

**PENNSYLVANIA AND NORTH CENTRAL 2008
ADULT TOBACCO SURVEY
INDICATORS FOR PROMOTING QUITTING AMONG ADULTS**

| <i>Short Term</i> | Pennsylvania | | North Central | |
|---|-------------------|-----------------------|-------------------|-----------------------|
| | P.E. ¹ | 95% C.I. ² | P.E. ¹ | 95% C.I. ² |
| Proportion of current or former smokers who used medication or classes/counseling the last time they tried to quit | 28% | 24%-33% | 31% | 21%-44% |
| Proportion of current or former smokers who used assistance such as classes/counseling the last time they tried to quit | 4% | 2%- 7% | 3% | 1%- 8% |
| Proportion of current smokers who are seriously considering stopping smoking in the next six months | 64% | 59%-70% | 70% | 57%-80% |
| Proportion of current smokers who are planning to stop smoking in the next 30 days | 31% | 26%-36% | 28% | 17%-41% |
| Proportion of smokers who know about available cessation services such as quitlines, health clinic services | 81% | 76%-84% | 74% | 61%-84% |
| Proportion of PA adults who had a doctor, nurse, or other health care professional ask if they smoked in past year | 67% | 65%-70% | 72% | 66%-77% |
| Proportion of PA adults who were asked by a dentist if they smoked | 34% | 31%-36% | 34% | 28%-41% |
| Proportion of smokers who were advised by a doctor nurse or other health care professional to quit | 72% | 64%-78% | 78% | 62%-88% |
| Proportion of smokers who were advised by a dentist to quit | 35% | 29%-42% | 35% | 20%-53% |
| Proportion of smokers who were prescribed a patch or other med | 43% | 36%-50% | 34% | 19%-53% |
| Proportion of smokers who were advised to set a date to stop smoking by | 28% | 23%-34% | 38% | 23%-55% |
| Proportion of smokers who were advised to use a class or counseling | 20% | 16%-26% | 23% | 12%-40% |
| Proportion of smokers who were provided booklets, videos, or other materials | 33% | 27%-40% | 48% | 31%-66% |
| Proportion of smokers who had a health care professional actively assist them in an attempt to quit smoking | 62% | 55%-69% | 66% | 48%-81% |
| <i>Intermediate Term</i> | | | | |
| Proportion of smokers who have stopped smoking for 1 day or longer in attempt to quit in past year | 53% | 47%-58% | 49% | 37%-62% |
| Proportion of smokers who made a quit attempt using proven cessation methods in past year | 31% | 24%-38% | 26% | 14%-43% |
| <i>Long Term</i> | | | | |
| Proportion of former smokers who have sustained abstinence from cigarettes for 6 months or longer | 94% | 92%-96% | 95% | 89%-98% |
| Proportion of PA adults who now use smokeless tobacco every day or some days | 3% | 3%- 4% | 7% | 4%-11% |

Notes: The 2008 Adult Tobacco Survey was conducted from October 2008 through June 2009. It included 4,004 interviews of Pennsylvania adults and 499 interviews of adults in the North Central region. None of the differences between Pennsylvania and North Central were statistically significant, as defined by non-overlapping C.I.'s.

1 P.E. is the prevalence estimate
2 C.I. is the 95% confidence interval