

Smoking at Home

Trends and Intervention Strategies

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Questions

- 1. What are the state and national trends in home exposure to tobacco smoke, particularly as they affect children.
- What are the interventions to reduce exposure?

2006 Surgeon General's Report

- 1. There is no safe level of exposure.
- 2. Exposure is endemic.

State Goals

- By December 31, 2008, the percentage of smoke-free homes with children will increase from 74% to 85%.
- By December 31, 2010, the percentage of smoke-free homes with children will increase from 74% to 90%.

Health Effects of Exposure (Kids)

- Lower respiratory illness, middle ear disease, compromised lung function.
- Strong evidence of relationship to SIDS.
- Causal relationship to childhood cancer.
- Estimate 6,000 pediatric asthma cases per year in Wisconsin.

Health Effects of Exposure (Adults)

- Chronic decline in lung function
- COPD
- Increased risk of heart attack
- Particularly significant for non-smoking spouses

One Bottom Line

- Estimate of about 800 deaths each year in Wisconsin from exposure.
- More deaths than from traffic crashes. (714 in 2006)

Methods and Sources

- Current Population Survey: 1992-2002
- Behavioral Risk Factor Survey: Each year
- Youth Tobacco Survey: 2005
- Wisconsin Tobacco Survey: 2001,2003
- Legacy Media Tracking Survey: 1999-2001

Slide 8

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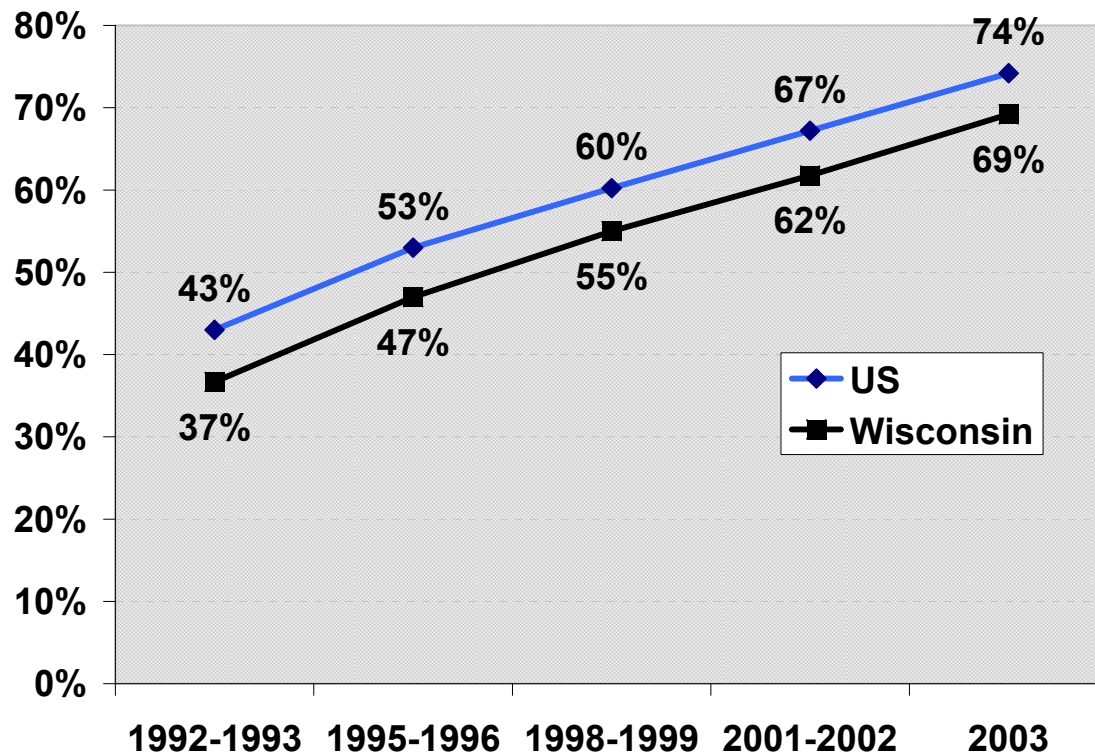
There are many different survey methods and questions asked.
Some ask if smoking is allowed.
Others ask if there is a smoking policy.
Yet others ask about smoking behavior, i.e. does anyone smoke.

