

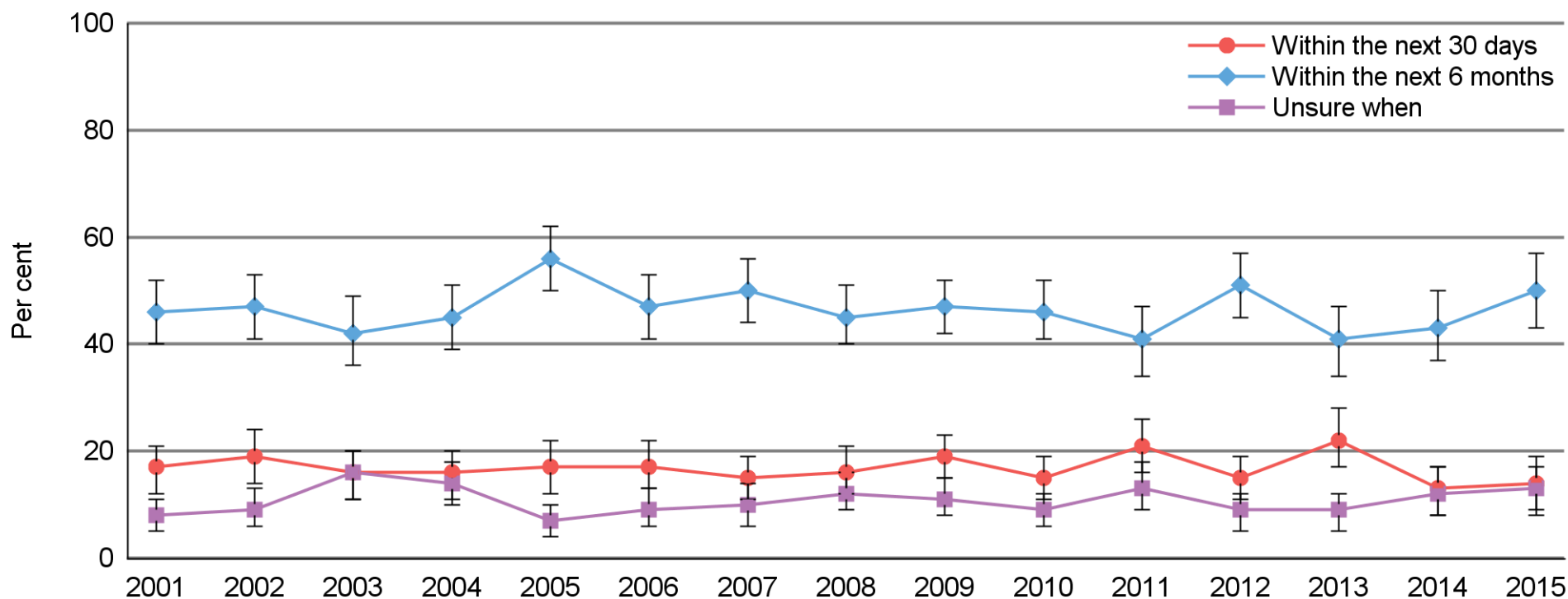
## Trends In: Tobacco Cessation

February 2017

### Key Findings

- In 2015, 17% ( $\pm 5\%$ ) of current smokers were committed to quitting smoking within the next 30 days, and 46% ( $\pm 6\%$ ) intended to quit within the next 6 months. Eight per cent ( $\pm 3\%$ ) of smokers indicated they wanted to quit smoking but were unsure when.
- Between 2001 and 2015, there was no significant change in smokers' intention to quit within 30 days, 6 months, or among smokers with an undefined quit date.
- For 2013 to 2015 combined, smokers aged 25-44 years and 45-64 years had the highest proportion of those who intended to quit within the next 30 days or 6 months.
- For 2013 to 2015 combined, female smokers (49%  $\pm 5\%$ ) were more likely to report their intention to quit smoking within the next 6 months compared to males (40%  $\pm 6\%$ ). Whereas, males were more likely to commit to quitting within the next 30 days (18%  $\pm 5\%$ ) compared to females (15%  $\pm 4\%$ ). Although there were small differences in intention to quit smoking between sexes, these differences were not statistically significant.

