



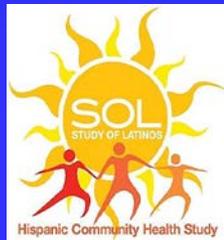
SMOKING AMONG U.S. HISPANIC/LATINO ADULTS

**Hispanic Community Health Study/
Study of Latinos
(HCHS/SOL)**



Presentation Outline

- About the HCHS/SOL study
- HCHS/SOL results about Smoking
- Prevalence of Smoking among Hispanics/Latinos of diverse backgrounds
- Public Health Implications



About the Hispanic Community Health Study/ Study of Latinos (HCHS/SOL)

- HCHS/SOL is a comprehensive, longitudinal (prospective), population based, multicenter, cohort study of Hispanic/Latino populations in the United States.
- The study is sponsored by the National Heart, Lung and Blood Institute; and six other Institutes, Centers and offices within of the National Institutes of Health.
- Four communities participating in this landmark study are:
 - Bronx, New York
 - Chicago, Illinois
 - Miami, Florida
 - San Diego, California



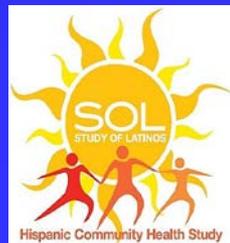
Purpose of the HCHS/SOL Study

- To identify prevalence of cardiovascular and pulmonary-related diseases (& other chronic diseases) in Hispanics/Latinos of diverse backgrounds.
- To identify the risk factors (social, cultural and psychological) that may have a protective or harmful role in the prevalence of cardiovascular and pulmonary-related diseases and other chronic diseases.
- To identify causes of death, and the rate of serious cardiovascular and pulmonary complications over time.

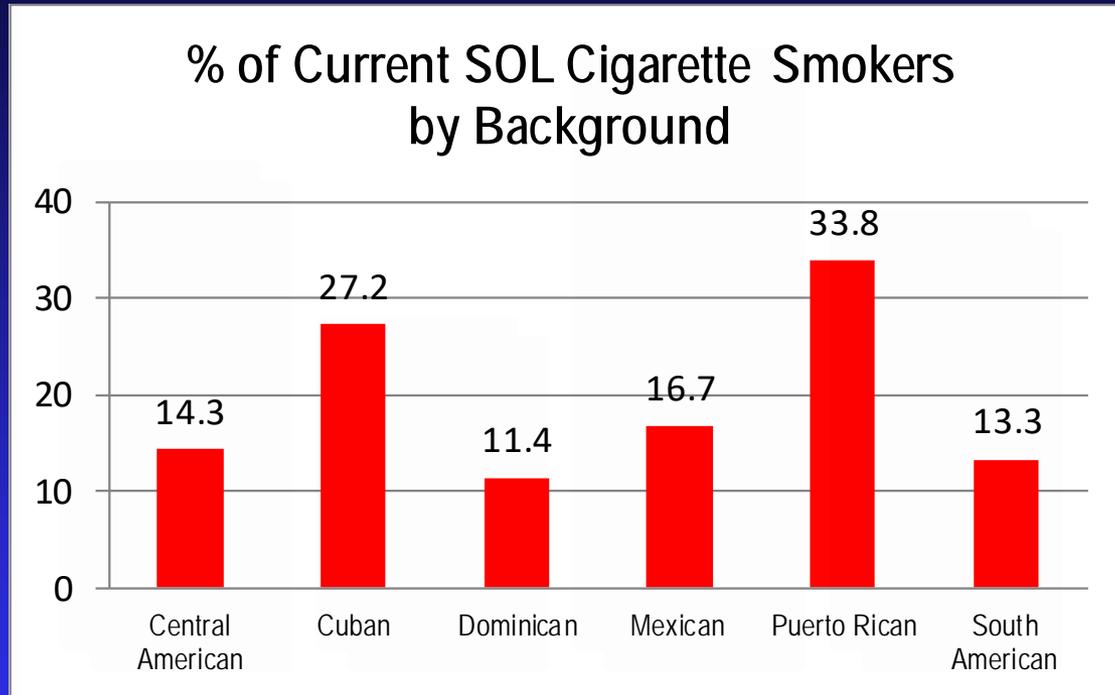


Why is important to know about smoking ?

