



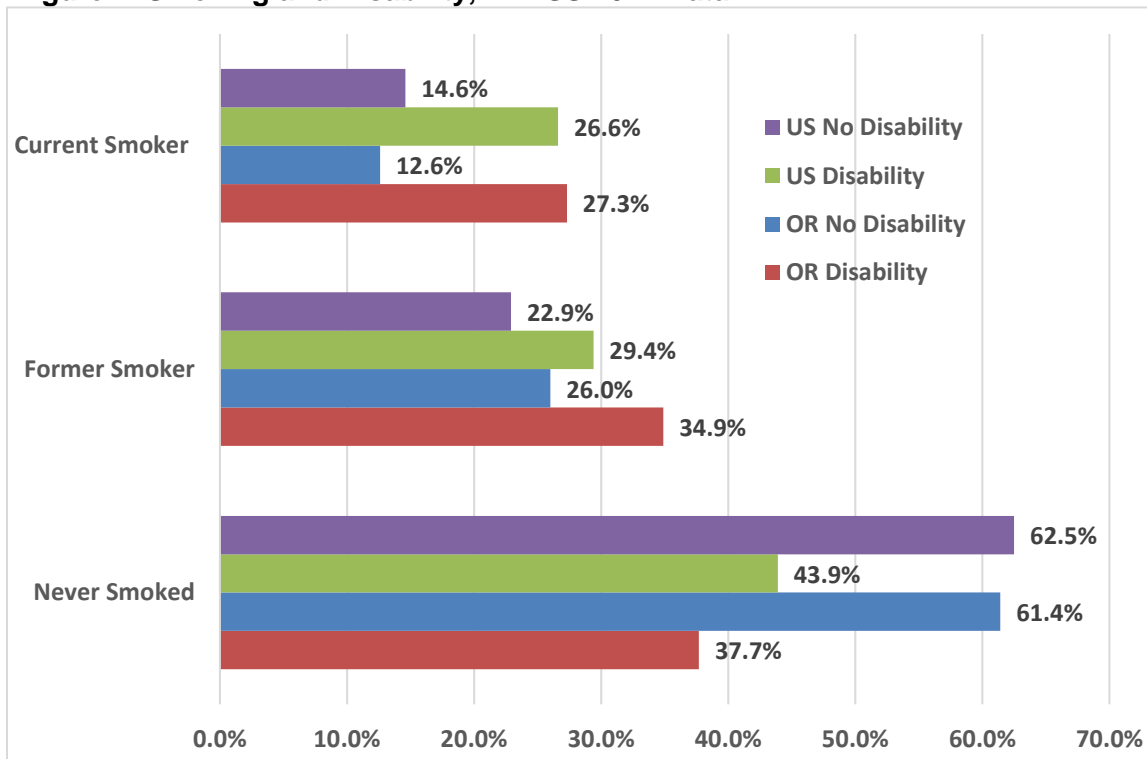
# Tobacco Use among Oregonians with Disabilities

## Oregon Office on Disability and Health

Tobacco use remains the single largest preventable cause of death and disease in the United States<sup>1</sup>. Every year smoking kills almost one in five adults. In 2010 approximately 17% of deaths were attributable to smoking<sup>1</sup>.

Data from the 2014 Behavioral Risk Factor Surveillance System (BRFSS)<sup>2</sup> show smoking habits among Oregonians with and without disabilities. The BRFSS is a telephone based survey that is conducted annually in all 50 states in the US and collects information related to health behaviors, chronic health conditions, and use of preventive services.

**Figure 1. Smoking and Disability, BRFSS 2014 Data**



These data show that people with disabilities are much more likely to smoke currently, or to have smoked in the past. Nationally, 26.6% of people with disabilities are current smokers compared to 14.6% people without disabilities. In Oregon,

- 27.3% of adults with disability are current smokers compared to 12.6% of adults without a disability.
- 34.9% of adults with disability are former smokers compared to 26% of adults without a disability.
- 37.7% of adults with disability have never smoked, compared to 61.4% of adults without a disability.

