



2007 Missouri County Level Study of Adult Tobacco Use and Related Chronic Conditions and Practices

Executive Summary

Background

In 2006, the Missouri Foundation for Health (MFH) identified the need for county-specific data on tobacco use and chronic disease prevalence. These data were collected in 2002-2003; however the sample size of 15,000 limited effective analysis at the county level. To address the need for updated and more comprehensive county level data MFH contracted with the Missouri Department of Health and Senior Services (DHSS) to expand upon previous data collection activities and conduct an assessment of approximately 50,000 Missouri residents to provide county-specific data by Fall 2008.

The 2007 Missouri County-level Study (CLS) is the largest special survey ever undertaken in

Missouri. The goal of this effort is to create the largest set of data possible for use by the health community to better understand local needs. This data set is envisioned to be a catalyst for change in Missouri, identifying and describing the health of communities to better inform health professionals and policymakers.

This survey is the result of a public/private partnership between MFH and DHSS. MFH granted DHSS \$1.46 million for the study and the University of Missouri's Health and Behavioral Risk Research Center was contracted to conduct telephone interviews with Missouri adults (18 years and older) between February 2007 and April 2008. The total number of completed interviews was 49,513.

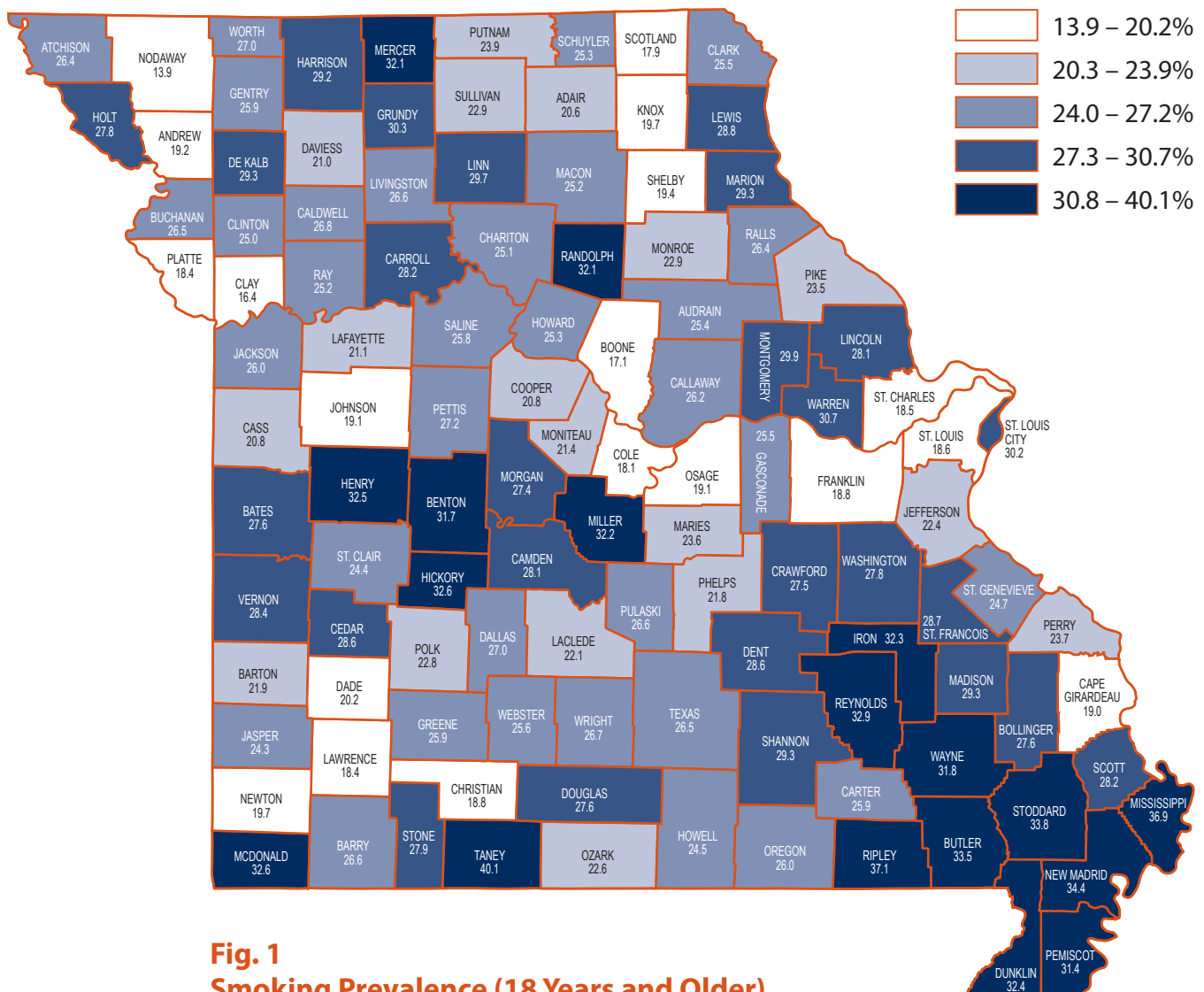


Fig. 1
Smoking Prevalence (18 Years and Older)

Study Design

Sample size and sampling: In determining the sample size for the survey, considerations were made to many factors including cost, population size of each county, prevalence of chronic diseases, health conditions and behavioral risk factors, precision of prevalence estimates, and the effect of sampling design. Based on these considerations, simple disproportionate sampling (DSS) was followed for 107 of the 114 Missouri counties and 400 interviews were completed in each.

In five counties with both Metropolitan Statistical Areas and rural areas (Greene, Jasper, Boone, Buchanan and Cole), 800 interviews were conducted to obtain estimation for rural and urban populations (400 interviews in each rural and urban areas).

In addition, 800 interviews were conducted in two counties (Jackson and St. Louis) and in the City of St. Louis with oversampling of areas with a high proportion of African Americans. For St. Louis County and Jackson County, telephone exchanges with more than 18% of African-American adults were oversampled; for City of St. Louis, telephone exchanges with more than 40% African American adults were oversampled. Approximately 400 interviews for both white and African American racial groups were completed in the two counties and the City of St. Louis.

