



Celebrating Cessation

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Tobacco Cessation Program

Iowa/Nebraska Primary Care Association

Newsletter Spotlight

Cigarette smoking continues to be the leading cause of death in women who are of reproductive age (18-44), according to a study released by the CDC in August, 2008. In the survey, respondents were asked, "Have you smoked at least 100 cigarettes in your entire life?" and "Do you now smoke cigarettes every day, some days, or not at all?" Current smokers were defined as those who reported having smoked ≥ 100 cigarettes during their lifetime and who currently smoke every day or some days. Former smokers were defined as those who reported having smoked ≥ 100 cigarettes during their lifetime and currently do not smoke. Never smokers were defined as those who reported not smoking ≥ 100 cigarettes during their lifetime. Quit attempt was defined as the percentage of daily smokers (a subset of current smokers) who had quit for at least one day in the past year because they were trying to quit smoking. The percentage of people who had ever smoked who had quit is the number of former smokers divided by the number of people who had ever smoked. The median state prevalence of current smoking was 22.4% for this population. Iowa had a higher percent of women aged 18-44 who were current smokers—24.8%. Smoking prevalence was highest among non-Hispanic whites (24.5%), those with a high school diploma (29.4%), those with less than a high school diploma (28.3%), and divorced, widowed, or separated women (34.7%), but did not differ by age group. Women of reproductive age who smoke are at increased risk for multiple adverse pregnancy-related health outcomes, including difficulty conceiving, infertility, spontaneous abortion, premature rupture of membranes, low birth weight, neonatal mortality, stillbirth, preterm delivery, and sudden infant death syndrome (SIDS). These smoking-related adverse reproductive health outcomes are associated with substantial economic and societal costs. Estimated neonatal health care costs attributable to maternal smoking are approximately \$366 million per year in the United States. In addition, women who smoke are at increased risk for adverse health outcomes, including lung and other cancers, chronic obstructive pulmonary disease, and heart disease. Smoking cessation is beneficial at any age, but the relative benefits of cessation are greater if women can stop smoking at younger ages, before they develop smoking-related diseases. In addition, parents who smoke often expose their children to secondhand smoke, with associated adverse health consequences and economic costs, and model smoking behavior to their children, potentially increasing the likelihood that their children will become smokers. *Source—CDC*

March is:



- Women's History Month
- National Nutrition Month
- St. Patrick's Day on the 17th
- First day of Spring on the 20th



News

Research suggests that willpower alone is insufficient in aiding people to quit smoking. Brain scans of people who just had a cigarette and people who had not had one for 24 hours were studied and compared after viewing pictures of people smoking. The smokers who had gone without had greater activity in parts of the brain associated with things we do out of habit. The researchers concluded that this indicated that willpower is not enough—cues to smoke must also be controlled. Make sure to help your patients identify and learn to cope with triggers to smoke.

Source—Department of Health and Human Services

New research confirms smoking can be a family habit. Teens are more likely to smoke if they see a parent do it. Research conducted at Harvard looked at data on 564 teens and on their parents. It was found that teens were almost three times more likely to try cigarettes if their parents smoked. Additionally, the younger a child was when his or her parent was smoking, the likelier the child was to start. Importantly, adolescents were no more likely to try cigarettes once their parents quit than children who had parents who never quit. Urge your patients to quit—for the health of their entire family.

Source—Department of Health and Human Services

Questions or Comments?

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