



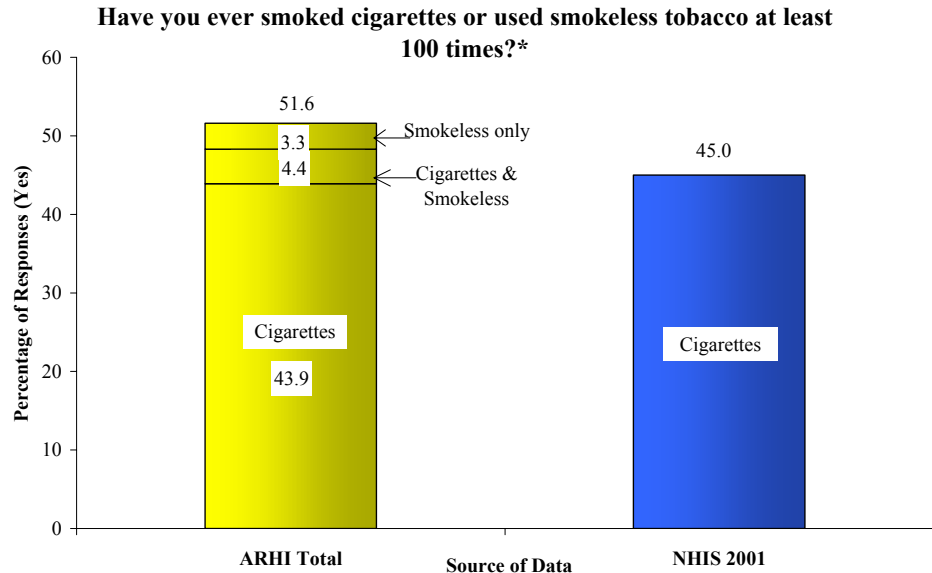
June 2004

PREVALENCE OF SMOKING AND HEALTH RELATED CONDITIONS

SOURCE OF DATA

The data presented here are based on findings from a healthcare needs assessment survey designed and conducted by the Institute for Local Government Administration and Rural Development at Ohio University's Voinovich Center for Leadership and Public Affairs in association with the Appalachian Rural Health Institute (ARHI). Over 1,500 adult residents of Athens, Hocking, Pike and Vinton counties were surveyed in an effort to assess the prevalence rates for a variety of chronic diseases and associated risk factors.

For more information about ARHI contact Dr. Chris Simpson, simpson@ohio.edu (740) 593-2257 www.ohiou.edu/arhi/



*ARHI includes respondents using a combination of cigarettes and smokeless tobacco. NHIS result is for cigarettes only.

GENERAL SMOKING FINDINGS

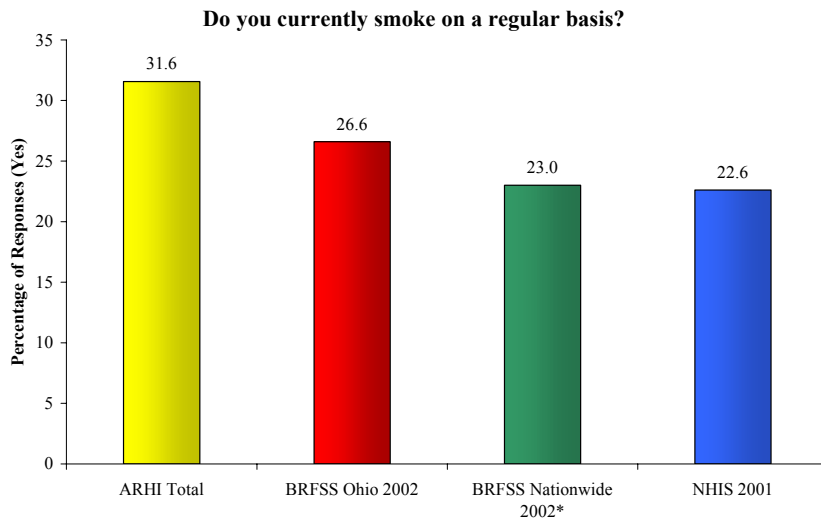
- Tobacco is a risk factor for a variety of illnesses including heart disease, stroke, lung cancer, and chronic lung diseases such as emphysema.
- Compared to the National Health Interview Survey (NHIS) rate, residents of these counties are 7% more likely to report having ever smoked cigarettes or a combination of cigarettes and smokeless tobacco.
- Just over 3% reported that they use smokeless tobacco exclusively.