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Adults with “no-smoking” policies

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da2

Figure 1. Proportion of adults living in homes with a "no smoking" policy, Wisconsin and the United States, 1992 -2003*



*Data source: Current Population Survey

Slide 9

da1 State rank increased from 43rd in 1992 to 37th in 2003.

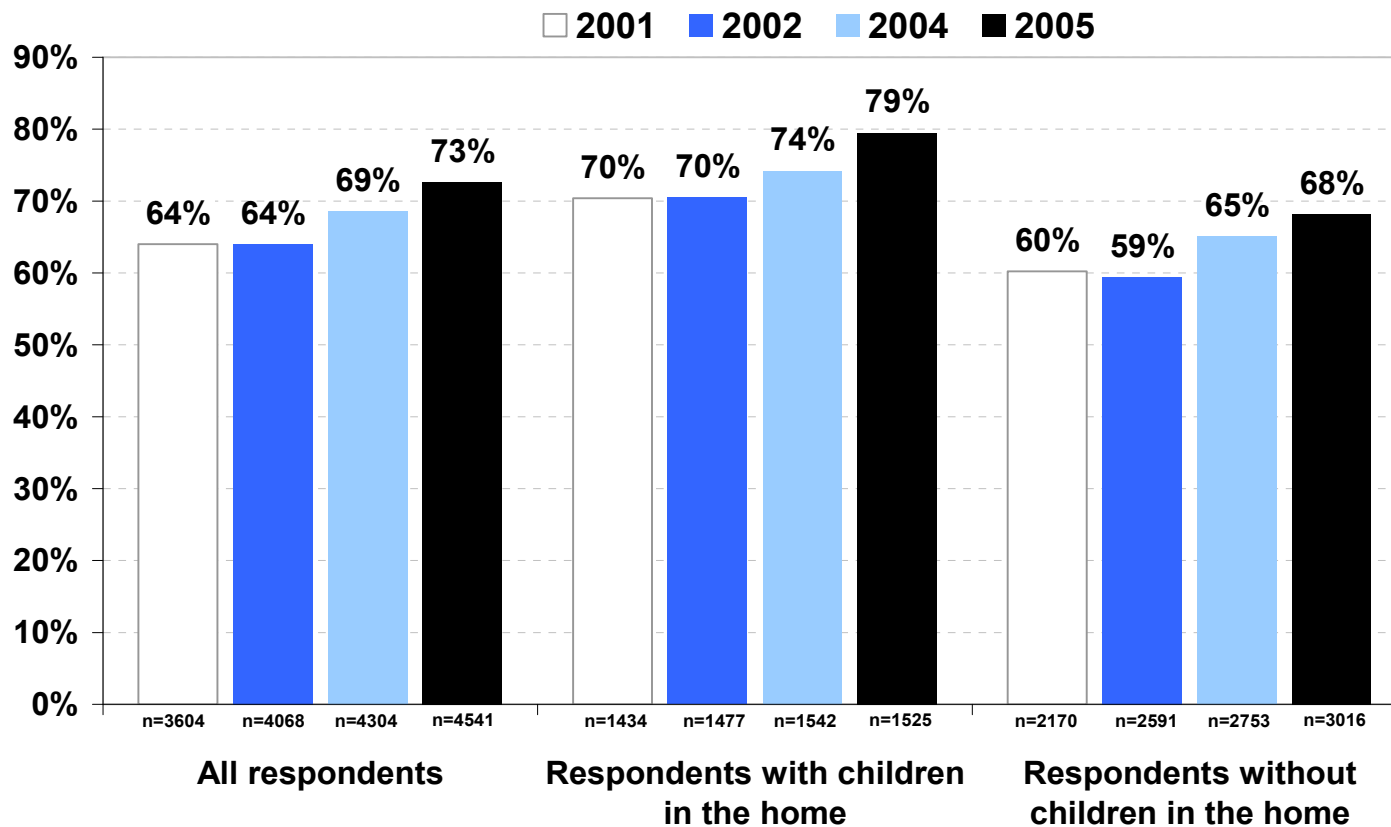
A new survey in 2005 indicated that 73% of respo
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da2 Wisconsin ranking increased from 43rd in 1992 to 37th in 2003.

