

# Tobacco Use – Smoking

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:  
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:		Yes with Every day or Some days					
	%	95% CI	Individuals	n	N	#	%	95% CI
<b>Total</b>	<b>18.8%</b>	( 17.2% - 20.5% )	94,983	946	4,722		<b>17.9%</b>	( 16.4% - 19.6% )
<b>Demographics</b>								
<b>Gender</b>								
Female	<b>18.1%</b>	( 16.1% - 20.4% )	44,228	502	2,592		<b>17.4%</b>	( 15.4% - 19.7% )
Male	<b>19.4%</b>	( 17.0% - 22.0% )	50,754	444	2,130		<b>18.4%</b>	( 16.2% - 20.8% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years	<b>20%</b>	( 15% - 27% )	14,223	64	272	3	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>23.5%</b>	( 19.1% - 28.5% )	23,604	167	659		<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>16.4%</b>	( 13.4% - 19.8% )	15,711	168	846		<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>19.5%</b>	( 17.3% - 22.0% )	35,347	459	2,140		<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>9.7%</b>	( 7.2% - 13.0% )	5,085	75	747	3	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native	<b>39.2%</b>	( 34.2% - 44.3% )	28,902	310	842		<b>38.0%</b>	( 33.4% - 42.9% )
Asian or Pacific Islander	<b>13%</b>	( 7% - 24% )	2,714	17	118	3	<b>11%</b>	( 6% - 18% )
Asian	<b>15%</b>	( 7% - 28% )	1,824	12	93	3	<b>12%</b>	( 7% - 22% )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	25	3	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>23%</b>	( 11% - 40% )	2,348	13	63	3	<b>21%</b>	( 11% - 36% )
White	<b>15.5%</b>	( 13.8% - 17.4% )	58,884	567	3,465		<b>14.6%</b>	( 13.0% - 16.4% )
Hispanic or Latino	<b>15%</b>	( 9% - 24% )	2,963	24	130	3	<b>14%</b>	( 9% - 22% )
Not Hispanic or Latino	<b>18.8%</b>	( 17.2% - 20.6% )	90,621	912	4,542		<b>18.0%</b>	( 16.4% - 19.7% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	28	3	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>15.4%</b>	( 13.7% - 17.4% )	55,844	540	3,326		<b>14.5%</b>	( 12.8% - 16.3% )

For table end notes see Appendix J on Pg 429.

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Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.							
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?							
Population at Risk (See Appendix)	Response:			Yes with Every day or Some days					
	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Alaska Native</b>									
Yes	36.9%	( 32.2% - 41.7% )	30,651	326	924		35.8%	( 31.4% - 40.4% )	
No	15.3%	( 13.7% - 17.1% )	63,852	611	3,740		14.4%	( 12.9% - 16.1% )	
<b>Geographic Location</b>									
Anchorage & Vicinity	15.3%	( 12.8% - 18.2% )	41,632	151	993		14.6%	( 12.2% - 17.4% )	
Fairbanks & Vicinity	21.4%	( 18.4% - 24.7% )	15,951	209	1,011		19.4%	( 16.8% - 22.3% )	
Gulf Coast	19.6%	( 16.4% - 23.2% )	11,274	176	981		19.6%	( 16.4% - 23.2% )	
Rural	33.7%	( 29.8% - 37.8% )	16,035	241	783		33.0%	( 29.1% - 37.1% )	
Southeast	18.7%	( 15.8% - 22.0% )	10,090	169	954		18.2%	( 15.3% - 21.6% )	
<b>Urban/Rural</b>									
Metropolitan Statistical Area	16.8%	( 14.6% - 19.2% )	56,554	345	1,921		15.9%	( 13.8% - 18.2% )	
Micropolitan Statistical Area & Urban Clusters	19.4%	( 16.9% - 22.2% )	17,232	268	1,476		18.7%	( 16.2% - 21.3% )	
Rural	26.3%	( 23.5% - 29.3% )	20,976	330	1,320		26.4%	( 23.6% - 29.5% )	
<b>Education Level (persons aged 25 years and older)</b>									
Less than high school	47%	( 39% - 56% )	11,728	114	288		48%	( 40% - 56% )	
High school graduate	27.1%	( 23.8% - 30.7% )	31,558	356	1,267		25.5%	( 22.3% - 29.0% )	
At least some college	19.8%	( 16.8% - 23.2% )	25,360	273	1,328		18.8%	( 15.9% - 22.1% )	
College Graduate	7.3%	( 5.7% - 9.3% )	11,988	138	1,558	3	7.3%	( 5.7% - 9.3% )	
<b>Employment Status</b>									
Employed	16.2%	( 14.3% - 18.2% )	53,513	540	2,968		14.6%	( 12.9% - 16.5% )	
Unemployed	41%	( 34% - 49% )	17,817	163	388		38%	( 32% - 46% )	
Not in Workforce (Student, Homemaker, Retired)	15.3%	( 12.3% - 19.0% )	17,076	159	1,137		16.5%	( 13.1% - 20.5% )	
Unable to work	35%	( 26% - 44% )	6,010	78	203		30%	( 21% - 41% )	