DEFINING SMOKING STATUS

The National Health Interview Survey (NHIS), conducted by the Centers for Disease Control and Prevention, asks respondents "Have you ever smoked at least 100 cigarettes," while the ARHI survey reads: "Have you ever smoked at least at least 100 times" splitting the responses by the type of smoking (cigarettes, smokeless tobacco, or both). Thus, the reported percentage for the ARHI survey is a combined score of those who reported smoking cigarettes exclusively and those using both smokeless tobacco and cigarettes.

TOBACCO USAGE

CURRENT TOBACCO USAGE



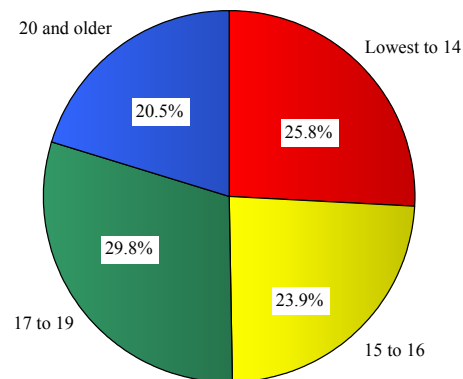
*The nationwide BRFSS is the median of the state rates. Source of Data

- At the time of this survey, 32% of those surveyed smoked cigarettes or cigarettes and smokeless tobacco compared to the 2002 Behavioral Risk Factor Satisfaction Survey (BRFSS) benchmark rates of 27% for Ohio and 23% for the BRFSS national and NHIS national rates for cigarettes only.
- Of those who have ever used cigarettes/smokeless tobacco, 35% of those across the four counties sampled have quit, compared to 49% across the Nation as a whole.
- As age increases, the percentage of people who have ever smoked or who have quit smoking increases.
- The vast majority of current tobacco users, 87%, smoke or use smokeless tobacco on a daily basis.

AGE TOBACCO USE

How old were you when you first started to use tobacco?

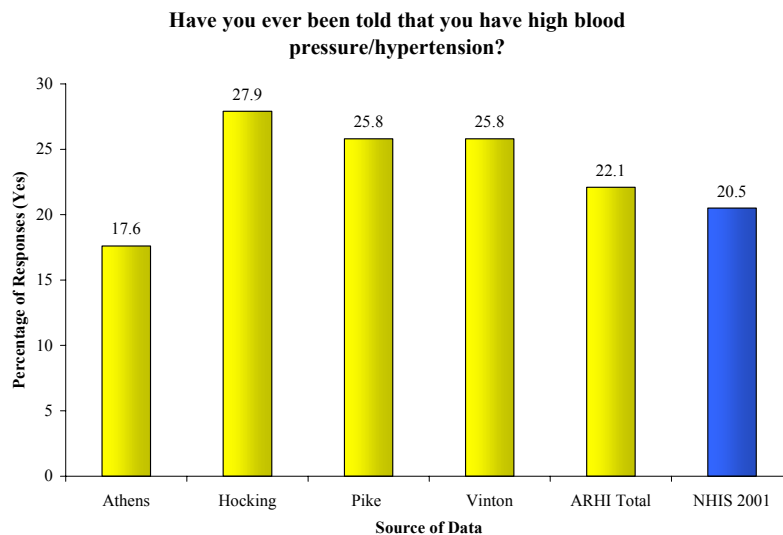
- 26 percent of the tobacco users in these counties report having begun to smoke or chew tobacco regularly before the age of 14, with an additional 24% starting by the age of 16.



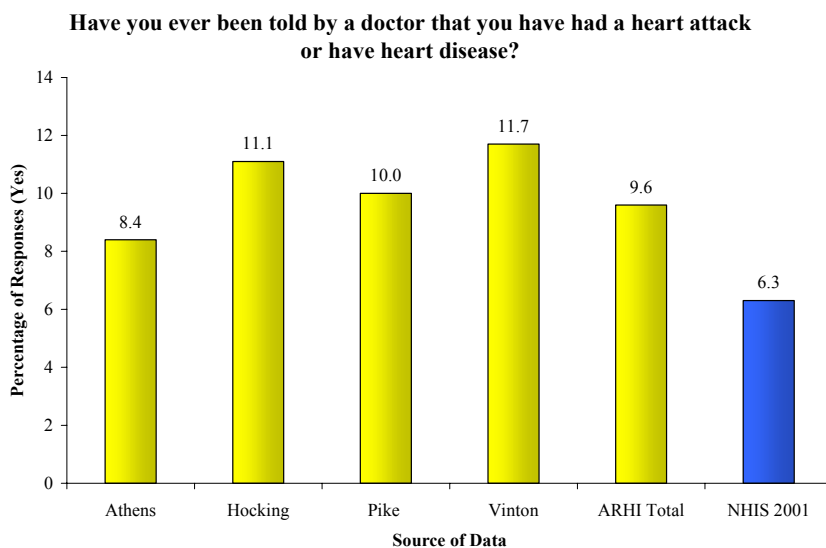
CARDIOVASCULAR DISEASE

HIGH BLOOD PRESSURE/HYPERTENSION

- The reported rate of hypertension within the surveyed population is not significantly different from the national average reported by the NHIS.
- The hypertension rate in Hocking County is 26% higher than the national rate.
- Of those who reported having problems with hypertension, 78% were currently being prescribed medication for the problem.