BRFSS found that the rate increased to 74% by 2003. A doubling since 1992.
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Smoking w/ kids at home

Figure 2. Proportion of adults living in homes with a "no smoking" policy by presence of children in the home, Wisconsin, 2001-2005*



*Data Source: Behavioral Risk Factor Survey

Slide 10

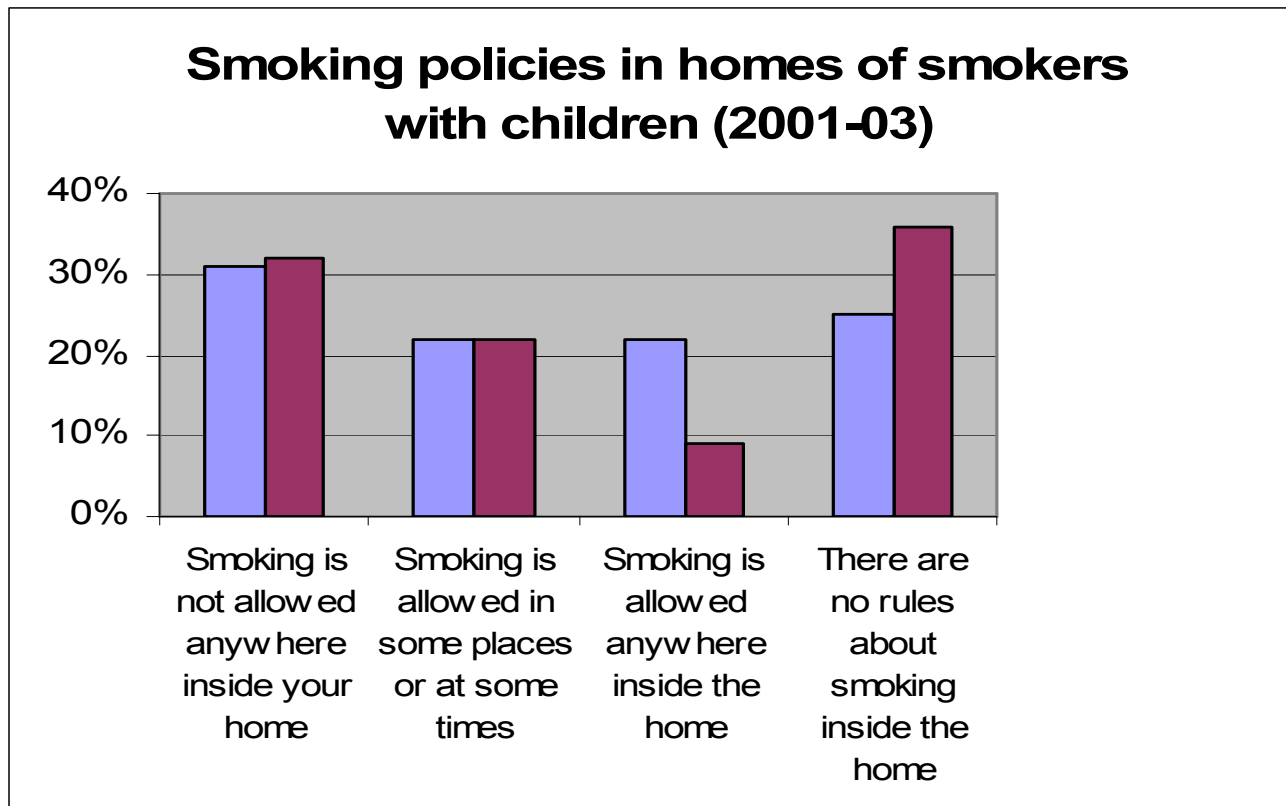
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People with kids are significantly and consistently more likely to have a no-smoking policy in their home.

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“Policies” of smokers w/kids

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Slide 11

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Little change or no change in practice over the two year period.

