

Introduction:

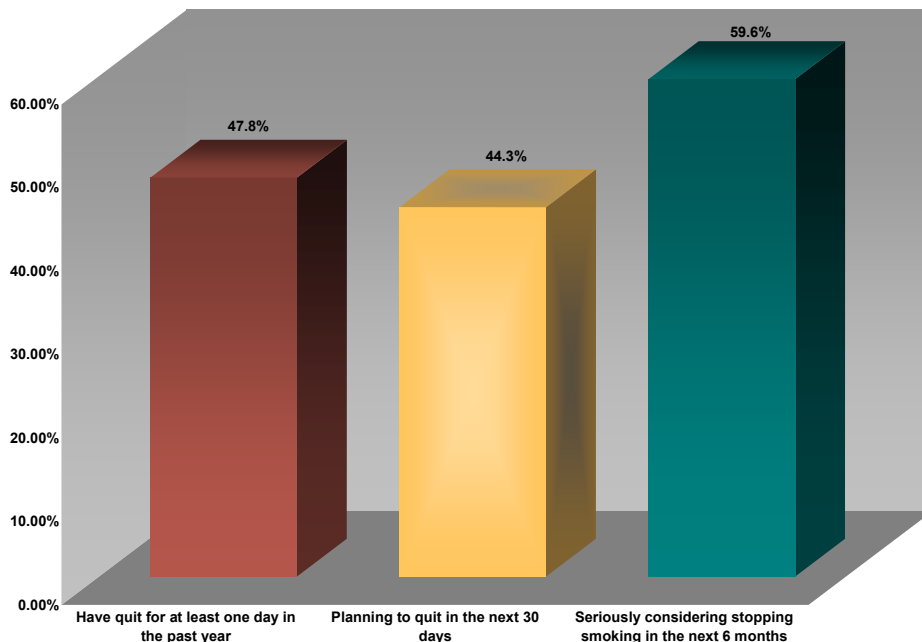
The Florida Adult Tobacco Survey (FLATS) is an anonymous telephone survey of randomly selected adults in Florida. Sponsored by the Centers for Disease Control and Prevention and the Florida Department of Health, the survey has monitored and evaluated tobacco use and exposure among Floridians since 2003. In 2006, a total of 4,000 adults completed the FLATS and data were weighted to represent the entire Florida adult population. All of the differences described in this fact sheet are statistically significant at the .05 level.

Cessation Facts:

- Of U.S. adult smokers, 70% say they want to completely quit smoking
- About 42.5% of U.S. adult smokers reported a cessation attempt (quit smoking for at least one day) in the previous year
- Some smokers attempt cessation multiple times but relapse is common due to nicotine withdrawal
- Cessation has many health benefits, namely reducing the risk of illness or premature death due to smoking related causes
- Cessation is beneficial at all ages
- Effective therapies for cessation include counseling (individual, group and telephone), clinical intervention by a healthcare provider, nicotine replacement products and non-nicotine medications