HEART DISEASE/HEART ATTACK



- The heart disease rate in this study is an alarming 52 % higher than the national rate.
- All of the counties reported high rates of heart disease, with Vinton and Hocking counties reporting the highest rates.

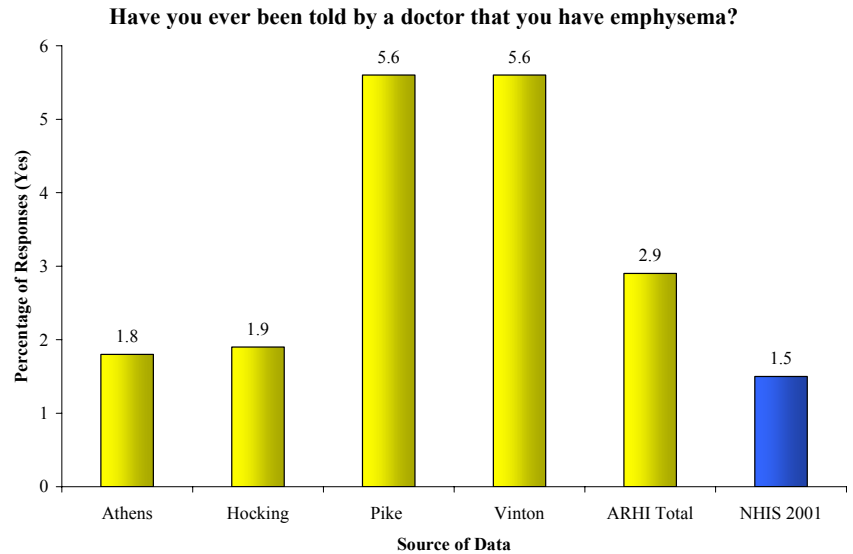
DEFINING HEART DISEASE:

Within the ARHI study, residents were asked whether they had ever had a heart attack or heart disease; as a comparative the NHIS defines heart disease as coronary artery disease, angina pectoris, heart attack or any other heart condition or disease.

OTHER HEALTH RELATED CONDITIONS

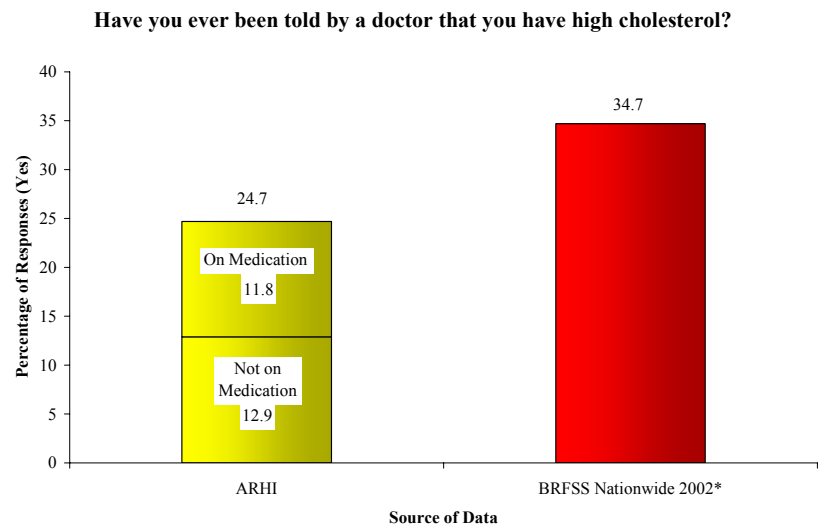
EMPHYSEMA

- The emphysema rate across these four counties is almost twice the NHIS national rate.
- As age increases, the likelihood of having emphysema increases.
- Those individuals who have ever smoked are 414% more likely to have emphysema than are those who have never smoked.



HIGH CHOLESTEROL

- Approximately 25% of those surveyed reported having been told that they had problems with high cholesterol, compared to 35% in the Ohio BRFSS.
- Of those individuals that reported having problems with high cholesterol, only 52% were currently taking medication for the condition.
- The fact that 29% fewer residents are aware that they have problems with cholesterol than is estimated by the Ohio BRFSS may be a function of their having limited access to testing facilities.



*The nationwide BRFSS is the median of the state rates.