

# Special Populations: Tobacco Use And Cultural Considerations

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# **Objective: To Understand Tobacco Use in “Special” Populations**

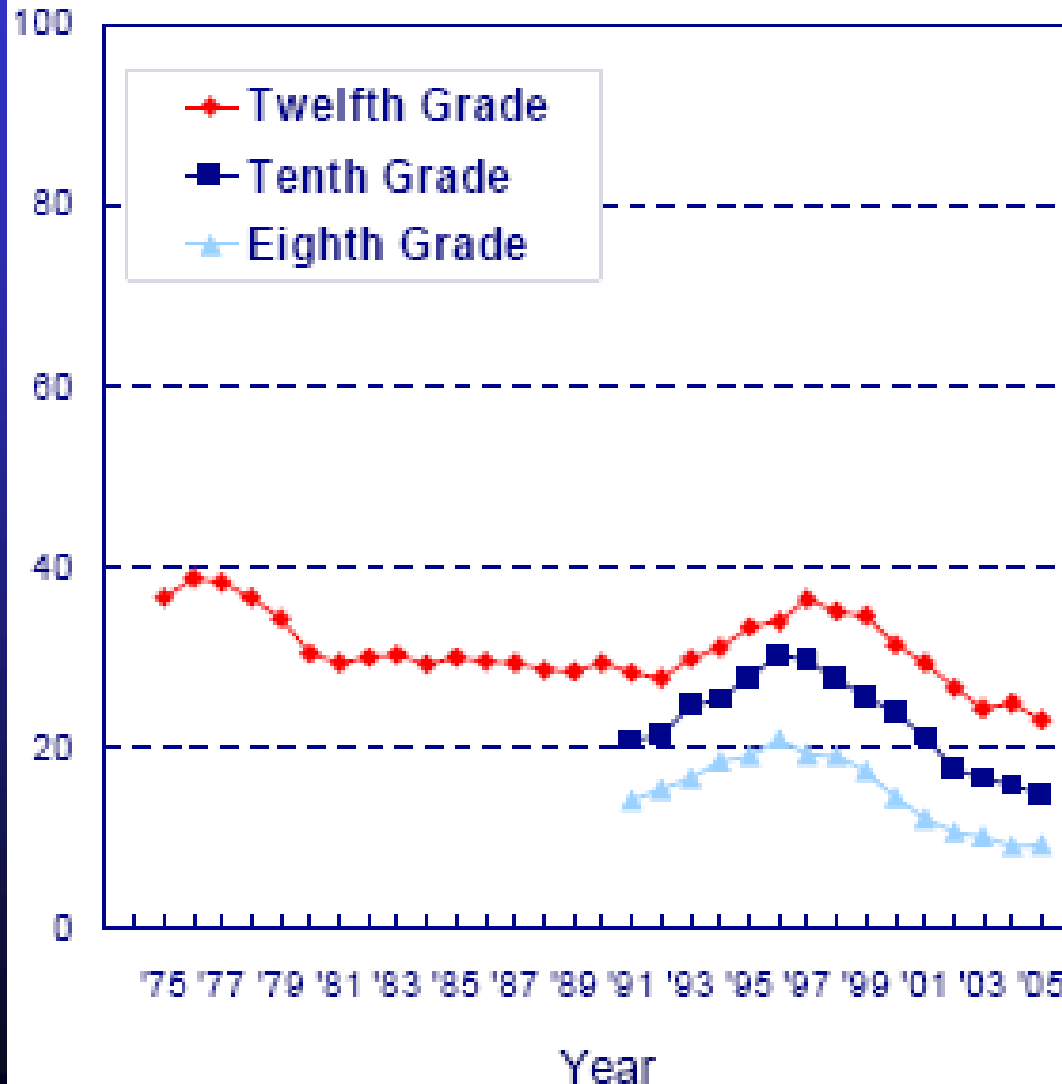
- **Children and adolescents**
- **Persons with psychiatric disorders**
- **Persons who are gay, lesbian or transgender**
- **Members of minority groups**

# **Teen Tobacco Use is a Big Problem**

- **Typically, tobacco use begins before age 19 years**
- **Every day, 3,900 people age 12 – 17 years start smoking in the US**
- **1,500 become regular, daily smokers**

## Use

% who used in past 30 days



**Thankfully,  
Use Is  
Declining**

<http://monitoringthefuture.org/publications/monographs/overview2005.pdf>

# **Risk Factors for Experimentation and Use**

- **Friends who smoke**
- **Parents' behaviors and attitudes**
- **Comorbid psychiatric disorders**
  - **Anxiety, ADHD, substance abuse**
- **Concerns about weight gain**