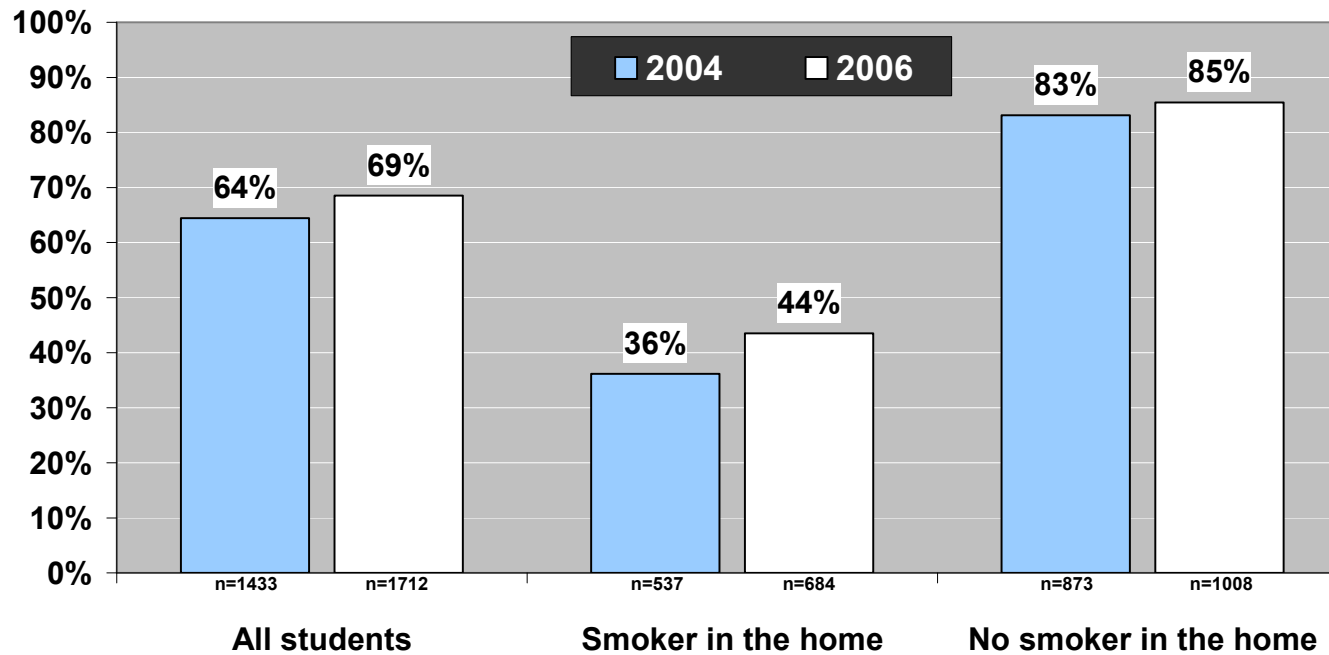
No smoking practices-as opposed to policies- may be higher then first appears.

There may be a certain percentage of those who have no rules that do not allow smoking-they simply have no rules to that effect.

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Kids report on exposure

Figure 4. Percentage of high school students living in homes with a "no smoking" rule, by presence of a smoker in the home, Wisconsin, 2004 and 2006



*Data Source: Youth Tobacco Survey

Slide 12

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Kids report higher rates of exposure to SHS than adults. For example, 74% of all adults reported smoke free homes, but only 64% of kids did so in the same year.

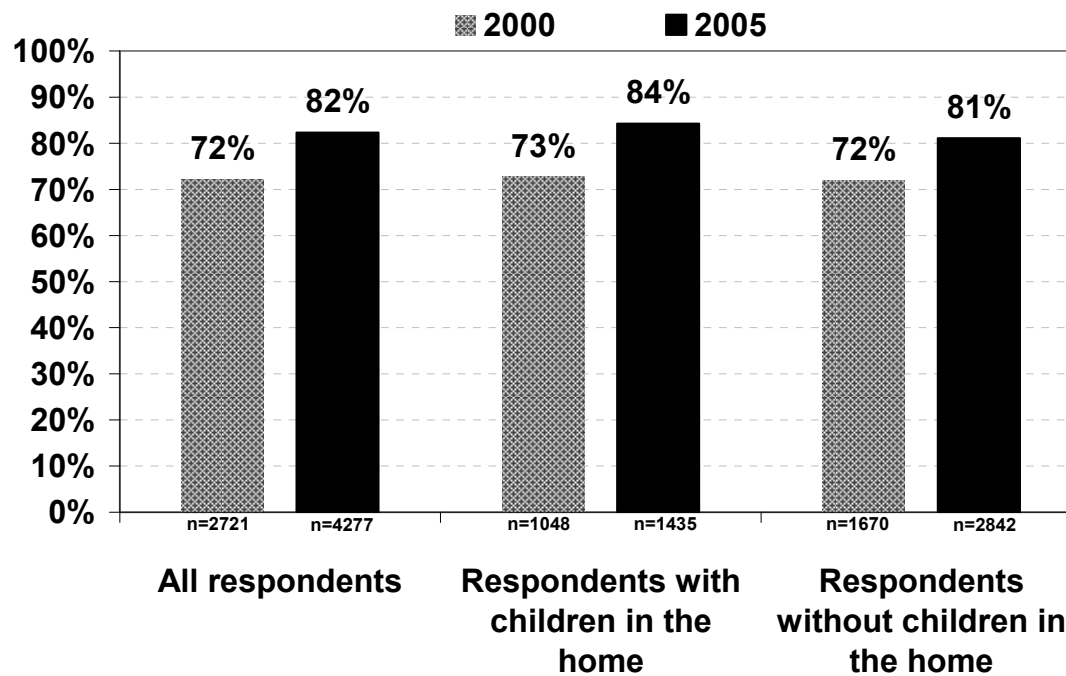
Nonetheless there was a big increase from 36-44% of no-smoking when there was a smoker living in home.

