

June 2006

### SOURCE OF DATA

The data are based on findings from the ARHI II Healthcare Needs Assessment Survey conducted in January, 2006 by Ohio University's Voinovich Center for Leadership and Public Affairs in association with the Appalachian Rural Health Institute.

About 2,350 adult residents of Jackson, Meigs, Morgan, Perry, Ross, Scioto and Washington counties were surveyed in an effort to assess prevalence rates for certain chronic diseases and associated risk factors.

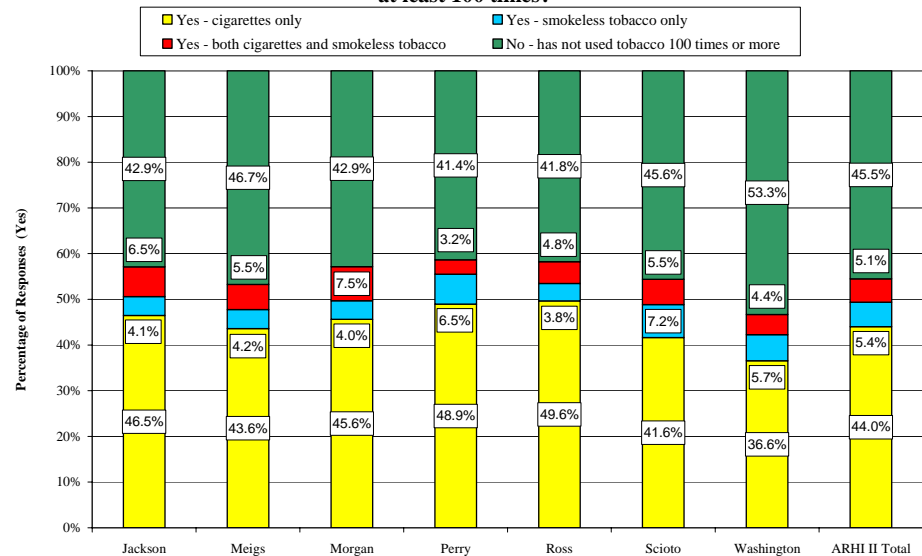
The ARHI I survey took place in Athens, Hocking, Pike, and Vinton counties in 2003.

This survey was funded by the Ohio Department of Health-Diabetes Prevention and Control Program.

For more information about ARHI and this survey go to:

## SMOKING AND RELATED HEALTH CONDITIONS

In your entire life, have you ever smoked cigarettes or used smokeless tobacco at least 100 times?