- Cigarette smoking is the leading cause of preventable disease and death in the US accounting for over 480,000 premature deaths each year.
- Previously there was no specific data on tobacco use among the Hispanic/Latino population living in the U.S.
- Tobacco smoke contains a deadly mix of more than 7,000 chemicals and toxic substances that can cause serious health problems, diseases, and death.
- People who stop smoking greatly reduce their risk for disease and premature death.
- Although the health benefits are greater for people who stop at earlier ages, quitting is beneficial at all ages.



Smoking Prevalence by Background



- Smoking prevalence was higher among Hispanics of Puerto Rican and Cuban origin and lowest among Dominicans.
- Smoking rates found among Hispanic males of Puerto Rican (34%) and Cuban (27%) origin were higher than reported rates for Non-Hispanic white males (22.6%)

Prevalence of Smoking by Age and Sex

Age Group	Males	Females
18-44	27.6%	16.4%
45-64	22 %	18.3 %
65-74	13.9 %	10.1%

- Smoking was more common among men than women in all age groups.
- Among Hispanic women born outside of the US, smoking became more common after longer time living in the US.



Smoking behaviors

Daily Smoking

- Smoking intensity was defined by the number of cigarettes smoked per day.
- Cubans reported the highest smoking intensity.
 - $\frac{1}{2}$ of Cuban men and $\frac{1}{3}$ of Cuban women who smoked daily reported smoking 20 or more cigarettes a day.
- Compared with other groups of daily smokers, Mexicans reported the lowest smoking intensity
 - 7% or less reported smoking 20 or more cigarettes/day.



Smoking Behaviors: Intermittent Smoking

- A substantial number of current smokers reported that they smoked cigarettes **only on some days rather than daily**.
- Most common among Mexican men (16%), Central American men (10%), and Puerto Rican men (9%).

Quitting Smoking

- Hispanics more likely to quit were those of an older age and with higher levels of income, more than a high school education, and higher lifetime average cigarettes per day.
- Quitting was not significantly associated with gender or health insurance coverage.

Using of smoking cessation products

- The use of smoking-cessation products was relatively low in this population compared with previously reported population-based data.
- Further research is needed on availability, awareness, and acceptability of quit aids in Hispanic/Latino communities.



What does this mean for Hispanic/Latino communities?

- Hispanics often report smoking occasionally rather than on a daily basis. **Patients and physicians should recognize the health risks even of occasional cigarette use.**
- The use of quit aids was relatively low in this Latino population compared with previously reported population-based data. **Steps are needed to increase the availability of smoking cessation aids for Latinos.**
- Over time, Hispanic immigrant groups may be vulnerable to taking up smoking. This may relate to stress and media or cultural influences associated with adapting to life in the U.S.
- Although low smoking prevalence is a possible reason for longer life expectancy among some Hispanic groups, other Hispanic communities are at risk for worsening future epidemics of tobacco use.



Are you a smoker and interested in quitting?



- **There is online help, quitting assistance by phone and in person counseling, free phone apps and free nicotine patches.**
- **Programs are free** and people might need repeated attempts before they quit.
- For help in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals:
 - call **1-800-QUIT-NOW (1-800-784-8669)** or **1-855-DEJELO-YA**
 - Visit <http://smokefree.gov/>
 - En español <http://espanol.smokefree.gov/>
 - Visit <http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/>



Household cigarette exposure among US Hispanic/Latinos

Exposing a child to household cigarette smoking behavior (HCSB) and familial influences play a role on the onset and maintenance of cigarette smoking behavior

What SOL tell us about HCSB?

