

# Helping Smokers Quit in West Virginia: A Fact Sheet for Nurses

*As the largest group of healthcare professionals, nurses can help many smokers quit.  
If each of West Virginia's over 30,000 nurses were to assist four of smokers per year to quit,  
we could reach 120,000, 31%, of the 385,000 smokers in the state!*

## Facts & Issues

### Tobacco use is the #1 cause of preventable death and disease.

- ❖ **Adult Smoking Prevalence**<sup>1</sup> 26.9%, 2<sup>nd</sup> highest in the U.S. (US median = 19.8%) in 2007
  - **Gender Differences**<sup>1</sup> 25.4% of women, 28.4% of men
  - **Young Adult Smoking**<sup>1</sup> 34.9% of 18 to 24 year olds
  - **Adolescent smoking**<sup>2</sup> 27.6% (U.S. average 20.0%) in 2007
  - **Prenatal smoking**<sup>3</sup> 27.2%, highest in the U.S.
  - **Smokeless tobacco use**<sup>4</sup> 8.1% overall (16.6% of men) used smokeless (spit) tobacco in 2004, ranking 2<sup>nd</sup> highest in the U.S (U.S. average 3%)
- ❖ **Tobacco-related deaths**<sup>5</sup> 3,900 (US total/year: 437,902).
- ❖ **Tobacco-related health care costs**<sup>5</sup> \$690+ million per year.
- ❖ **Smoke-Free laws**<sup>5</sup> Local legislation exists to protect West Virginians from secondhand smoke in workplaces, public places, restaurants and bars, but no statewide legislation.
- ❖ **Cigarette taxes**<sup>5</sup> 55¢ per pack in 2007.
  - Ranked #40 in U.S. (U.S. median, \$1.18 per pack)
- ❖ **Tobacco industry spending**<sup>5</sup> \$132+ million in marketing tobacco products per year

## Resources

- ❖ **West Virginia Tobacco Quitline** - [www.wvquitline.com](http://www.wvquitline.com) or [http://www.bebetternetworks.net/wvquitline\\_home.html](http://www.bebetternetworks.net/wvquitline_home.html)
  - Referral to the West Virginia Telephone Quitline --1-877-966-8784*
  - Tobacco users receiving telephone counseling are more likely to make a serious attempt to quit than those who rely on self-help materials. Success rates for quitting double.
  - **Referral to a toll-free quitline is simple and easily integrated into routine patient care.**
  - Quitline hours: Mon - Fri 8am-9pm, Sat - Sun 8am-5pm; Voicemail available after hours.
- ❖ **West Virginia Division of Tobacco Prevention (WVDTP):** [www.wvdtpt.org](http://www.wvdtpt.org)
- ❖ **Tobacco Free Nurses** - [www.tobaccofreenurses.org](http://www.tobaccofreenurses.org)
  - Provides nurses with information and resources to help patients with smoking cessation.

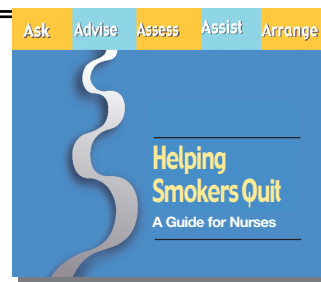
### Where can you get more information?

**HELPING SMOKERS QUIT PROJECT** - UCLA School of Nursing

Factor Building R4-637, Box 956918 Los Angeles, California 90095-6918

Phone: 310-825-9802 | Fax: 310-794-7482 | [www.tobaccofreenurses.org](http://www.tobaccofreenurses.org)

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**Sources:** 1. Behavioral Risk Factor Surveillance System (BRFSS) 2007; 2. Youth Risk Behavior Surveillance System, Youth Risk Behavior Survey, 2007; 3. WVDHHR Vital Statistics, (2006); 4. WV BRFSS 2004-2005 Report and CDC Smokeless Tobacco Fact Sheet; 5. Campaign for Tobacco Free Kids, (2008).