### How does Smoking affect health<sup>3</sup>?

- Tobacco smoking has been associated with multiple forms of cancer such as, lung, throat, esophagus, and mouth cancer.
- Smoking damages the immune system and compromises the body's ability to fight infections and diseases.
- Smoking has been associated with increased risk for vascular disease which includes: coronary heart disease, heart attack, hypertension, and stroke.

- Tobacco smoking increases the risk for recurrent asthma episodes and other lung related diseases such as pneumonia and emphysema.
- Smoking not only affects your health, but also the health of those around you, especially children and older adults.

### What are the benefits of quitting smoking<sup>4</sup>?

- After 20 minutes, your heart rate drops.
- After 12 hours, the carbon monoxide level in your blood drops to normal.
- After 2-3 weeks, your risk for a cardiovascular event starts to drop and your lung function starts to improve.
- After 1-9 months, your coughing and shortness of breath decreases.
- After 1 year, your risk for coronary heart disease is half that of a smoker.
- After 2-5 years, your risk of stroke is reduced to that of a nonsmoker
- After 5 years, your risk of cancer of the mouth, throat, esophagus, and bladder is cut in half.
- After 10 years, your risk for lung cancer is about half that of a smoker and your risk for kidney and pancreas cancers decreases.
- After 15 years, your risk of coronary heart disease is back to that of a nonsmoker.

### How can we help people with disabilities stop smoking?

The Center for Disease Control and Prevention (CDC) recommends the following strategies for helping people with disabilities stop smoking:

- Update existing health promotion campaigns with smoking cessation messages specifically targeting people with disabilities.
- Disseminate information about the hazards of cigarette smoking to people with disabilities.
- Adapt tobacco cessation material to meet the needs of people with disabilities, especially those with visual and hearing disabilities.
- Train Quitline staff on appropriate communication with the deaf community.
- Train tobacco helpline counselors about disparities in smoking rates between people with and without disabilities.

### To learn more about quitting smoking visit the following:

- [Smokefree.gov](http://Smokefree.gov)
- [CDC Quit Smoking](http://CDCQuitSmoking)
- [American Cancer Society: Guide to Quitting Smoking](http://AmericanCancerSociety.org/Guide-to-Quitting-Smoking)
- [American Heart Association: Quite Smoking](http://AmericanHeartAssociation.org/QuiteSmoking)
- [American Lung Association: How to Quit Smoking](http://AmericanLungAssociation.org/How-to-Quit-Smoking)

**For support in quitting**, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, 24/7

- Call 1-800-QUIT-NOW (1-800-784-8669)

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<sup>1</sup> Centers for Disease Control and Prevention. (2014). Cigarette Smoking Among Adults with Disabilities.