- 40% of SOL participants reported being exposed to HCSB before and at age 13 years and older.
 - The prevalence of HCSB exposure before and at age 13 and older was significantly higher for Cubans (59%) and Puerto Ricans (47%) than other Hispanic/Latino groups. (Mexicans 33%, Dominicans 38%, Central Americans 30%, South Americans 32%).
- About one-quarter reported maternal smoking during childhood and 20% of the participants were currently exposed to HCSB
 - Maternal smoking was also more common among Cubans (35%) and Puerto Ricans (30%)



Household cigarette exposure among US Hispanic/Latinos

- Exposing a child to household cigarette smoking behavior (HCSB) and familial influences play a role on the onset and maintenance of cigarette smoking behavior. Children who grow up in a smoking household environment are more likely to initiate smoking through observation and imitation
- Comparisons across ethno-cultural groups showed that **the prevalence of both maternal and household smoking was higher for Cubans and Puerto Ricans** compared to other Hispanics/Latinos. In support of our hypothesis, these two ethnic groups also had the highest prevalence of current cigarette smoking



Associations among cigarette smoking, smoking cessation treatment, and depressive symptoms in Hispanic/Latino adults

- Results from the HCHS/SOL have shown that among all Hispanic/Latino background groups, current smokers had greater odds for depressive symptoms than never smokers, which is consistent with the literature in the general.
- Depressed persons were more likely to receive prescribed smoking cessation medications from a doctor than non depressed persons



HCHS/SOL Fact Sheet on Smoking

Smoking Among Hispanic/Latino Adults Living in the United States

HCHS/SOL Fact Sheet #4. Information in this fact sheet is based on data published in a research paper: Kaplan et al. Smoking among U.S. Hispanic/Latino adults. The Hispanic Community Health Study/Study of Latinos. *Am J Prev Med* 2014;46(5):456-628.

Why is this important?

- In the United States, cigarette smoking accounts for over 480,000 deaths per year. Smoking is the number 1 preventable cause of death.
- Tobacco smoke has a deadly mix of 7,000 chemicals which can cause serious health problems and diseases.
- People who stop smoking can greatly reduce their risk for disease and premature death. Although health benefits are greater for people who stop at earlier ages, **quitting is beneficial at all ages.**

What does the results of HCHS/SOL tell us about smoking among Hispanics/Latinos?

- Smoking was highest among Puerto Ricans and lowest among Dominicans.
- Many reported smoking intermittently (not every day), which still is harmful to the health of the smoker and those around them.
- Among all Hispanic/Latino groups, smoking was more common among men than women.
- The use of quit aids was lower in the HCHS/SOL study compared to other groups.

Percentage of HCHS/SOL Participants that are Cigarette Smokers

Group	Percentage of Cigarette Smokers
Central American	14.3
Cuban	27.2
Dominican	11.4
Mexican	16.7
Puerto Rican	33.8
South American	13.3

Are you a smoker interested in quitting?

- Tobacco/nicotine dependence is a condition that often requires multiple quit attempts. Using a combination of effective treatments and resources can help. Smokers can and do quit smoking.
- Quitting smoking greatly reduces the risk of developing smoking-related diseases. For more health information on smoking, please visit <http://helobaccofree.hhs.gov/health-effects/index.html>
- For help in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals: call 1-800-QUIT-NOW (1-800-784-8686) or visit <http://smokefree.gov>.

Health benefits of quitting

- Reduced risk of lung cancer, other cancers, COPD
- Reduced risk of heart disease and lowers blood pressure
- Decrease in coughing or shortness of breath
- Improved circulation and lung function

For more information on HCHS/SOL results

- Visit our website: www.saludcdi.net
- Download our data booklets for study participants: <http://www.hispanichealth.org/study-of-latino-sol.html>
- Or our report to the communities: <http://www.hhsbl.nih.gov/research/resources/obesity/population/hchs.htm>
- For more resources visit [Let your local blog address here](#)

Field Center: Enter Your Field Center Address and Telephone

Take one and bring it home! It highlights HCHS/SOL results on smoking and provides you links with resources to find out more.