Survey Instrument: Standard questions from the U.S. Centers for Disease Control and Prevention's Adult Tobacco Survey (ATS), and the Behavioral Risk Factor Surveillance System (BRFSS) were used for the survey.

Data Collection: Data were collected using random-digit-dialed telephone interviews. Standard BRFSS data collection procedures were followed in this study.

Findings

The 2007 County Level Study yields a significant amount of information on several areas of health. The survey primarily focused on tobacco use, tobacco cessation, secondhand smoke, and health and

preventive practices. Within each of these areas users are provided a wealth of information at the state, region, and county levels.

Tobacco Use:

- 23.2% of all Missouri adults currently smoke cigarettes.
- The percent of Missouri adults currently smoking cigarettes ranged from 13.9% in Nodaway County to 40.1% in Taney County (age-adjusted percents) *Fig. 1*
- 40.5% of adults with no health care coverage currently smoke.
- Adults with lower incomes smoke at higher rates than those with higher incomes. 39.8% of adults earning \$15,000 a year or less reported current smoking compared to 13.6% of adults that earn \$75,000 or more per year.

Tobacco Cessation:

- 51.3% of current smokers made an attempt to quit in the past year.
- 79.3% of current smokers believe they can successfully quit.
- 72.5% of current smokers were advised to quit by a health care professional in the past year.
- 63.8% of current smokers intend to quit in the next six months.

Secondhand Smoke:

- 56.3% of Missouri adults would support a smoke-free workplace law that includes all indoor workplaces, including restaurants, bars and casinos.¹
- 90.2% of Missouri adults believe breathing other people's cigarette smoke is very or somewhat harmful to one's health.

Health & Preventative Practices:

- 64.8% of Missouri adults are considered overweight (BMI 25.0-29.9) or obese (BMI >30.0).
- 7.5% of Missouri adults could not get needed medical care in the past year. Of those not getting needed medical care in the past year, 68.5% did not get the care due to cost or lack of insurance.

¹ Derived from "yes" response to the following question: Some cities and towns are considering laws that would make workplaces smoke-free by prohibiting smoking in all indoor workplaces, including restaurants, bars and casinos. Would you support such a law in your community?