Figure One: Cessation in Florida: Quit attempts and plans to quit

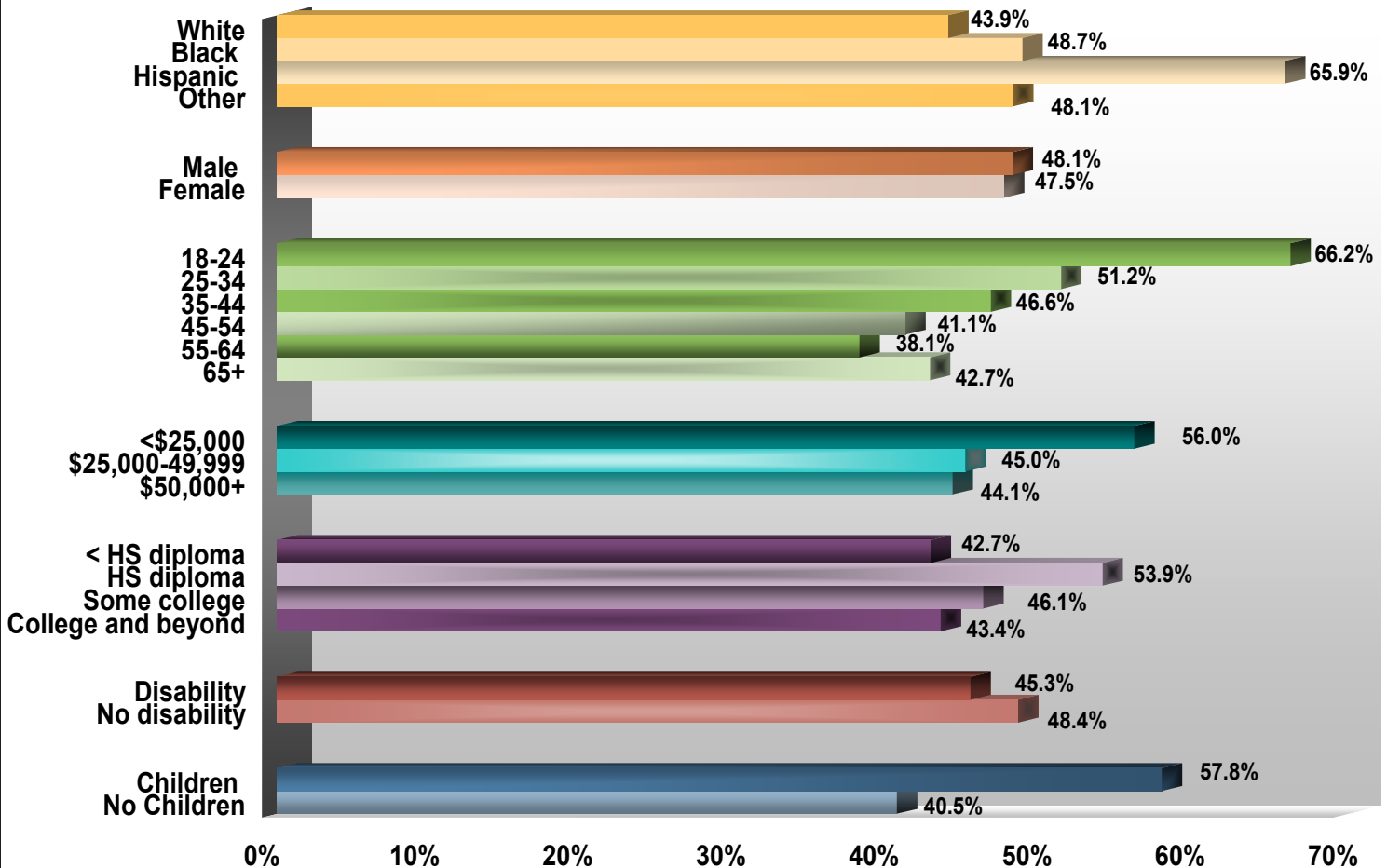
Approximately 47.8% of current smokers in Florida have stopped smoking for one day or longer in the past 12 months because they were trying to quit smoking. 44.3% of current smokers say they plan to stop smoking in within the next 30 days and 59.6% plan to quit within the next 6 months.



For more information about the Florida Adult Tobacco Survey (FLATS), please contact Lori L. Westphal, PhD, MPH, Epidemiologist at lori_westphal@doh.state.fl.us or 850-245-4444 ext 2472.

Figure Two: Current Cessation Attempts in Florida

Current cessation attempts as reported by race/ethnicity, gender, age, income, education, disability and children in the home. Disability is defined as being limited in any way because of physical, mental or emotional problems. Respondents are asked to report their annual household income from all sources. Educational level is the highest level of school completed or the highest degree received. "Children in the home" is the presence of any child 18 or under living in the respondent's home.



Summary of the statistically significant conclusions from the 2006 FLATS:

- Whites were significantly less likely to make a quit attempt than Hispanics (43.8 percent vs. 65.8 percent).
- Adults with children living in the home were significantly more likely to make a quit attempt than adults without children (57.8 percent vs. 40.5 percent).
- 22.3% of smokers and former smokers have used medication such as nicotine patches or gum and 4.9% have used other assistance such as classes or counseling to quit smoking.
- 33.6% of smokers reported that they were likely to use the telephone Quit Line to quit smoking.

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