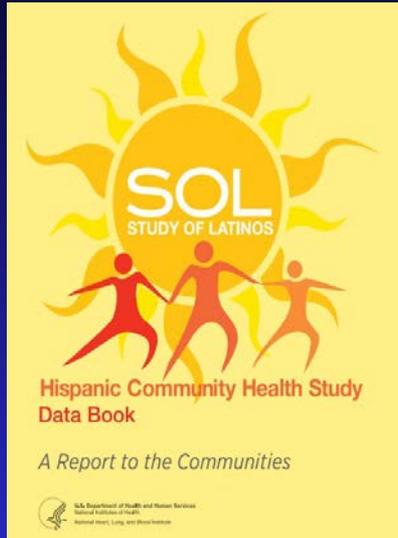
For more health information on smoking visit:

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm

Local Community Resources (FC specific)



Learn More about Latino Health



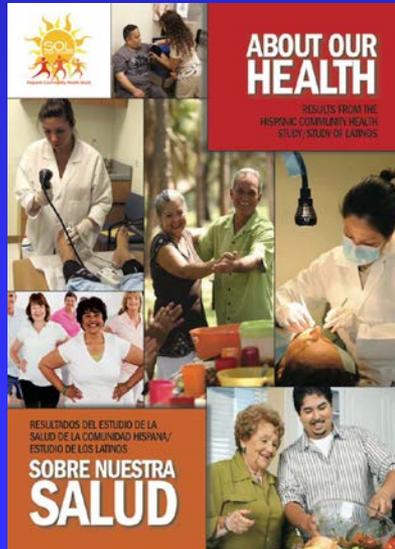
This report is the most comprehensive health and lifestyle analysis of people from a range of Hispanic/Latino background.

HCHS/SOL findings will enable individuals, communities, and policy makers to tailor health intervention strategies.



To download report:

<http://www.nhlbi.nih.gov/research/resources/obesity/population/hchs.htm>



Highlights health areas that are having a positive impact in Hispanic and Latino families and communities.

Underlines health trends for each of the communities involved in the study.



To download report:

<http://www.sol-study.org>

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RESULTADOS DEL ESTUDIO DE LA SALUD DE LA COMUNIDAD HISPANA/ ESTUDIO DE LOS LATINOS

SOBRE NUESTRA SALUD

Study of Latinos San Diego
Educational Research

Hispanic Community Health Study

Timeline About Reviews Likes More ▾

PEOPLE >

★★★★★
137 likes
20 visits

Status Photo / Video Offer, Event +

What have you been up to?

Study of Latinos San Diego shared The Heart Truth's photo.



Hispanic Community Health Study

TWEETS 82 PHOTOS/VIDEOS 7 FOLLOWING 101 FOLLOWERS 34 More ▾

Tweets Tweets and replies

Retweeted by SOL San Diego

The Heart Truth @TheHeartTruth · Jul 2
Un 14% de hispanas de mediana edad padecen de la diabetes y están en riesgo de padecer de la enfermedad del corazón.

DIABETES Y PREDIABETES

Los carbohidratos son una gran fuente de energía para nuestro cuerpo, pero si consumes muchos a la vez, los niveles de azúcar en la sangre pueden subir mucho. Si los niveles de glucosa en la sangre se mantienen muy altos por mucho tiempo, puede provocar problemas serios de salud.

10 - 15 Libras
SI TIENE SOBREPESO, LA PÉRDIDA DE PESO MODERADA Y REALIZAR ACTIVIDAD FÍSICA CON REGULARIDAD PUEDE REDUCIR MUCHO SU RIESGO DE TENER DIABETES.



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THANK YOU!