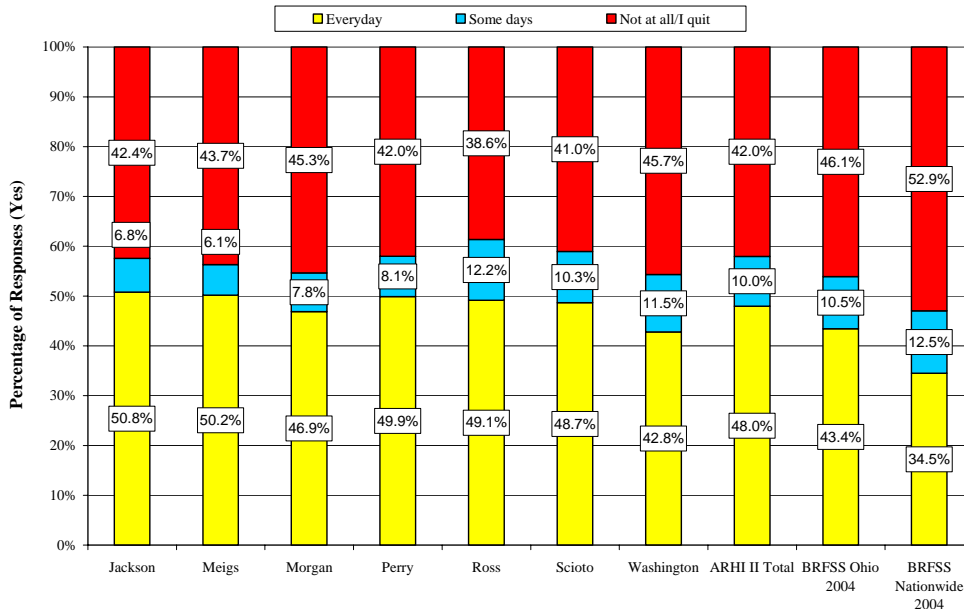
### GENERAL SMOKING FINDINGS

- Overall, 54.5% of adults in the seven ARHI II counties report having used a tobacco product at least one hundred or more times.
- Of the aforementioned percentage, 81% said they only smoke cigarettes, 9.3% said they use a combination of smokeless tobacco products and cigarettes, and 9.9% said they only use smokeless tobacco products.
- Among the seven ARHI II counties, Washington County has the lowest percentage (46.7%) of tobacco users, while Perry County (58.6%) has the highest.
- Tobacco users are much more likely than individuals who have never used tobacco products at least one hundred times to have a history of high cholesterol, heart attack, arthritis and emphysema.
- Individuals that have used tobacco are much more likely to describe their general health as either poor or fair while non-tobacco users are more likely to describe their general health as very good or excellent.

# TOBACCO USE

## CURRENT TOBACCO USE

Do you now use any tobacco product every day, some days, or not at all?



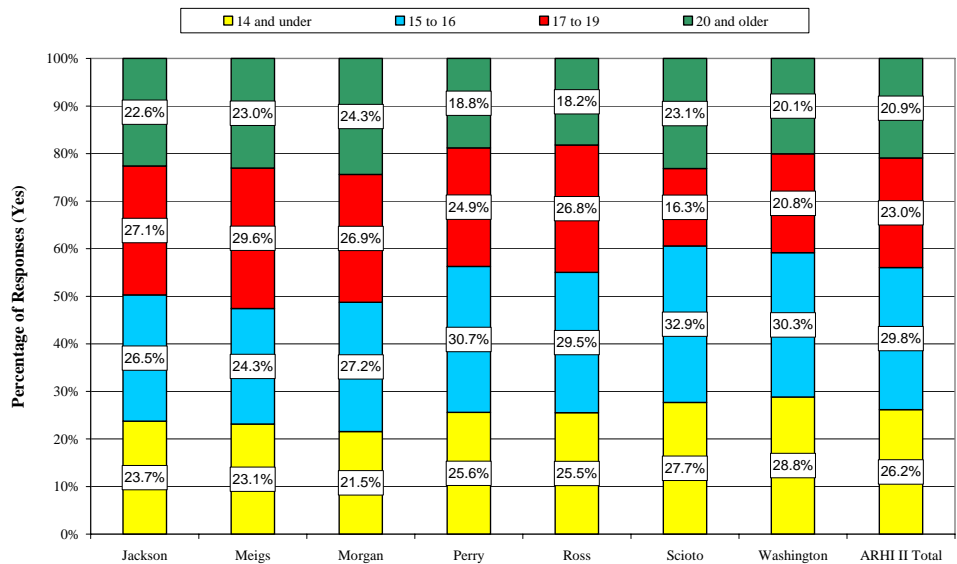
- Among persons who have used tobacco 100 or more times in their life, 48% currently use tobacco every day.
- Jackson County reports the highest level of daily tobacco use, 50.8%, and Ross County the lowest, 42.8%.
- More smokers have quit in Washington than in any other county

Note that Ohio and National BRFSS rates are for cigarette use only while the ARHI II rate calculations include persons who use smokeless tobacco.

## AGE OF INITIATION

How old were you when you first started to use tobacco fairly regularly, at least once a day?