Risk Factors

# Tobacco Use – Smoking (continued)

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Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.							
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.							
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?							
Response:		Yes with Every day or Some days							
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Marital Status</b>									
Married or Unwed Couple	14.0%	( 12.3% - 15.9% )	42,656	387	2,679	3	13.4%	( 11.3% - 15.7% )	
Divorced/Separated	16%	( 11% - 23% )	2,722	54	324	3	44%	( 30% - 58% )	
Widowed	30.7%	( 26.0% - 35.8% )	17,591	242	797		27.7%	( 22.9% - 33.0% )	
Never Married	22.5%	( 17.9% - 28.0% )	20,777	173	671		23.4%	( 19.1% - 28.3% )	
<b>Income Level</b>									
<\$15,000	40%	( 32% - 49% )	12,107	133	351		39%	( 32% - 47% )	
\$15,000 - \$24,999	32%	( 25% - 39% )	14,752	153	477		32%	( 26% - 38% )	
\$25,000 - \$49,999	20.8%	( 17.4% - 24.6% )	20,120	227	979		20.4%	( 17.4% - 23.8% )	
\$50,000 - \$74,999	16.7%	( 13.1% - 21.0% )	13,927	126	803		16.2%	( 12.9% - 20.3% )	
\$75,000	11.4%	( 9.2% - 14.1% )	21,105	184	1,547		10.7%	( 8.4% - 13.5% )	
<b>Poverty Threshold</b>									
Poor (<100% Poverty Threshold)	41%	( 32% - 50% )	14,548	129	316		38%	( 32% - 45% )	
Near Poor (100% to 199% Poverty Threshold)	26.2%	( 21.1% - 32.0% )	16,126	176	599		25.8%	( 21.2% - 31.0% )	
Middle/High Income (>=200% Poverty Threshold)	14.9%	( 13.2% - 16.8% )	51,289	518	3,242		13.9%	( 12.2% - 15.8% )	
<b>Below Poverty Guidelines</b>									
Yes	39%	( 32% - 47% )	19,113	164	426		35%	( 30% - 41% )	
No	16.0%	( 14.4% - 17.8% )	62,784	659	3,731		15.0%	( 13.4% - 16.8% )	
<b>Veteran</b>									
Yes	14.2%	( 11.2% - 17.9% )	12,833	133	814		13.5%	( 10.6% - 17.0% )	
No	19.8%	( 17.9% - 21.7% )	81,809	808	3,894		18.8%	( 17.1% - 20.6% )	