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Actual Smoking Practices

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Figure 4. Proportion of adults living in homes where no smoking has occurred in the past 30 days, by presence of children in the home, Wisconsin, 2000 and 2005*



*Data Source: Behavioral Risk Factor Survey

Slide 13

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This reports on occurrence of 30 day smoking.

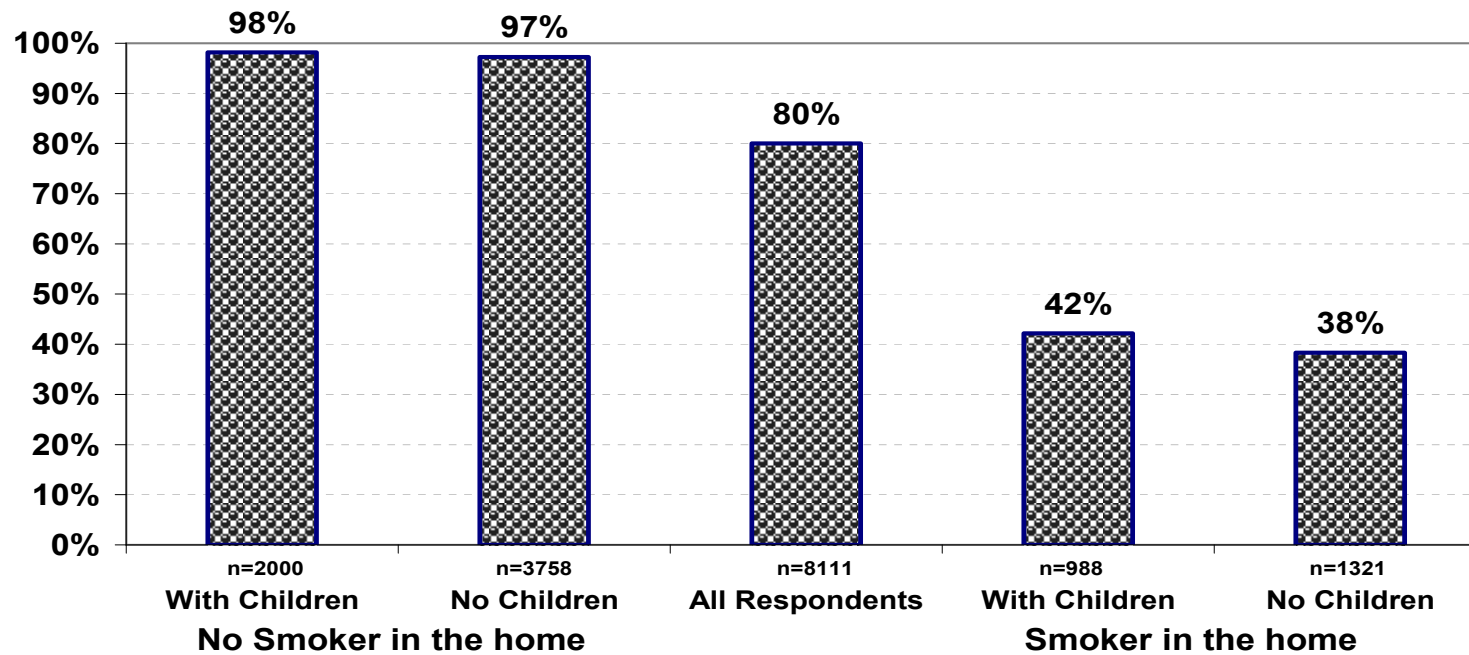
There does not appear to be meaningful differences whether or not the adults have kids.

Interestingly, the numbers here are higher then when asked if people have "no-smoking policies". Clearly, many people who don't smoke in their homes don't have policies to that effect.