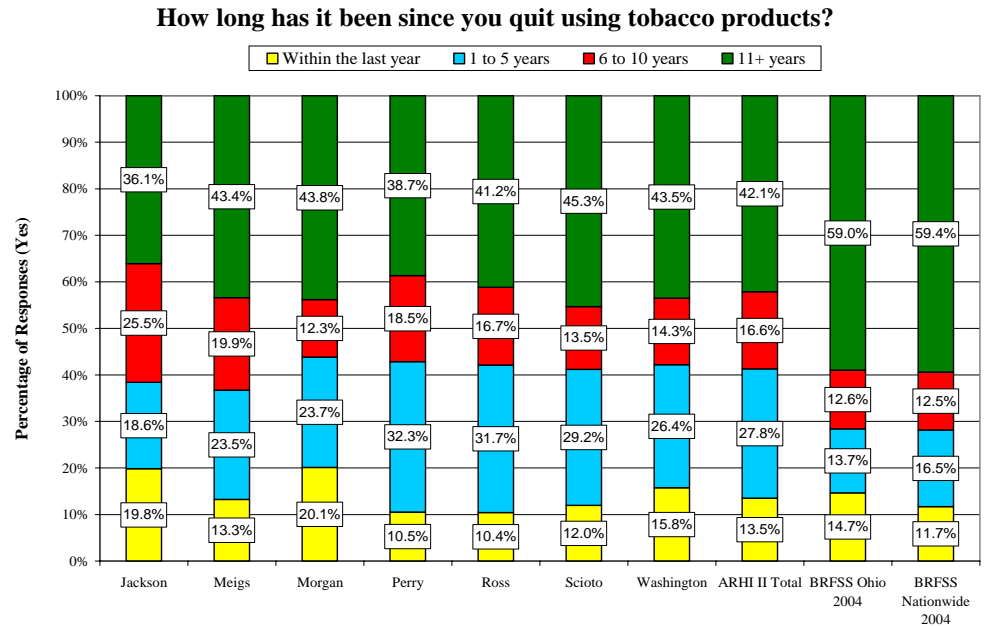
- Over a quarter of all tobacco users report they started to use tobacco regularly before age 14 while half their use of tobacco before reaching the age of 20.
- The counties reporting the highest rates of tobacco use before age 14 are Washington and Scioto Counties.



# TOBACCO USAGE

## CESSATION PATTERNS

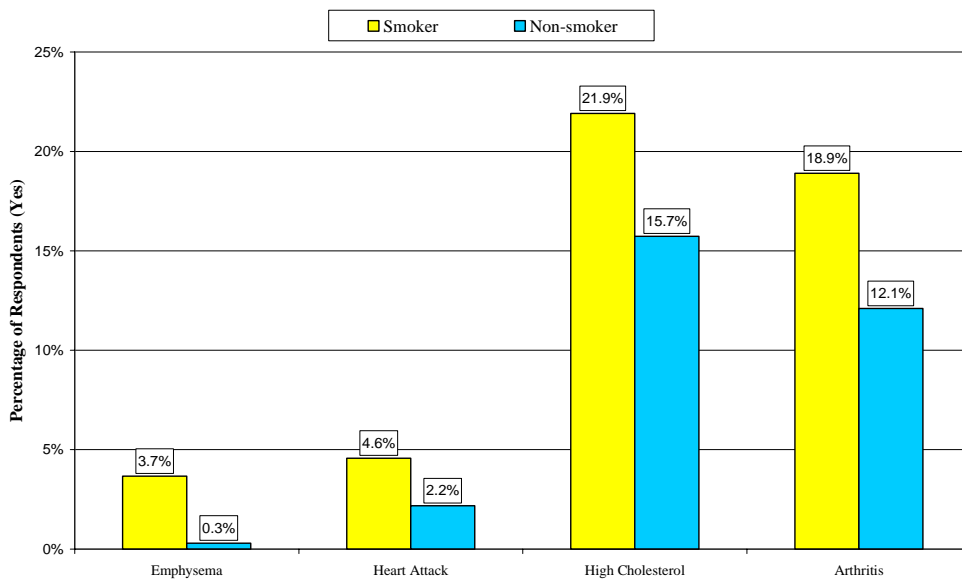
- Proportionally more ARHI II former tobacco users report quitting in the past five years than in Ohio and nation.
- Morgan and Jackson Counties have the largest proportions of individuals who report quitting tobacco within the last year.
- As age increases, the percentage of people who report having quit smoking increases.



Note that Ohio and National BRFSS rates are for cigarette use only while the ARHI II rate calculations include persons who use smokeless tobacco.