# Tobacco Use – Smoking (continued)

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Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:		Yes with Every day or Some days					
	%	95% CI	Individuals	n	N #	%	95% CI	
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good	15.2%	( 13.2% - 17.5% )	46,147	388	2,583	14.0%	( 12.2% - 16.0% )	
Good	23.5%	( 20.3% - 27.0% )	33,912	356	1,443	22.7%	( 19.6% - 26.0% )	
Fair/Poor	25.9%	( 21.6% - 30.7% )	14,474	194	669	25.2%	( 20.5% - 30.6% )	
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good	3.8	( 3.2 - 4.5 )			908	3.8	( 3.2 - 4.4 )	
Mental Health Not Good	4.3	( 3.5 - 5.2 )			909	3.9	( 3.2 - 4.7 )	
Unhealthy Days (Physical or Mental Health Not Good)	7.2	( 6.3 - 8.2 )			921	6.9	( 5.9 - 7.8 )	
Days with Activity Limitation	2.6	( 2.1 - 3.1 )			925	2.6	( 2.1 - 3.1 )	
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good	25%	( 20% - 30% )	9,883	130	476	26%	( 20% - 33% )	
Mental Health Not Good	34%	( 27% - 42% )	12,429	131	387	32%	( 26% - 39% )	
Unhealthy Days (Physical or Mental Health Not Good)	30.4%	( 25.5% - 35.6% )	21,450	227	756	29.0%	( 24.4% - 34.0% )	
Activity Limitation	26%	( 20% - 33% )	6,784	97	327	27%	( 20% - 36% )	
<b>Disability</b>								
Disabled								
Yes	23.1%	( 19.6% - 26.9% )	25,149	275	1,173	23.1%	( 19.2% - 27.6% )	
No	17.5%	( 15.7% - 19.5% )	68,366	660	3,473	16.5%	( 14.8% - 18.3% )	
Activity Limitation								
Yes	23.8%	( 20.2% - 27.9% )	24,492	266	1,099	23.7%	( 19.7% - 28.3% )	
No	17.4%	( 15.6% - 19.3% )	68,938	669	3,555	16.4%	( 14.8% - 18.2% )	

Risk Factors

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Screening Question: Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?

Population at Risk (See Appendix)	Response:		Yes with Every day or Some days						
	%	95% CI	Individuals	n	N	#	%	95% CI	
Require Special Equipment									
Yes	21%	( 15% - 29% )	6,161	76	340	3	23%	( 15% - 34% )	
No	18.7%	( 17.1% - 20.5% )	88,524	867	4,345		17.8%	( 16.2% - 19.5% )	
<b>Mental Health</b>									
Social and Emotional Support									
Always/Usually	18.4%	( 15.8% - 21.2% )	68,882	327	1,737		16.7%	( 14.4% - 19.3% )	
Sometimes/Rarely/Never	26.3%	( 21.0% - 32.3% )	25,070	139	506		27.0%	( 21.0% - 33.0% )	
Life Satisfaction									
Very Satisfied / Satisfied	19.4%	( 17.1% - 22.0% )	87,843	434	2,160		18.3%	( 16.0% - 20.8% )	
Dissatisfied / Very Dissatisfied	37%	( 25% - 51% )	6,803	40	91		41%	( 31% - 52% )	
<b>Healthcare</b>									
<b>Healthcare Coverage</b>									
Health Plan									
Yes	16.6%	( 14.8% - 18.4% )	68,534	664	3,918		16.0%	( 14.4% - 17.9% )	
No	28.8%	( 24.4% - 33.7% )	25,006	272	775		28.5%	( 23.9% - 33.6% )	
<b>Immunization</b>									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	17.0%	( 13.6% - 21.1% )	32,185	153	909		16.8%	( 13.3% - 21.0% )	
No	23.1%	( 19.9% - 26.5% )	70,602	345	1,435		22.0%	( 19.0% - 25.4% )	
Ever Had Pneumonia Shot (Ages 65+)									
Yes	21.1%	( 16.6% - 26.5% )	21,419	121	596		26.8%	( 20.6% - 34.1% )	
No	20.4%	( 17.5% - 23.6% )	66,327	319	1,492		18.9%	( 16.1% - 22.0% )	