# Teen Tobacco Users Are...

- **More likely to be psychologically distressed, abuse other substances**
- **Less likely to be attached to parents, do well in school, participate in extracurricular activities, know the adverse effects of smoking**

# **You Can Advocate for Some Protective Factors**

- **Individual, family, and environmental factors can guard against risky behaviors**
  - **Close communication with parents**
  - **Parental support**
  - **High self-esteem**
  - **Regular church attendance**

# Teen Tobacco Addiction

- Dependence is more severe if use begins in adolescence
- Those who begin as teens are more likely to become dependent, use for more years, and use more heavily
- Increased vulnerability may be due to still-developing brain

# Tobacco Use Progresses Faster Than Anyone Expected

Experimentation



Nicotine dependence, as indicated by craving, starts **BEFORE** daily or regular use!



Regular Use

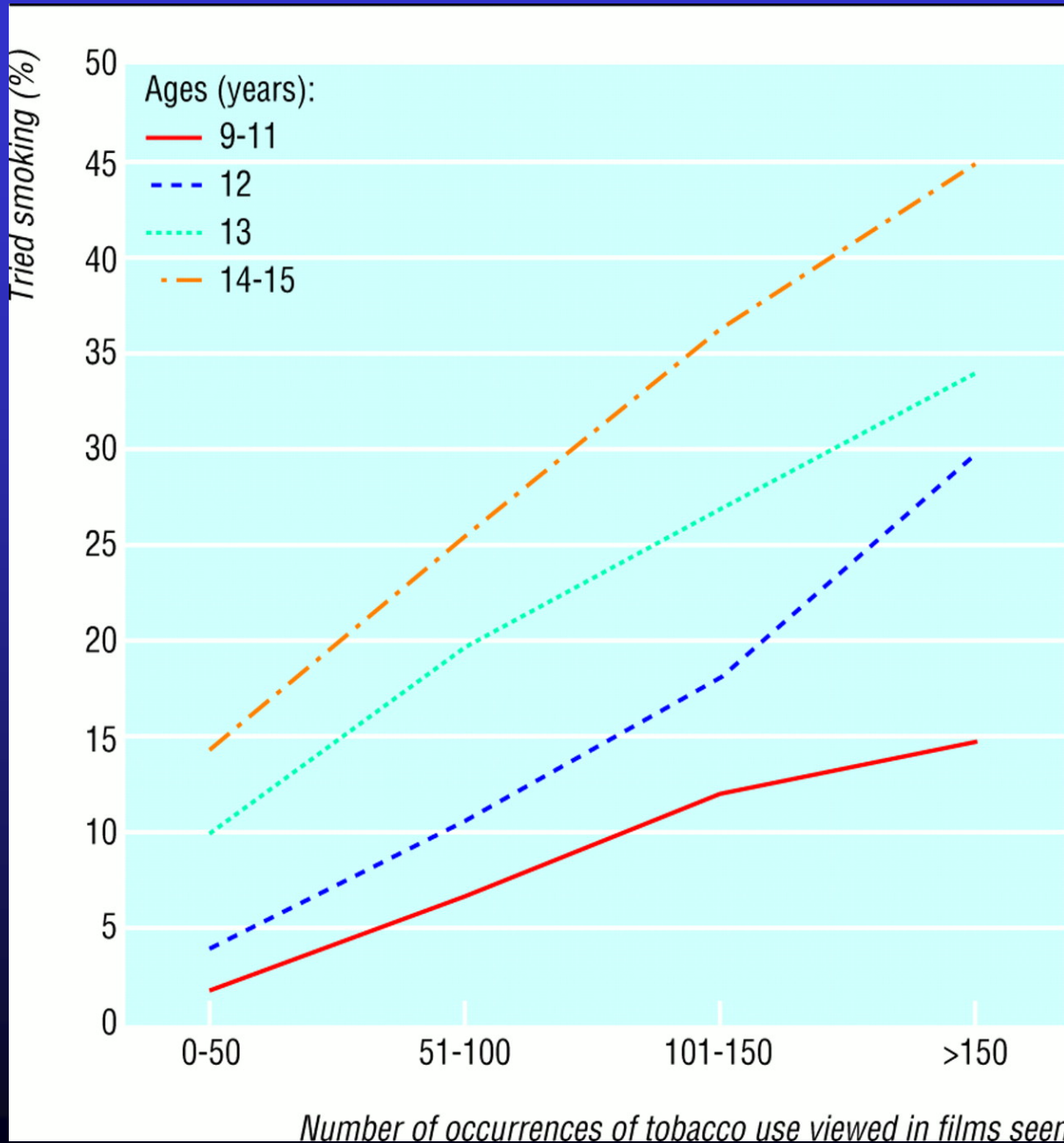
Interventions may be delivered at any stage

