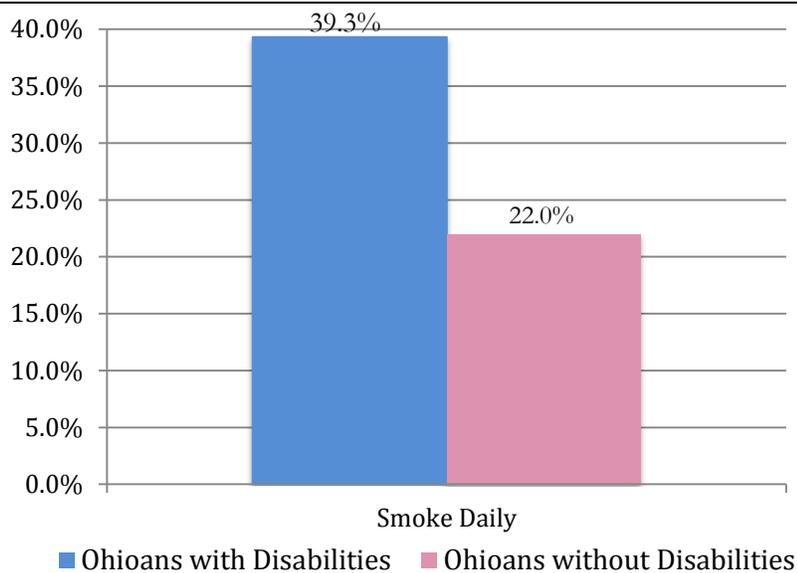




Smoking Among Ohioans with Disabilities

Smoking accounts for half a million deaths yearly and is of particular concern among people with disabilities (PWD) because they are at a high risk for smoking and smoking-related illness. PWD have unmet preventive services and healthcare needs and disparities in overall health, chronic health conditions and health risk behaviors, especially smoking rates. Ohio has the highest smoking rate disparity (17.3%) in the United States among people with disabilities compared to people without disabilities. Such a significant disparity suggests a need for effective and targeted smoking cessation programs that are sensitive to the disability culture.



Source: 2011 BRFSS

Barriers Limiting Participation by PWD in Smoking Cessation Programs

- Lack of knowledge about the benefits of quitting smoking
- Primary care physicians focused on disability, thus neglecting to recommend prevention programs to PWD
- Being unaware of available smoking cessation programs
- Lack of accessible and affordable transportation
- Cost of programs
- Lack of program materials in alternate formats, i.e. Braille, American Sign Language
- Inaccessible facilities

Smoking Impact on Health

People who smoke have an increased risk for developing a multitude of health conditions including: heart disease, stroke, lung cancer and many other types of cancer. Smoking doubles one's risk of a stroke. Additionally, smoking may reduce the effectiveness of medications. PWD who smoke increase their risk of developing chronic conditions that might adversely interact with their primary disabling condition. It is important that public health promotion programs such as tobacco cessation and chronic disease management programs effectively engage PWD, in order to improve the health status of this vulnerable population.

Quitting smoking at any age can significantly improve one's health and can add years to one's life; therefore, it is vitally important for smoking cessation efforts to be addressed among the population of those with disabilities.



Health Benefits of Quitting Smoking

Time Since Quitting	Health Benefits
Within 20 Minutes	Heart rate and blood pressure drops.
12 Hours	The carbon monoxide level in the blood drops to normal.
2-12 Weeks	Circulation improves and lung function increases.
1-9 Months	Coughing and shortness of breath decreases.
1 Year	Risk of Coronary heart disease is about half that of a smoker.
5 Years	Stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting
10 Years	Risk of lung cancer falls to about half that of a smoker and risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
15 Years	The risk of coronary heart disease is that of a nonsmoker's.

What is being done to combat smoking disparities among PWD in Ohio

- The Ohio Disability and Health Program (ODHP) conducted a comprehensive state-wide disability needs assessment and gained an in-depth knowledge of the smoking disparities and health promotion needs of Ohio's disability community.
- ODHP has specifically targeted smoking cessation by partnering with the Tobacco Use Prevention and Cessation Program at the Ohio Department of Health, promoting the Ohio Tobacco Quit Line (where users receive over-the-phone support to quit smoking) among people with disabilities, and monitoring the Quit Line utilization data by the disability population.
- ODHP is working with the program to create and disseminate promotional materials for the Quit Line targeted at individuals with disabilities.
- ODHP is also working with the University of Florida to offer the evidence-based Living Independent from Tobacco (LIFT) curriculum train-the-trainer workshops in Ohio.
 - The LIFT program is a multisession, behavioral counseling program that was adapted from the Florida's Area Health Education Center's (AHEC) *Quit Smoking Now* program and modified to meet the unique needs of the people with disabilities.

Overview of the Ohio Disability and Health Program

This factsheet is a product of the **Ohio Disability and Health Program (ODHP)** as an effort to raise awareness regarding the smoking disparities faced by Ohioans with disabilities. The Ohio Disability and Health Program is one of 18 Centers for Disease Control and Prevention (CDC) funded state programs that aim to improve the health and well-being of people with disabilities in Ohio. This document is supported by the CDC Cooperative Agreement Number 5U59DD000931-02. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



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