Risk Factors

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Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:	Yes with Every day or Some days						
	%	95% CI	Individuals	n	N	#	%	95% CI
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	25.0%	( 21.0% - 29.3% )	52,051	246	899		25.4%	( 21.4% - 29.8% )
No	18.3%	( 15.0% - 22.1% )	37,457	184	932		18.2%	( 14.8% - 22.3% )
<b>Diagnoses</b>								
<b>Arthritis</b>								
Arthritis								
Yes	20.8%	( 16.8% - 25.5% )	23,981	148	689		22.7%	( 16.6% - 30.2% )
No	20.9%	( 18.0% - 24.0% )	77,957	347	1,636		19.5%	( 16.8% - 22.4% )
<b>Asthma</b>								
Asthma Diagnosis								
Yes	23.6%	( 18.9% - 29.1% )	15,513	138	621		22.6%	( 17.9% - 28.0% )
No	18.1%	( 16.4% - 19.9% )	79,278	806	4,086		17.4%	( 15.8% - 19.3% )
Current Asthma								
Yes	20%	( 15% - 27% )	8,176	84	396		19%	( 14% - 25% )
No	25%	( 17% - 36% )	5,603	45	198		24%	( 16% - 35% )
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes	22%	( 16% - 29% )	4,360	53	248	3	32%	( 16% - 53% )
No	18.7%	( 17.0% - 20.4% )	89,684	882	4,420		17.9%	( 16.2% - 19.6% )
Heart Attack (Myocardial Infarction)								
Yes	26%	( 19% - 36% )	3,763	44	182		31%	( 14% - 55% )
No	18.6%	( 16.9% - 20.3% )	91,017	899	4,522		17.8%	( 16.2% - 19.5% )

Risk Factors

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Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:	Yes with Every day or Some days						
	%	95% CI	Individuals	n	N #	%	95% CI	
Coronary Heart Disease (Angina)								
Yes	18%	( 11% - 27% )	2,222	27	160	3	27%	( 9% - 59% )
No	18.8%	( 17.2% - 20.6% )	91,934	910	4,521		18.1%	( 16.5% - 19.8% )
Stroke								
Yes	23%	( 14% - 34% )	2,206	27	135	3	33%	( 19% - 50% )
No	18.7%	( 17.1% - 20.4% )	92,512	916	4,573		17.9%	( 16.3% - 19.6% )
Diabetes								
Nongestational Diabetes								
Yes	18%	( 12% - 26% )	5,492	62	346	3	28%	( 17% - 43% )
No	18.8%	( 17.2% - 20.6% )	89,227	881	4,367		18.1%	( 16.5% - 19.9% )
Pre-Diabetes								
Yes	19%	( 15% - 26% )	7,294	99	438		25%	( 20% - 31% )
No	18.8%	( 17.0% - 20.6% )	81,770	782	3,921		17.8%	( 16.2% - 19.6% )
Risk Factors								
Alcohol								
Binge Drinking								
Yes	31%	( 25% - 37% )	27,316	139	388		30%	( 23% - 39% )
No	17.4%	( 15.0% - 20.1% )	69,785	343	1,939		16.6%	( 14.3% - 19.2% )
Heavy Drinking								
Yes	32%	( 23% - 43% )	9,775	55	159		35%	( 25% - 46% )
No	19.3%	( 16.9% - 21.9% )	88,252	430	2,147		18.2%	( 15.9% - 20.6% )

