

Smoke-free Homes and Smoking Cessation in Adults

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Background

Home Smoking Restrictions: Current Trends

- Home smoking restrictions in the US have increased in recent years
- There is variation in these rates across states.



Smoke-Free Homes Program
Programa de Hogares Libres de Humo

- Smokefree workplaces, such as restaurants and bars, have been shown to promote quitting.



- But, there are few prospective studies evaluating whether smokefree homes promote quitting.
- Any increases in private smoking restrictions may yield indirect health benefits through reductions in second hand smoke.

Hypothesis:

- Smokefree home policies are prospectively associated with:
 - Higher quit attempt rates
 - Higher quit rates
 - Lower relapse rates
 - Decreases in number of cigarettes per day

Methods

Sample

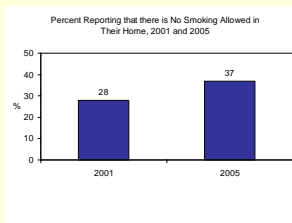
- Data are reported on 2,602 smokers who:
 - originally participated in the Community Intervention Trial for Smoking Cessation between 1988 and 1993, and
 - completed follow-up surveys in 2001 and 2005.

Definitions

- Successful quitters are defined as reporting no cigarettes smoked in the 6 months prior to the 2005 interview. completed follow-up surveys in 2001 and 2005.
- Relapsers are defined as those who were successful quitters in 2001 who were currently smoking at the time of the 2005 interview.

Home Smoking Restrictions

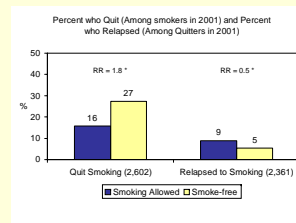
- Among smokers in 2001, the percentage reporting that there is no smoking allowed in their home increased from 28% in 2001 to 37% in 2005.
- Smokers most likely to adopt smoke-free home policies between 2001 and 2005 were males and those with higher annual household incomes.



Results

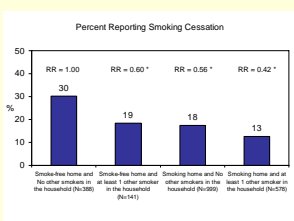
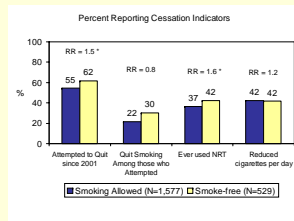
Cessation

- After controlling for factors related to smoking cessation, **27%** of smokers with smoke-free homes in 2001 reported that they had quit smoking by 2005, compared to **16%** of those who allowed smoking in their homes (OR=1.8, 95% CI=1.4 - 2.3).
- Among successful quitters in 2001, **5%** with smoke-free homes had relapsed to smoking by 2005, compared to **9%** of those who allowed smoking in their homes (OR=0.5, 95% CI=0.4 - 0.7)



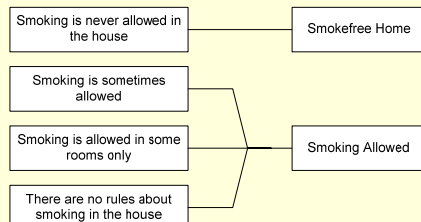
Other Outcome Measures

- Among current smokers in 2005, **62%** with smoke-free homes reported that they had attempted to quit between 2001 and 2005, compared to **55%** who allowed smoking in their homes (OR=1.5, 95% CI=1.2 - 1.9).



Measure of Home Smoking Restrictions

- Participants were asked, "What are the smoking rules or restrictions in your household, if any? Would you say"



- The percentage of smokers who reported they successfully quit or relapsed in 2005 were examined by different levels of home smoking rules.

* Statistically significant (P<0.05) as determined by a logistic regression model controlling for sex, age, race, income, amount smoked, and time to first cigarette..

Summary

Smoke-free homes are becoming more prevalent and are prospectively associated with higher cessation indicators and lower relapse rates.

Acknowledgments



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