

HEALTHH NEWS VOL. 4

EFFORTS TO QUIT TOBACCO



- Heart disease is the leading cause of death among all smokers.
- Alaska Native (AN) Peoples smoke in greater numbers and are more affected by tobacco's harms compared to other racial/ethnic groups.
- AN Peoples in the Norton Sound Region have a strong interest in quitting smoking.
- The HEALTHH Project is learning about efforts of AN Peoples in the Norton Sound Region to live tobacco-free.

How we looked at the data

- We surveyed 299 AN adults in the Norton Sound Region.
- Participants smoked 5 or more cigarettes a day and had high cholesterol and/or high blood pressure.
- Ages ranged from 19 to 81. Average was 46 years old.
- About half were men and half were women.
- We asked about past attempts to quit smoking, motivations to quit, and reasons for relapse.
- The findings from our initial surveys are summarized below.

RESULTS

Quit Attempts

- **80%** had quit smoking for at least 24 hours in their lifetime.
- **39%** had made a quit attempt in the past year.

Motivations for Quitting

- Top motivations for quitting smoking in the past were: **Health Concerns, Cost of Tobacco, and Pregnancy.**

Triggers for Relapse

- Top reasons for returning to smoking: **Addiction, Habit, Stress, and Tobacco Use by Friends & Family.**