**Figure 1. Intention to quit smoking, current smokers 18 years and older, Durham Region, 2001-2015**



**Table 1. Intention to quit smoking, current smokers 18 years and older, Durham Region, 2001-2015**

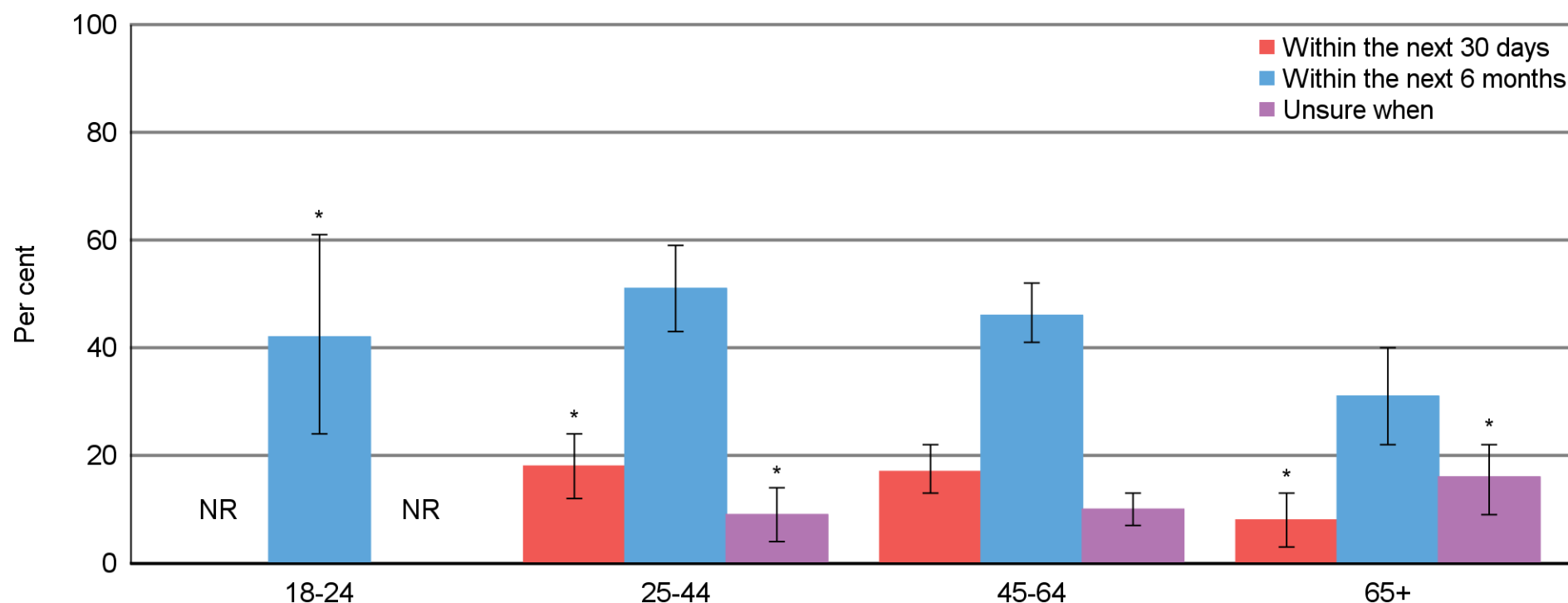
Intention to quit	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	Change from 2014-2015 <sup>a</sup>	Change from 2001-2015 <sup>a</sup>
Within the next 30 days	17	19	16	16	17	17	15	16	19	15	21	15	22	13*	17	No change	No change
95% CI	12-21	14-24	11-20	11-20	12-22	13-22	11-19	12-21	15-23	11-19	16-26	11-19	17-28	8-17	12-21	NA	NA
Within the next 6 months	46	47	42	45	56	47	50	45	47	46	41	51	41	43	46	No change	No change
95% CI	40-52	41-53	36-49	39-51	50-62	41-53	44-56	40-51	42-52	41-52	34-47	45-57	34-47	37-50	40-52	NA	NA
Unsure when	8*	9*	16	14	7*	9*	10*	12	11	9*	13	9*	9*	12*	8*	No change	No change
95% CI	5-11	6-13	11-20	10-18	4-10	6-13	6-14	9-16	8-15	6-12	9-18	5-12	5-12	8-17	5-11	NA	NA

\* Interpret with caution due to high variability: Coefficient of variation (CV) is between 16.6 and 33.3 per cent inclusive.

a: See Analysis Notes for details.

NA means that the analysis was "Not Applicable."

**Figure 2. Intention to quit smoking by age group, current smokers 18 years and older, Durham Region, 2013-2015 combined**