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Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:		Yes with Every day or Some days					
	%	95% CI	Individuals	n	N	#	%	95% CI
<b>Hypercholesterolemia</b>								
High Cholesterol								
Yes	17.9%	( 14.5% - 22.0% )	22,661	136	753		18.1%	( 12.6% - 25.3% )
No	16.6%	( 13.4% - 20.3% )	38,676	191	1,087		15.8%	( 12.6% - 19.6% )
<b>Hypertension</b>								
High Blood Pressure								
Yes	19.8%	( 16.0% - 24.4% )	26,290	149	773		25.3%	( 19.6% - 31.9% )
No	20.9%	( 18.1% - 24.0% )	77,474	358	1,620		19.8%	( 17.2% - 22.8% )
<b>Nutrition</b>								
Fruit and Vegetable Index								
<1 Per Day or Never	28%	( 19% - 39% )	8,623	53	140		28%	( 20% - 38% )
1 to <3 Times Per Day	25.6%	( 21.3% - 30.5% )	42,833	202	802		24.1%	( 20.0% - 28.7% )
3 to <5 Times Per Day	16.2%	( 12.8% - 20.2% )	28,129	148	830		15.4%	( 12.2% - 19.2% )
5 Or More Times Per Day	17.6%	( 13.1% - 23.3% )	20,167	88	540	3	17.0%	( 12.7% - 22.5% )
<b>Physical Activity</b>								
Physical Activity Recommendations (2008)								
Active	19.3%	( 16.5% - 22.4% )	66,401	296	1,521		17.2%	( 14.8% - 20.0% )
Insufficient	21%	( 16% - 27% )	16,559	103	421		20%	( 15% - 25% )
Inactive	28%	( 21% - 37% )	11,288	64	234		28%	( 20% - 37% )
Leisure Time Exercise								
Yes	16.7%	( 15.0% - 18.5% )	67,560	672	3,712		15.6%	( 14.0% - 17.4% )
No	26.7%	( 22.8% - 31.0% )	26,413	270	996		26.8%	( 22.7% - 31.4% )

Risk Factors

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Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:	Yes with Every day or Some days						
	%	95% CI	Individuals	n	N	#	%	95% CI
<b>Sexual Violence/Intimate Partner Violence</b>								
Parents Physically Hurt by Spouse/Partner								
Yes	26%	( 20% - 32% )	22,366	126	425		24%	( 19% - 30% )
No	18.3%	( 15.8% - 21.1% )	66,137	311	1,724		17.3%	( 14.9% - 20.0% )
Unwanted Sexual Activity								
Yes	27%	( 21% - 33% )	16,805	94	338		26%	( 20% - 33% )
No	18.6%	( 16.1% - 21.4% )	71,880	345	1,816		17.4%	( 15.0% - 20.1% )
Ever Hurt or Threatened by Intimate Partner								
Yes	39.0%	( 32.2% - 46.3% )	37,610	178	506		37.5%	( 30.8% - 44.6% )
No	14.4%	( 12.3% - 16.8% )	50,772	264	1,655		13.3%	( 11.4% - 15.5% )
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	56%	( 41% - 70% )	14,846	59	120		46%	( 36% - 56% )
No	17.4%	( 15.3% - 19.8% )	73,770	383	2,044		16.3%	( 14.2% - 18.6% )
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker	100.0%	( 0.0% - 0.0% )	94,983	946	946		100.0%	( 0.0% - 0.0% )
Former Smoker	0.0%	( 0.0% - 0.0% )	0	0	1,478		0.0%	( 0.0% - 0.0% )
Never Smoked	0.0%	( 0.0% - 0.0% )	0	0	2,298		0.0%	( 0.0% - 0.0% )
Smokeless Tobacco Status								
Current User	27%	( 19% - 36% )	5,897	52	211		21%	( 15% - 28% )
Former User	22.4%	( 18.2% - 27.3% )	19,972	178	721		20.3%	( 16.5% - 24.7% )
Never Used	17.0%	( 15.3% - 18.9% )	63,101	667	3,586		16.3%	( 14.6% - 18.1% )

# Tobacco Use – Smoking (continued)

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:  
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.							
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.							
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?							
Population at Risk (See Appendix)	Response:		Yes with Every day or Some days						
	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Weight Status</b>									
Weight Status									
Normal (BMI <25)	19.3%	( 16.6% - 22.2% )	32,435	336	1,474		18.8%	( 16.3% - 21.6% )	
Overweight (BMI 25 to 30)	19.6%	( 16.8% - 22.7% )	37,045	336	1,724		18.9%	( 16.1% - 22.0% )	
Obese (BMI ≥30)	17.4%	( 14.6% - 20.7% )	22,171	239	1,323		18.8%	( 15.1% - 23.0% )	
Obese I (BMI 30 TO < 35)	18.8%	( 15.3% - 22.9% )	15,114	160	852		20.3%	( 15.9% - 25.7% )	
Obese II & III (BMI ≥35)	15%	( 11% - 21% )	7,027	79	471	3	15%	( 10% - 22% )	