## TOBACCO USERS V. NON-USERS

**Comparison of Disease Prevalence**

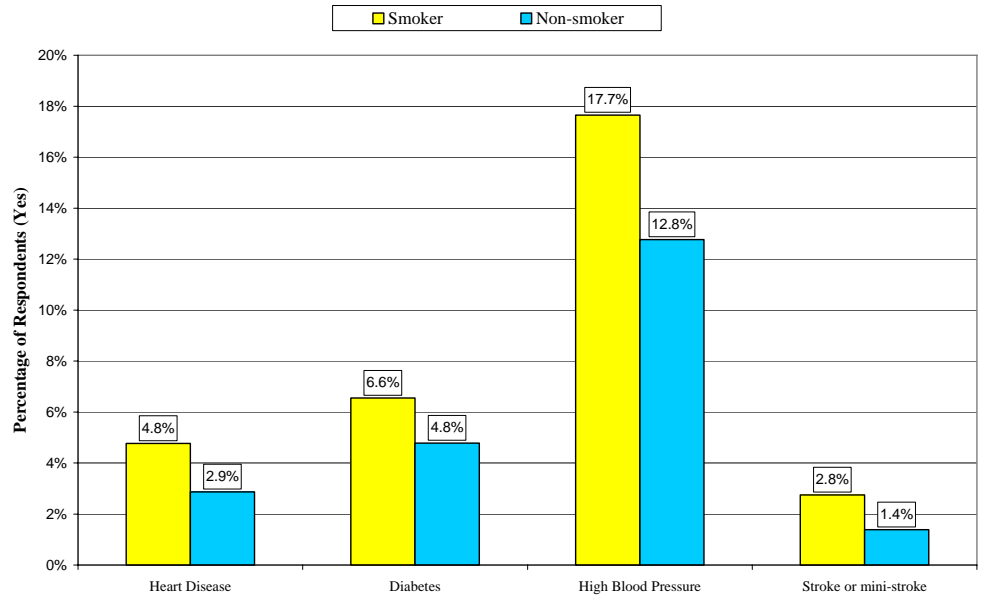


- Over 90% of persons with emphysema have used tobacco products at least 100 times in their lives;
- Two out of every three heart attack victims have used tobacco at least 100 times in their lives.
- A history of tobacco use was reported by approximately 60% of respondents who also reported having high cholesterol and arthritis.

## SMOKERS V. NON-SMOKERS

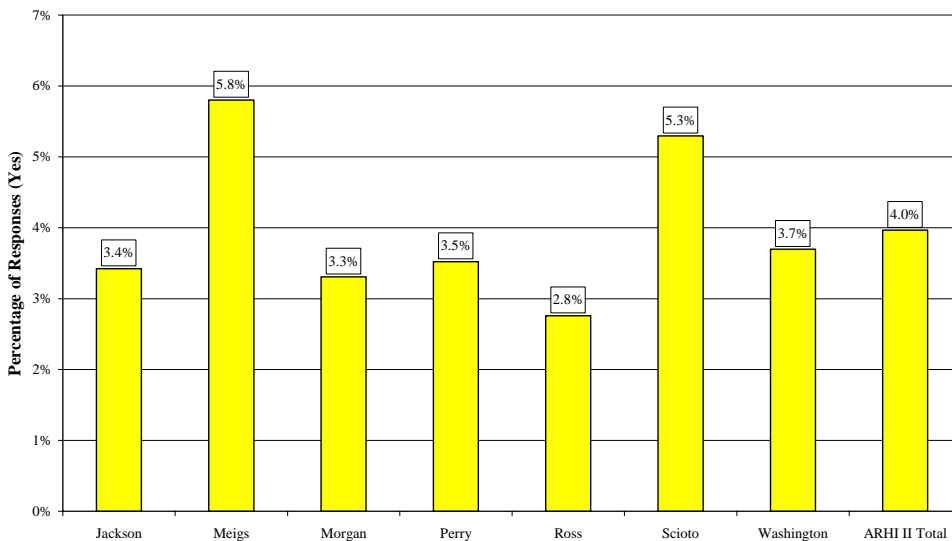
- In the seven ARHI II counties respondents with a history of tobacco use had higher rates of heart disease, diabetes, high blood pressure and stroke compared to those who had not used tobacco more than 100 times in their lives.
- Nonetheless, no statistically significant relationship was found between these illnesses and tobacco use patterns.

Comparison of Disease Prevalence



## EMPHYSEMA

Have you ever been told by a health care professional that you have emphysema?



- Emphysema is reported here because of its very close association with cigarette smoking.
- In ARHI II, as age increases, the likelihood of having emphysema increased as well.
- Emphysema rates vary a great deal within the counties with Meigs County having the highest rate, 5.8%, and Ross County the lowest, 2.8%.