<sup>2</sup> Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

<sup>3</sup> U.S. Department of Health and Human Services. [<sup>4</sup> Centers for Disease Control and Prevention. Benefits of Quitting. 2015. \[http://www.cdc.gov/tobacco/quit\\\_smoking/how\\\_to\\\_quit/benefits/\]\(http://www.cdc.gov/tobacco/quit\_smoking/how\_to\_quit/benefits/\)](http://www.dhs.gov/xgov/features/0,13280,509564_509563_509562_509561_509560_509559_509558_509557_509556_509555_509554_509553_509552_509551_509550_509549_509548_509547_509546_509545_509544_509543_509542_509541_509540_509539_509538_509537_509536_509535_509534_509533_509532_509531_509530_509529_509528_509527_509526_509525_509524_509523_509522_509521_509520_509519_509518_509517_509516_509515_509514_509513_509512_509511_509510_509509_509508_509507_509506_509505_509504_509503_509502_509501_509500_499999_499998_499997_499996_499995_499994_499993_499992_499991_499990_499989_499988_499987_499986_499985_499984_499983_499982_499981_499980_499979_499978_499977_499976_499975_499974_499973_499972_499971_499970_499969_499968_499967_499966_499965_499964_499963_499962_499961_499960_499959_499958_499957_499956_499955_499954_499953_499952_499951_499950_499949_499948_499947_499946_499945_499944_499943_499942_499941_499940_499939_499938_499937_499936_499935_499934_499933_499932_499931_499930_499929_499928_499927_499926_499925_499924_499923_499922_499921_499920_499919_499918_499917_499916_499915_499914_499913_499912_499911_499910_499909_499908_499907_499906_499905_499904_499903_499902_499901_499900_499899_499898_499897_499896_499895_499894_499893_499892_499891_499890_499889_499888_499887_499886_499885_499884_499883_499882_499881_499880_499879_499878_499877_499876_499875_499874_499873_499872_499871_499870_499869_499868_499867_499866_499865_499864_499863_499862_499861_499860_499859_499858_499857_499856_499855_499854_499853_499852_499851_499850_499849_499848_499847_499846_499845_499844_499843_499842_499841_499840_499839_499838_499837_499836_499835_499834_499833_499832_499831_499830_499829_499828_499827_499826_499825_499824_499823_499822_499821_499820_499819_499818_499817_499816_499815_499814_499813_499812_499811_499810_499809_499808_499807_499806_499805_499804_499803_499802_499801_499800_499799_499798_499797_499796_499795_499794_499793_499792_499791_499790_499789_499788_499787_499786_499785_499784_499783_499782_499781_499780_499779_499778_499777_499776_499775_499774_499773_499772_499771_499770_499769_499768_499767_499766_499765_499764_499763_499762_499761_499760_499759_499758_499757_499756_499755_499754_499753_499752_499751_499750_499749_499748_499747_499746_499745_499744_499743_499742_499741_499740_499739_499738_499737_499736_499735_499734_499733_499732_499731_499730_499729_499728_499727_499726_499725_499724_499723_499722_499721_499720_499719_499718_499717_499716_499715_499714_499713_499712_499711_499710_499709_499708_499707_499706_499705_499704_499703_499702_499701_499700_499699_499698_499697_499696_499695_499694_499693_499692_499691_499690_499689_499688_499687_499686_499685_499684_499683_499682_499681_499680_499679_499678_499677_499676_499675_499674_499673_499672_499671_499670_499669_499668_499667_499666_499665_499664_499663_499662_499661_499660_499659_499658_499657_499656_499655_499654_499653_499652_499651_499650_499649_499648_499647_499646_499645_499644_499643_499642_499641_499640_499639_499638_499637_499636_499635_499634_499633_499632_499631_499630_499629_499628_499627_499626_499625_499624_499623_499622_499621_499620_499619_499618_499617_499616_499615_499614_499613_499612_499611_499610_499609_499608_499607_499606_499605_499604_499603_499602_499601_499600_499599_499598_499597_499596_499595_499594_499593_499592_499591_499590_499589_499588_499587_499586_499585_499584_499583_499582_499581_499580_499579_499578_499577_499576_499575_499574_499573_499572_499571_499570_499569_499568_499567_499566_499565_499564_499563_499562_499561_499560_499559_499558_499557_499556_499555_499554_499553_499552_499551_499550_499549_499548_499547_499546_499545_499544_499543_499542_499541_499540_499539_499538_499537_499536_499535_499534_499533_499532_499531_499530_499529_499528_499527_499526_499525_499524_499523_499522_499521_499520_499519_499518_499517_499516_499515_499514_499513_499512_499511_499510_499509_499508_499507_499506_499505_499504_499503_499502_499501_499500_499499_499498_499497_499496_499495_499494_499493_499492_499491_499490_499489_499488_499487_499486_499485_499484_499483_499482_499481_499480_499479_499478_499477_499476_499475_499474_499473_499472_499471_499470_499469_499468_499467_499466_499465_499464_499463_499462_499461_499460_499459_499458_499457_499456_499455_499454_499453_499452_499451_499450_499449_499448_499447_499446_499445_499444_499443_499442_499441_499440_499439_499438_499437_499436_499435_499434_499433_499432_499431_499430_499429_499428_499427_499426_499425_499424_499423_499422_499421_499420_499419_499418_499417_499416_499415_499414_499413_499412_499411_499410_499409_499408_499407_499406_499405_499404_499403_499402_499401_499400_499399_499398_499397_499396_499395_499394_499393_499392_499391_499390_499389_499388_499387_499386_499385_499384_499383_499382_499381_499380_499379_499378_499377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