# **Why Does Tobacco Use Begin?**

- **Annual tobacco marketing - \$10 billion/year**
- **Very effective with youth**
- **Promotions lower cost of cigarettes**
- **Free tobacco paraphernalia**
- **Smoking is depicted in magazines, movies**

# Smoking in Movies

- 90% show smoking
- Number of depictions rises with rating
  - G-rated: 1
  - R-rated: 8
- Younger children routinely exposed to movies meant for older children, adults



# Viewing Smoking in Movies Increases Tobacco Use

Sargent, 2001

# Treating Teens

- Ask about tobacco as part of psychosocial history
- Privacy and confidentiality a must
- Use the same techniques used for adults, tailored to the values of the teen
  - Pharmacotherapy can be used, but has not been shown effective with teens

# Counseling Teens

- Interested in quitting
- Even occasional users may be addicted
- Provide education on nicotine addiction and quitting strategies
- No evidence that quitting is easier for teens than adults

# Counseling Their Parents

Advise parents to

- Express disapproval of tobacco use
- Discourage friends who are smokers
- Keep the home smoke free – even if parents smoke
- Make tobacco products inaccessible
- Limit access to R-rated movies

# Persons with Psychiatric Disorders

- **Are parents, too!**
- **2-3x more likely to be tobacco dependent**
- **Use nearly 1/2 of cigarettes smoked in US**
- **Increased risk of tobacco-related illness**

# Will Cessation Affect Their Illness?

- Limited research
- Treatment is safe and is usually well tolerated
- Evidence supports an association between cessation and decreased relapse to alcohol and/or drug use

# Special Considerations

- **Be aware of increased tobacco use in persons with psychiatric illnesses**
- **Users with psychiatric disorders will require more than a brief intervention**
  - **Refer to intensive programs**
- **Address tobacco use in all settings**
  - **Including inpatient psychiatric facilities, detention centers, etc.**

# Gay, Lesbian, Bisexual & Transgender

- Little research
- Higher prevalence of tobacco use
- Bars and dance clubs are typical social outlets
- Reduced access to health care
- Targeting by tobacco industry

# **LGBT Adolescents**

- **Even less known about tobacco use by LGBT adolescents**
- **Identity issues and stress**
- **Increased feelings of being an outsider**
- **Decrease in support from friends, family, community**
- **Exposure to environments that support smoking**

# Minority Groups

## Adult Smoking Prevalence

<b>African-American</b>	<b>20%</b>
<b>Asian-American</b>	<b>11%</b>
<b>Hispanic</b>	<b>15%</b>
<b>Native American</b>	<b>33%</b>
<b>Caucasians</b>	<b>22%</b>

# **Tobacco Use by African-Americans**

- **20% of AA adults smoke**
- **Males (24%) > females (17%)**
- **AA youth start smoking at older ages**
  - **Making it out of high school without starting doesn't mean they'll never start**
- **Menthol cigarettes popular**

# Menthol Cigarettes

- **> 75 % of AA smokers use mentholated brands; < 25% of Caucasians**
- **Local anesthetic – relieves throat irritation**
- **May increase absorption of toxins**
- **Cooling, numbing properties may permit larger puffs, deeper, longer inhalations**

# Tobacco Use and Asian-Americans

- 11% of adult Asian-Americans smoke
- Males (18%) > females (5%)
- Asian-Americans initiate smoking later in life
- Among the most successful at quitting permanently

# **Tobacco Use and American Indians and Alaskan Natives**

- **33% of adult American Indians/Alaska Natives smoke**
- **Males (37%) > females (29%)**
- **Teen estimated at 46%**
- **Tobacco plays an important cultural role as a sacred gift of the earth**

# Tobacco Use and Hispanics

- 15% of Hispanic adults smoke
- Males (19%) > females (11%)
- Hispanic smokers are more likely to make a quit attempt than whites, less likely to receive counseling, medications
- Hispanic households likely to have smoking bans

# Barriers To Treatment

- **Cost**
- **Language**
- **Culture**
- **Geography**

# Summary

- **Children and adolescents**
- **People with psychiatric disorders**
- **People who are gay, lesbian or transgender**
- **Members of minority groups**

# Questions?

**WEAPONS OF MASS DESTRUCTION**



**5 Million Deaths Each Year.**

[buttout.com](http://buttout.com)

VIAKOM

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