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“Actual” Practice

Figure 5. Proportion of adults living in homes where no smoking has occurred in the past 7 days, by presence of smokers and children in the home, Wisconsin, 2003*

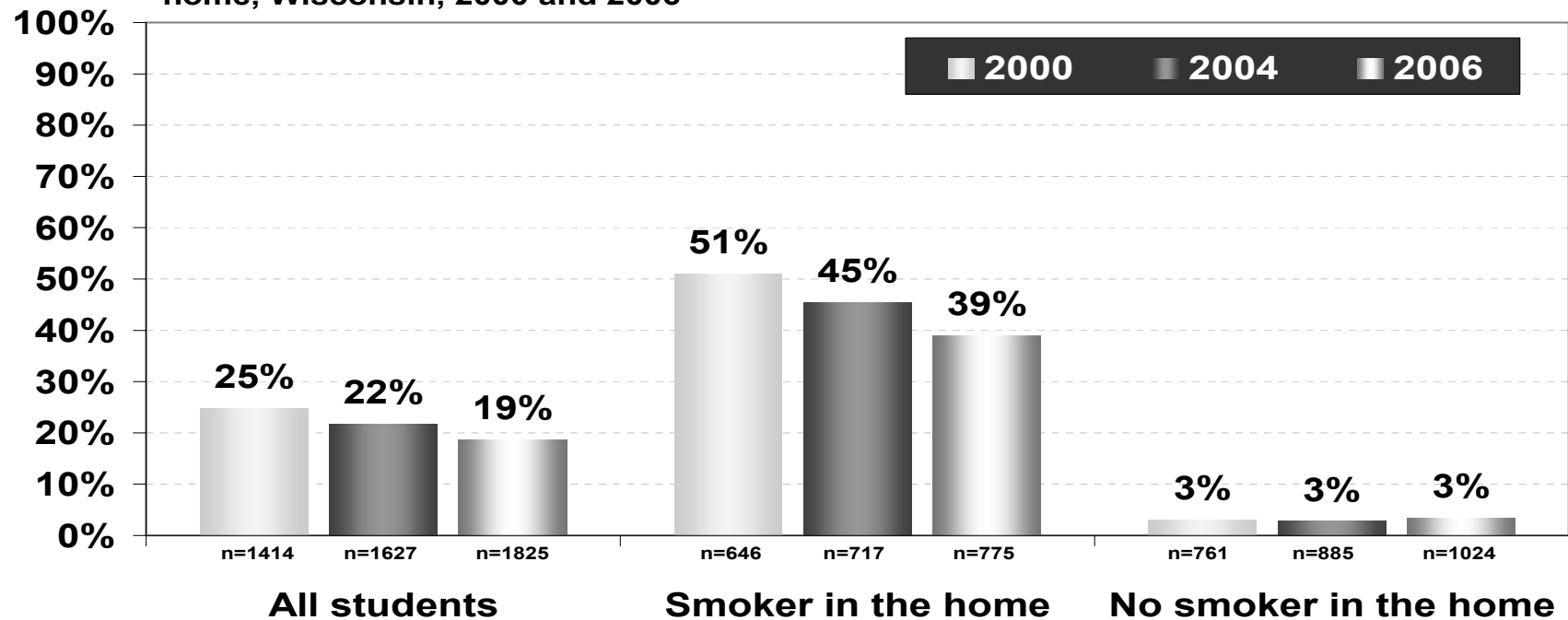


*Data Source: Wisconsin Tobacco survey

Children Exposure at Home

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Figure 5. Percentage of middle school students who experienced daily secondhand exposure in a home and/or in a car by presence of smoker in the home, Wisconsin, 2000 and 2006



*Data Source: Youth Tobacco Survey

Slide 15

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About 40% of middle school students report daily exposure to smoke. This is almost the same rate as reported by adults.

The good news is the steady decline in this rate.

