



SEXUAL AND GENDER MINORITIES: CURRENT SMOKERS VIEWS ABOUT SMOKING CESSATION OPTIONS

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Introduction

Research finds high rates of smoking in the sexual and gender minority (SGM) community. Some research suggests this population makes fewer cessation attempts than the general population. Information is needed to understand factors contributing to cessation attempts by this population.

Purpose

To examine views about quitting smoking from SGM who currently smoke.

Methods

As a part of the Checkout Project participants were recruited at four Midwestern Pride Festivals in the Summer of 2010. Volunteer participants anonymously completed a 24-item survey.

In this study, current smokers provided data on the following topics: amount of cigarettes smoked per day; readiness to quit; selecting (all that applied) the type of treatments they would use if quitting smoking from an 11 item list; and rating the effectiveness of 16 treatments (1 = not at all effective to 5 = very effective).

Simple descriptive statistics (e.g., means, frequencies) were calculated on the sample of smokers. Bivariate statistics examined differences between SGM sub groups, readiness to quit, and variables related to treatment options.

Table 1: Smoking Rate and Readiness to Quit by SGM Sub-group

	Current Smokers	Trying to Quit	Plan to Quit	Thinking about Quitting	Not Thinking about Quitting
Lesbian (n=894)	42% (n=372)	15%	20%	41%	24%
Gay (n=1077)	41% (n=440)	16%	19%	37%	28%
Bisexual Male (n=92)	50% (n=45)	11%	21%	26%	42%
Bisexual Female (n=290)	48% (n=137)	19%	16%	36%	29%
Transgender Transsexual (n=108)	48% (n=50)	16%	7%	37%	41%
Hetero (n=642)	35% (n=220)	15%	17%	33%	35%
SGM (n=2609)	43% (n=1103)	16%	18%	38%	28%

Results

A total of 1323 current smokers (from a total of 3251 participants) completed surveys. Table 1 presents the percent of current smokers by SGM subgroup, along with readiness to quit smoking. Table 2 presents demographic characteristics of the current smokers by SGM sub-group. SGM are significantly more likely to smoke compared to heterosexuals ($X^2 = 12.05$; $p < .001$). There are no significant differences between SGM and heterosexuals in readiness to quit smoking.

Table 2: Demographic Variables of Current Smokers

	Lesbian	Gay	Bi-Male	Bi-Female	Trans	Hetero	SGM
# cigs/day	12.5 ±9.1	13.2± 8.5	14.6± 15.6	12.2± 8.5	16.3± 13.0	13.0± 10.9	12.9± 9.4
Age 18-34	71%	67%	80%	84%	63%	71%	71%
Age 35-50	26%	27%	16%	13%	33%	20%	24%
Age > 50	3%	7%	5%	3%	4%	8%	5%
Ed: college grad or >	22%	26%	11%	20%	16%	26%	22%
Race : white	76%	81%	52%	77%	65%	83%	76%

Table 3: Chosen Options for Quitting Smoking

Type of Treatment Option	SGM (%)	SGM Rank	Heterosexuals (%)	Heterosexuals Rank
Ask partner for support	39%	2	25%	2
Join a quit group	7%	6	5%	6T
Individual counseling	3%	9T	2%	8T
Call the telephone quitline	3%	9T	2%	8T
Use medication	19%	3	17%	3T
Switch to chew tobacco	3%	9T	2%	8T
Talk to Dr. about a quit plan	17%	4	17%	3T
Join LGBT quit group	4%	8	1%	11
Quit cold turkey on my own	40%	1	43%	1
Avoid places that allow smoking	5%	7	5%	6T
Use e-cigarettes	9%	5	10%	5

Results (cont'd)

Table 3 presents the treatment options chosen as a method to quit. There were no significant differences between SGM and heterosexuals ($F = 3.4$; $p = .07$). SGM chose on average 1.49 and heterosexuals 1.35 methods of quitting. Significant differences are found based upon readiness to quit of all smokers ($F = 6.63$; $p < .001$). Those trying to quit chose 1.36 methods. Those planning (1.54) and thinking about (1.54) quitting were significantly different than those not thinking about quitting (1.25).

Table 4 presents the rated effectiveness (1 = not at all effective to 5 = very effective) of treatments. SGM and heterosexuals have the identical ranking of options for effectiveness for the top 7 of 16 rated treatments. There are no significant differences between SGM and heterosexuals.

Table 4: Rated Effectiveness of Treatment Elements

	Rank	SGM Mean	Heterosexuals Rank	Heterosexuals Mean
Have active support from my partner	1	3.2	1	3.1
Avoid situations where usually smoke	2	2.9	2	3.0
Avoid places that allow smoking	3	2.7	3	2.6
Being provided a \$\$ incentive	4	2.4	4	2.5
Using medication to quit	5	2.3	5	2.2
Attend a support group	6	1.9	6	2.0
Individual Counseling	7T	1.8	7	1.9
Using e-cigarettes	7T	1.8	9	1.7
Calling the telephone quitline	10T	1.5	11T	1.5

Conclusions

In this sample with high smoking rates, less than a third of SGM are trying or planning to quit smoking. There do not appear to be significant difference in readiness to quit between sub groups of SGM. SGM smokers do not endorse high numbers of quit methods, nor believe options are very effective. Partner support was rated highly and will likely be an important component of treatment for SGM. Increasing the knowledge about and confidence in evidence-based cessation treatments are needed.

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