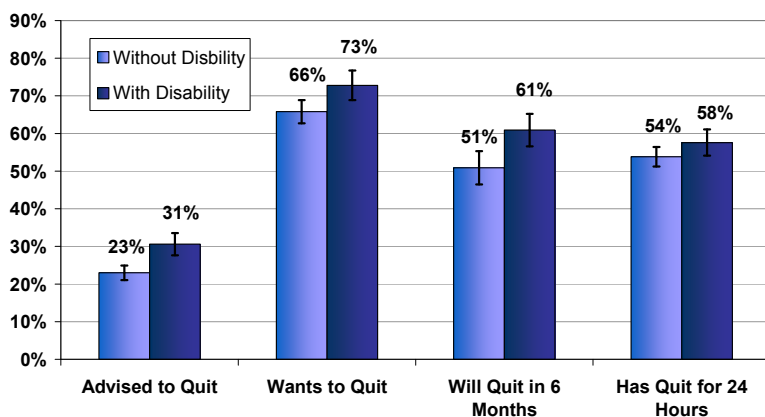
All statistical comparisons discussed herein were significantly different at  $p < .05$ . Figures show the 95% confidence intervals around sample estimates.

### Motivation to Stop Smoking

Compared to smokers without disabilities, those with disabilities were:

- More likely to have been advised to quit by a health care provider in the past year.
- More likely to report that they wanted to quit smoking.
- More likely to say they would quit in the next 6 months.
- Equally likely to have quit for 24 hours or more.

Motivation to Quit Smoking by Disability, 2004



### Use of Supports

When compared to smokers without disabilities, those with disabilities showed:

- More willingness to call a phone quit support line.
- More experience with nicotine patches and other medications to help quit tobacco.
- Equal use of community cessation programs.
- Equal use of the Department of Health Quit Line.

Use of Supports by Disability, 2004