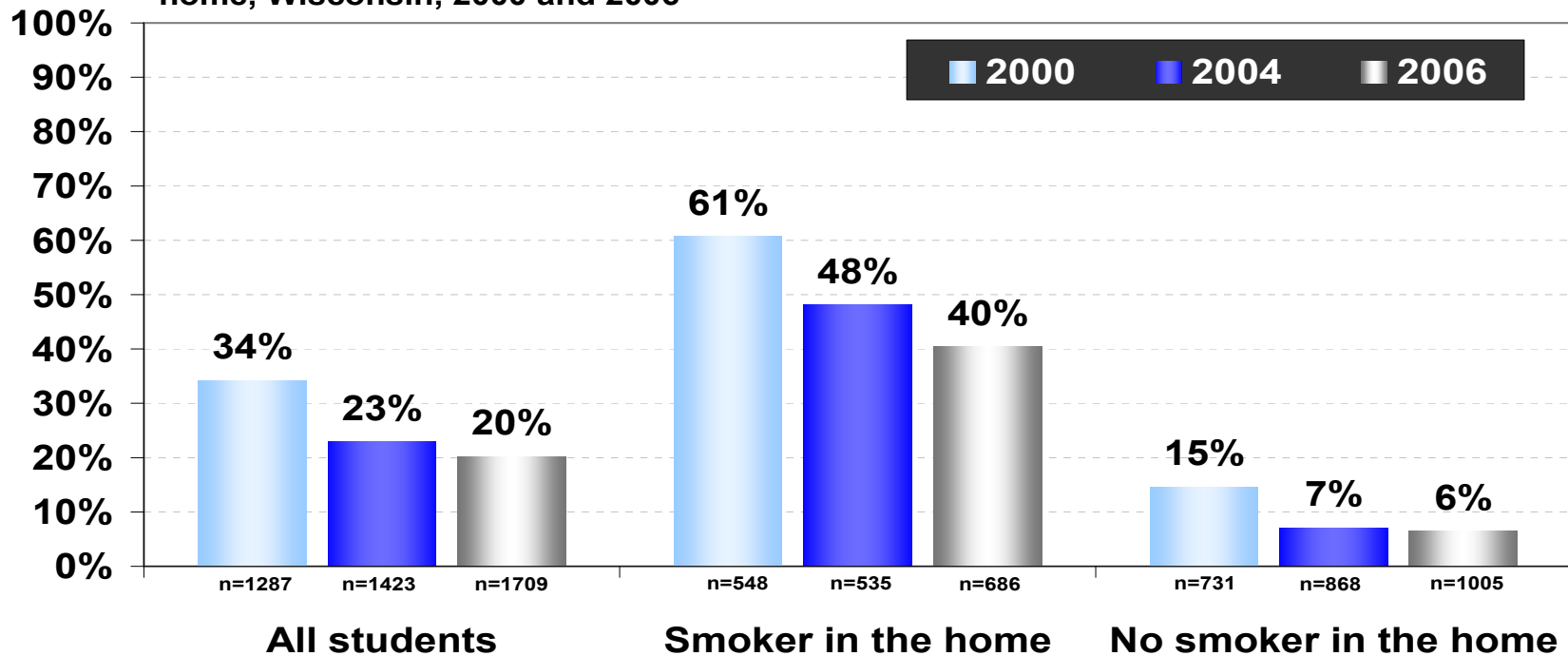
It is significant that a majority of smokers who live with children do not smoke in their home.

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High School Students Exposure

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Figure 6. Percentage of high school students who experienced daily secondhand exposure in a home and/or in a car by presence of smoker in the home, Wisconsin, 2000 and 2006



*Data Source: Youth Tobacco Survey

Slide 16

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Though the base period began at 61%- as opposed to 51% for MS students- they now have the same rate of exposure.
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What did we learn?

- Tobacco use in homes has declined dramatically in the past ten years- even though smoking hasn't.
- Most of the change occurred in the homes of non-smokers BUT
- Smoking has declined in the homes of smoking with children- now about half.
- **About 245,000 school children in the state are regularly exposed to smoke at home.**

What should be done?

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Slide 18

da10 Community education?

Policy changes?

Clinical approaches?

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Environmental Factors Related to Low Exposure

- States with the lowest home smoking rates have either low smoking rates or comprehensive control programs (California, Florida and Oregon).
- Effect of public smoking bans are surprisingly positive.

Slide 19

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Madison/Appleton bartender study indicated lower rates of smoke exposure at home after the bar ban.

Madison consumer study showed no change in drinking (and presumably smoking) at home after the ordinance.

This affirms the notion of creating non-smoking as a social norm.

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Re-focusing the Target Population

- Community-wide campaigns may miss the target.
- “Take it Outside”: Unevaluated but may be promising.
- CTRI’s Pediatrician campaign: Healthy Air for Kids Campaign
- Don’t Pass Gas (American Legacy)
- Not in Mama’s Kitchen! (Calif. A-A focus)