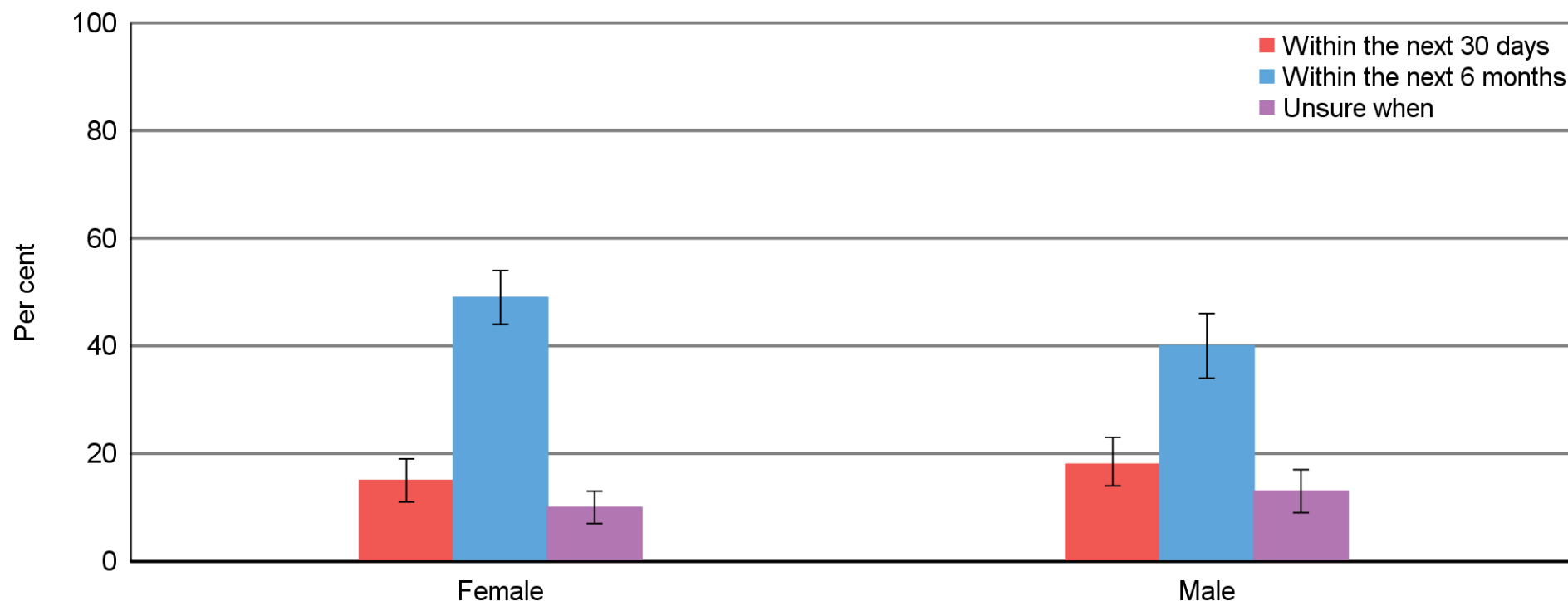
**Table 2. Intention to quit smoking by age group, current smokers 18 years and older, Durham Region, 2013-2015 combined**

Intention to quit	Age group	Per cent	95 per cent CI
Within the next 30 days	18-24	NR	NR
Within the next 6 months	18-24	42*	24-61
Unsure when	18-24	NR	NR
Within the next 30 days	25-44	18*	12-24
Within the next 6 months	25-44	51	43-59
Unsure when	25-44	9*	4-14
Within the next 30 days	45-64	17	13-22
Within the next 6 months	45-64	46	41-52
Unsure when	45-64	10	7-13
Within the next 30 days	65+	8*	3-13
Within the next 6 months	65+	31	22-40
Unsure when	65+	16*	9-22

\* Interpret with caution due to high variability: CV is between 16.6 and 33.3 per cent inclusive.

NR refers to "Not Releasable" due to high variation: CV is greater than 33.3 per cent.

**Figure 3. Intention to quit smoking by sex, current smokers 18 years and older, Durham Region, 2013-2015 combined**



**Table 3. Intention to quit smoking by sex, current smokers 18 years and older, Durham Region, 2013-2015 combined**

Intention to quit	Sex	Per cent	95 per cent CI
Within the next 30 days	Female	15	11-19
Within the next 6 months	Female	49	44-54
Unsure when	Female	10	7-13
Within the next 30 days	Male	18	14-23
Within the next 6 months	Male	40	34-46
Unsure when	Male	13	9-17

## Indicator Definitions

Durham Region residents who were current smokers aged 18 and older were asked, “How do you feel about quitting smoking: are you currently NOT thinking of quitting, considering quitting in the next 6 months, or committed to quit smoking in the next 30 days?” The following indicators were derived using the information collected:

- Intention to quit within the next 30 days
- Intention to quit within the next 6 months
- Intention to quit, unsure when

## Rapid Risk Factor Surveillance System (RRFSS)

RRFSS was piloted in Durham Region in 1999 and is used to collect information about the health knowledge, attitudes and behaviours of Durham Region residents routinely since 2001. The information collected is used to support the planning and evaluation of public health programs and services.

RRFSS is conducted by the Institute for Social Research at York University on behalf of Ontario public health units. RRFSS is an ongoing telephone survey of adults aged 18 and over who live in private households. The annual response rate for Durham Region has ranged from 46% to 61% and was 47% in 2015.

## Analysis Notes

Analyses were conducted using SAS software version 9.4. The recent and overall trends were estimated using logistic regression (see Table 1). Recent trend was defined as the change in the indicator from the previous survey and is identified in the table as either an increase, decrease, or no change. Overall trend was defined as the presence of a consistent change in the indicator across all years and is identified in the table as increasing, decreasing, or no difference. Percentages are expressed as a point estimate with 95% confidence intervals (CI) around the estimate, indicating that the true or actual percentage falls within the range of values, 95 out of 100 times. In charts, the 95% CI is represented by an error bar (I). All analyses used a significance level of  $\alpha = 0.05$ .

## More Information

For more information, or if you require this information in an accessible format, please contact the Durham Health Connection Line at 905-666-6241 or 1-800-841-2729. You can also visit our [Durham Region Health Department website](#).

For information about RRFSS, visit the [RRFSS website](#).