

Tobacco Control Strategies for Mississippians with Disabilities

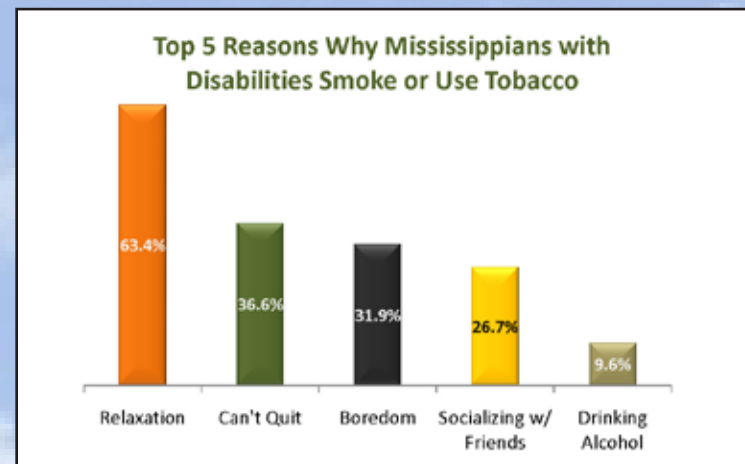


A CDC report suggests the smoking prevalence for people with disabilities is higher than that of people without disabilities. (Armour, et al., 2007) In Mississippi, 31.4% of people with disabilities are smokers, compared to 23.3% without disabilities. (CDC, BRFSS, 2009)

With smoking being the leading cause of preventable deaths in the U.S., the most important step smokers can take to improve their health is to quit smoking. "To effectively prevent and reduce tobacco use among people with disabilities, states will need to promote health system changes that reduce tobacco use among people with disabilities that reduce barriers limiting the ability of these people to access and use preventive health care." (Armour, et al., 2007)

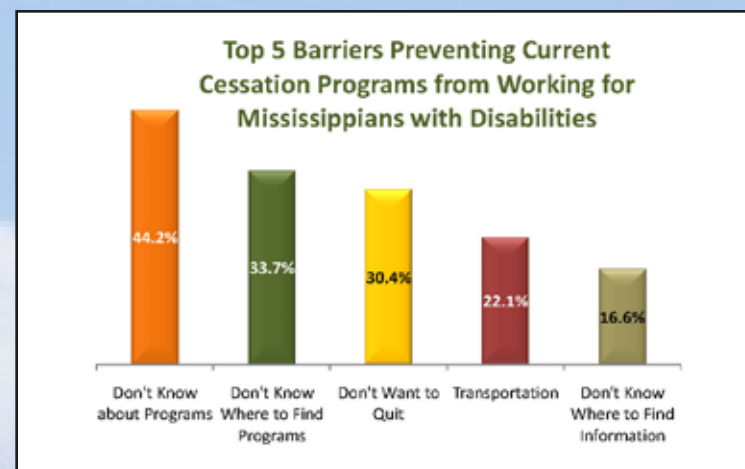
The **goals** of this project are to (1) explore the common reasons for tobacco use among Mississippians with disabilities, (2) better define the barriers that "limit" them from receiving

smoking cessation information and accessing resources, and (3) establish an evidence-based tobacco cessation program specifically targeting Mississippians with disabilities.



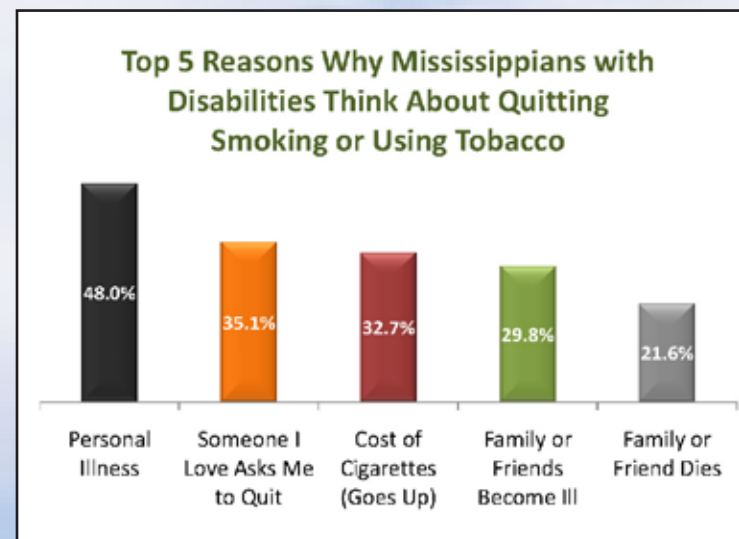
Main Research Questions

- Why do people with disabilities smoke or use tobacco?
- Have they tried to access available cessation programs?
- What barriers have prevented current programs from working for people with disabilities?



Project Summary

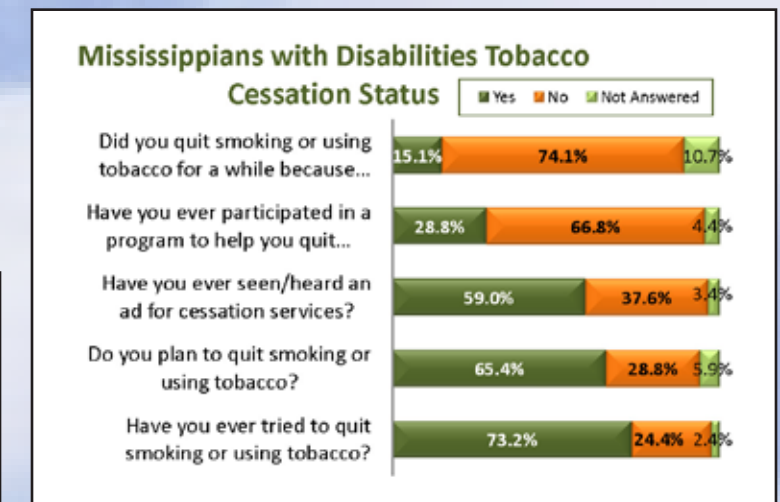
Through the Tobacco Control Strategies project, the Institute for Disability Studies proposes to discover answers to these questions and to better define the barriers that "limit" the ability of people with disabilities in Mississippi from receiving smoking cessation information and accessing resources.



Phase I – Assess the status of tobacco usage by people with disabilities in Mississippi.

The state-level smoking prevalence data on people with disabilities was taken from the 2009 Behavioral Risk Factor Surveillance System (CDC). Furthermore, IDS has gathered additional state-specific tobacco use status data through six focus groups, a survey of 205 adults with disabilities and 15 personal interviews of service providers from tobacco-free coalitions and intervention organizations. The data are being used to produce a complete

plan and timeline for a smoking cessation program for Mississippians with disabilities.



Phase II – Initiate tobacco cessation strategies for people with disabilities based on the data collected in Phase I.

IDS will conduct 10 cessation workshops for people with disabilities over a two and a half year period and develop and print public awareness materials for smoking cessation for people with disabilities derived from workshop materials for distribution to cessation coalitions, organizations and the public.

The program addresses two goal areas identified in the Mississippi State Tobacco Control Plan for 2005-2010: (1) access to cessation resources for adults and youth, and (2) preventing initiation of tobacco by youth.



Institute for Disability Studies