

NH Adults with Disabilities Are Motivated to Quit Smoking

Smoking is the leading cause of preventable death in the United States.¹ NH adults with cognitive and/or mobility disabilities are more likely to smoke cigarettes than adults without disabilities (see Figure 1).² To better understand smoking trends and attempts to quit among people with disabilities in NH, the NH Disability and Public Health Project (DPH) worked with the NH Tobacco Prevention and Cessation Program to add new questions to the QuitNow-NH intake survey.

Figure 1. Prevalence of Smoking among NH Adults

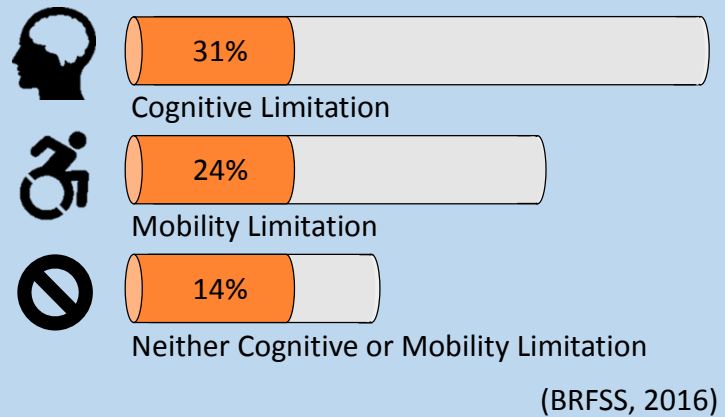
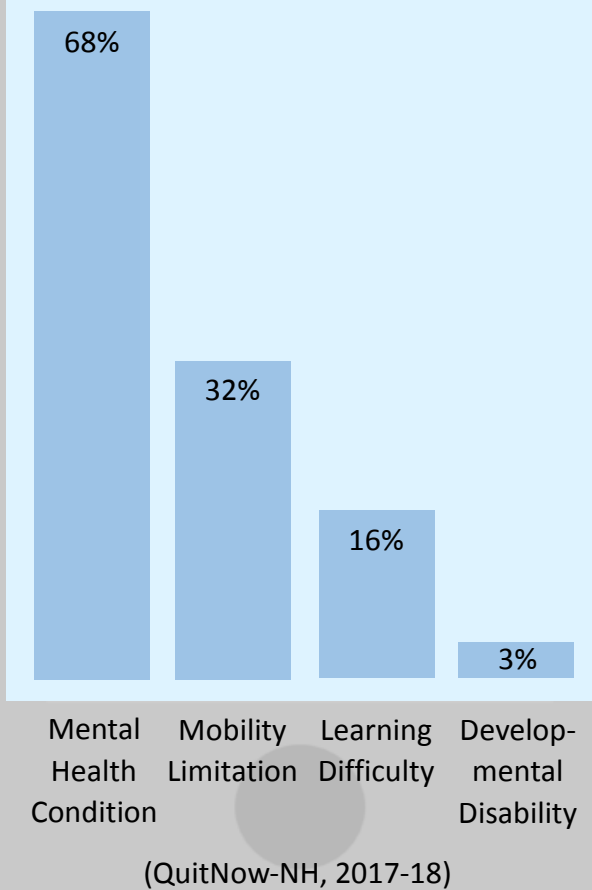


Figure 2. Disability Prevalence among QuitNow-NH Callers



From August 2017 through January 2018, 68% of QuitNow-NH callers said they had a mental health condition, 32% reported a mobility limitation, 16% had a learning difficulty, and 3% a developmental disability (see Figure 2). These findings suggest that people with disabilities who use tobacco are motivated to quit.

During the six-months:

- 95% of QuitNow-NH users were first-time callers;
- People with learning difficulties were slightly more likely than others to be first-time callers; and
- People with learning difficulties reported that they had started smoking at a younger age (15.5 years old compared to 17 years old among other callers).

What is QuitNow-NH? QuitNow-NH offers NH residents who want to quit tobacco products access to specially trained Quit Coaches who will help choose nicotine replacement medicines when you call 1-800-QUIT-NOW (TTY 1-800-833-1477) or visit QuitNowNH.org and enroll in coaching.



The NH Disability & Public Health Project (DPH) is working to reduce smoking among people with disabilities by partnering with the NH Tobacco Prevention & Cessation Program and the state's QuitNow-NH vendor, National Jewish Health, to:

- Include disability screening questions on the QuitNow-NH intake survey for the next three years to increase understanding of program use among people with disabilities;
- Ensure the inclusiveness and accessibility of the QuitNow-NH program;
- Assess the need for targeted messaging and assist with the development of inclusive promotional campaigns; and
- Share our findings at the North American Quitline Consortium conference, an annual event to exchange the latest research, information and practices related to quitline services.

Policy options to reduce smoking among NH adults with disabilities:

- Use inclusive imagery in media campaigns;
- Produce print materials in accessible formats and using plain language;
- Target approaches, when necessary, to reach, assist and support people with disabilities to quit;
- Adopt explicit objectives and goals to achieve health equity for people with disabilities; and
- Include families and social networks in messaging and dissemination strategies.

References

1. Centers for Disease Control and Prevention (CDC). (2018). *Smoking & Tobacco Use*. Retrieved from https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm
2. Centers for Disease Control and Prevention (CDC). (2016). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, GA: U.S. Department of health and Human Services, CDC.

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