

# ITCM 2017 NaBRFS

## Evidence Based Intervention Recommendations



### CURRENT SMOKING

Cigarette smoking is the leading cause of preventable death in the U.S., accounting for more than 480,000 deaths each year.<sup>1</sup>

- Close to two-fourths of adults (37.9%) reported that they currently smoked cigarettes.
- 61% of adults ages 35 to 44 reported to be currently smoking cigarettes.
- As age increased, the prevalence of adults who currently smoke decreased.
- Men and women had similar prevalence of currently smoking cigarettes (39.2% and 36.7% respectively).
- The prevalence of adults who reportedly currently smoke decreased as household income increased.
- About half of adults who make less than \$20,000 a year responded that they are currently smoking cigarettes (50.5%).

#### CURRENTLY SMOKING<sup>a</sup>

DEMOGRAPHIC CHARACTERISTICS	%	95% CI
<b>TOTAL</b>	<b>37.9</b>	<b>(33.2-42.6)</b>
<b>AGE</b>		
18 - 34	40.8	(30.8-50.2)
35 - 44	61.0	(49.8-72.2)
45 - 54	35.1	(25.2-45.1)
55 - 64	33.4	(24.7-42.0)
65+	12.0	(6.8-17.1)
<b>GENDER</b>		
Male	39.2	(32.1-46.3)
Female	36.7	(30.4-43.0)
<b>HOUSEHOLD INCOME</b>		
< \$20,000	50.5	(40.9-60.0)
\$20,000 to \$34,999	39.6	(29.5-49.8)
\$35,000 to \$49,999	31.6	(19.0-44.3)
\$50,000 to \$74,999	34.2	(21.0-47.4)
≥ \$75,000	26.8	(13.3-40.3)

<sup>a</sup> Among all adults, the proportion reporting that they had ever smoked at least 100 cigarettes (5 packs) in their life and that they smoke cigarettes now, either every day or on some days.





**Current smoking status, defined as ever having smoked 100 cigarettes (five packs) and smoking cigarettes now, every day, or on some days. Smoking commercial tobacco, manufactured tobacco cigarette, is the leading cause of preventable death in the US and produces considerable health-related costs to society.<sup>2</sup> Traditional tobacco is tobacco and/or other plant mixtures grown or harvested and used by American Indians for centuries for ceremonial or medicinal purposes.<sup>3</sup>**

## RECOMMENDATIONS

**Cell Phone Based Tobacco Cessation Interventions:**  
Deliver tobacco cessation advice and motivational messages via text or video message.<sup>4</sup>

**Health Care Reminder Provider Systems:**  
Implement systems that help health providers support patient tobacco cessation, including referrals, pamphlets, and NRT.

**Mass Media Campaigns Against Tobacco Use:**  
Use media-based efforts to educate current and potential tobacco users about the dangers of commercial tobacco use.

**Smoke Free Policies for Indoor Areas:**  
Implement regulations that prohibit smoking indoors or restrict it to designated outdoors.

**Tobacco Quitlines:**  
Deliver phone-based behavioral counseling for tobacco users who want to quit with follow-up calls scheduled proactively following initial contact.

**Tobacco Cessation Affordability:**  
Reduce patients' out-of-pocket costs for cessation therapies such NRT and cessation counseling participation.



# 38%

of Native American  
adults in Michigan  
currently smoke.



### SOURCES:

<sup>1,2</sup> U.S. Department of Health and Human Services. *The Health Consequences of Smoking – A Report of the Surgeon General*, <https://www.surgeongeneral.gov/library/reports/50-years-of-progress/full-report.pdf> (December 2019).

<sup>3</sup> National Tribal Tobacco Prevention Network, a project of the Northwest Portland Area Indian Health Board, [http://www.npaihb.org/images/resources\\_docs/Resource%20Guidebook.pdf](http://www.npaihb.org/images/resources_docs/Resource%20Guidebook.pdf) (May 18, 2020).

<sup>4</sup> Evidence Based Intervention Recommendations: The Community Services Task Force and the County Health Rankings & Roadmaps, <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health> (May 18, 202).

Data in Chart: The Inter-Tribal Council of Michigan's 2017 NaBRFS Report.

