

SMOKING FACT SHEET

HEALTHY DELAWAREANS
WITH DISABILITIES

RESEARCH

Individuals with disabilities are more likely to partake in risky behaviors, such as smoking. Not only are they more likely to smoke, but people with disabilities are also less likely to respond to traditional smoking cessation programming.

- People with disabilities were 1.23 times more likely to report current smoking than those without any disabilities.¹
- Rates of smoking among adolescents with learning disabilities are more likely to increase through high school compared to adolescents who do not have learning disabilities.²
- The readiness to quit smoking in mobility-impaired populations may be enhanced by

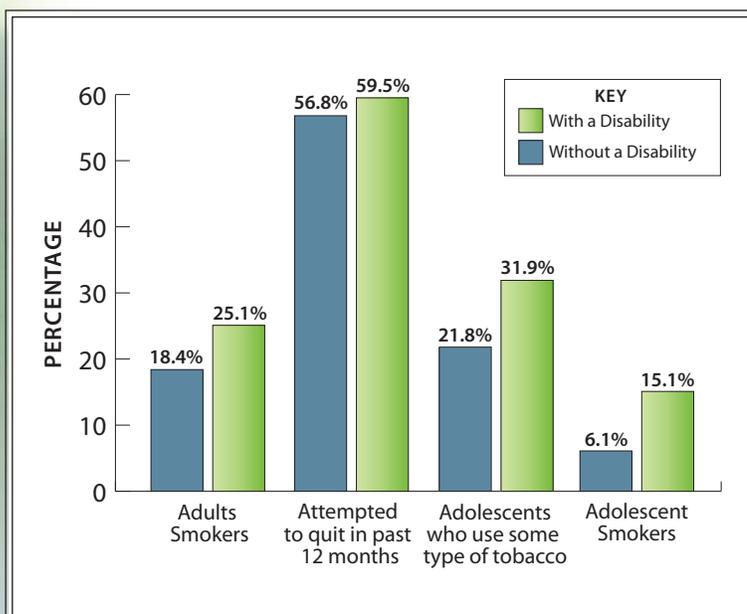
building more active, rewarding lives. Needed are treatments for smoking cessation that aim to increase engagement in valued activities.³

- Having accessible activities for those with physical disabilities is significantly associated with the likelihood of smoking cessation.³
- To create a sustainable tobacco cessation program tailored to people with disabilities, researchers should examine the barriers that people with disabilities face when trying to abstain from tobacco, any concerns that people with disabilities have regarding attempting to quit, and what modifications are necessary to improve the effectiveness of tobacco cessation interventions.^{4,5}

IN DELAWARE

25.1% of adults with a disability in Delaware reported currently smoking cigarettes, compared to **18.4%** of adults without a disability.⁶

59.5% of smokers with a disability in Delaware reported attempting to quit in the past 12 months, compared to **56.8%** of smokers without a disability.⁶



31.9% of adolescents with a disability report any tobacco use in the past 30 days compared to **21.8%** of adolescents without a disability.⁶

28.6% of adolescents with a disability are current smokers, compared to **16.1%** of adolescents without a disability.⁶

COMMUNITY VOICE

The Healthy Delawareans with Disabilities Needs Assessment asked individuals with disabilities and their caregivers to speak out about barriers they face and improvements they would like to see in accessing tobacco prevention and cessation programs.

“Accessing treatment for people who live with mental illness and co-occurring substance abuse issues.”

“The difficulty is not finding services but finding service professionals who are patient and willing to take the time to listen to the needs of people with disabilities.”

COMMUNITY ASSETS

Many community and state-based programs exist targeting prevention of smoking as well as smoking cessation among those who already smoke. These programs represent available assets within Delaware. These agencies responded to a recent survey about public health resources in Delaware. This is not intended to be a complete listing.

American Cancer Society

Girls on the Run

Tobacco Prevention and Control Program

University of Delaware Student Wellness and Health Promotion

School Based Wellness Centers

Boys & Girls Clubs

Delaware State University-Student Health Services

Christiana Care Cancer Center- Community Health Outreach and Education Program

Delaware Breast Cancer Coalition

Delaware YMCA

DHSS Youth Contract/Community Outreach Program

DHSS Synar Program

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