

SECONDHAND TOBACCO SMOKE AND CESSATION ATTEMPTS AMONG ADOLESCENT SMOKERS

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Purpose: To evaluate the impact of exposure to secondhand tobacco smoke on cessation attempts among adolescent smokers.

Background: The 2000 National Youth Tobacco Survey (NYTS) found over 36% of middle school and 64% of high school students have tried smoking cigarettes. Of these, 11% of middle school and 28% of high school students consider themselves to be regular smokers. Over 50% of these smokers state they want to quit smoking or have tried unsuccessfully to quit smoking. However, spontaneous quit rates are no better among adolescents than those seen in adult smokers with cessation rates as low as 5-7%. In addition to active smoking, most teen smokers also are regularly exposed to secondhand smoke. Among adolescent smokers, almost 90% of middle school and 92% of high schoolers reported that they were in a room with a smoker in the past week. The conceptual framework for this study proposes that exposure to secondhand tobacco smoke acts as a behavioral cue causing the adolescent to experience cue-related urges to smoke as well as physiologically-based cravings. The cycle of tobacco addiction for adolescent smokers may be difficult to break when adolescent smokers are exposed to secondhand smoke.

Method: This is a secondary analysis of current smokers in grades 6-12 (N=3702) from the NYTS. A current smoker was defined as an adolescent who had smoked over 100 cigarettes in his/her lifetime and smoked in the past month. The NYTS uses a three-stage cluster sample design to produce a nationally representative sample. Descriptive and categorical data analysis methods were used to examine the associations between exposure to second hand smoke (in car, household, from friends) and smoking cessation (quit attempts and duration of cessation). Age, gender, and race –specific prevalence estimates were examined by exposure to second hand smoke and cessation attempts with 95% confidence intervals calculated. Multivariable logistic regression was performed to examine the association between second hand smoke and cessation attempts, while controlling for demographic and behavioral variables. Data management and analysis were performed using the SPSS software, accounting for the sample design and applying the appropriate weights to adjust for nonresponse and the selection probabilities associated with the oversampling of the ethnic minorities.

Findings: Findings on the relationship between exposure to secondhand smoke and cessation attempts will be presented.

Discussion: Research has examined personal factors associated with successful quitting but few have considered environmental impacts such as secondhand smoke. This study will further our understanding of the impact of secondhand tobacco smoke on adolescent cessation attempts as well as gain more understanding into how to help adolescents quit smoking.