

ALABAMA ADULT TOBACCO SURVEY – 2023

Executive Summary

A telephone (cell phones and landlines) survey of 1,005 adult Alabama residents was conducted in 2023 to assess tobacco-related behaviors and attitudes. Results are based on data weighted by the most recently stipulated CDC weighting factors, adjusting the sample to census-based proportions for gender, age, race/ethnicity, education level, and phone line type (landline versus cell phone). Some key findings from the 2023 survey are featured below.

Cigarette Smoking Prevalence, Quantity, and History

- 13.5% of respondents were current cigarette smokers.
 - 14.6% of males and 12.3% of females were current smokers.
 - 13.2% of whites, 12.8% of blacks were current smokers, and 15.6% of all other responders were current smokers.
- 36.8% of all respondents had never tried smoking cigarettes, even one or two puffs.
- Among current smokers, the average number of cigarettes smoked per day was 13.62.
- The average age for first time smoking a whole cigarette was 16.55 years, median of 16 years.
- Only .8% of smokers had smoked flavored cigarettes in the past 30 days.
- 36.3% of current smokers said they were planning to quit within the next 30 days.

Use of Other Smoking and Tobacco Products

- 5.1% of respondents had smoked cigars in the past 30 days.
- 10.3% of respondents had smoked an electronic cigarette (e-cig) in the past 30 days.
 - 19.1% of current cigarette smokers are also current e-cigarette users.
- 4.1% of respondents had used smokeless tobacco products in the past 30 days.
- 1.4% of respondents had smoked a regular pipe in the past 30 days.
- 1.2% of respondents had smoked a water pipe in the past 30 days.
- 18.3% of respondents had *smoked* one or more products (cigarettes, e-cigarettes, cigars, pipe, water pipe) in the past 30 days. When vaping was included, the percentage rose to 23.8%.
- 20.9% of respondents had *used* at least one tobacco product (smoking or smokeless) in the past 30 days. When vaping was included, the percentage rose to 26.2%.
- Mean elapsed time from waking to first use of a tobacco product was 1.92 hours.

Tobacco Use Cessation

- 31.1% of all respondents were aware of telephone quitline services.
 - 42.2% of tobacco users were aware of quitline services.
- 58.5% of current smokers had tried to quit smoking in the past year, with a mean of 9.91 quit attempts and a median of 3 attempts among those who made any attempts.
- 8.6% of those who had attempted to quit using a tobacco product within the past year had used nicotine replacement or other medication to help them quit.
 - 27.7% of tobacco users said they would use nicotine replacement or medications if they were trying to quit.
- 14.2% of those who had attempted to quit using a tobacco product within the past year had used e-cigarettes to help them quit.
 - 18.3% of tobacco users said they would use e-cigarettes if they were trying to quit.

- 39.7% of respondents had seen, read, or heard advertisements within the past 30 days about quitting smoking.

Health Insurance

- 69.9% of smokers have health insurance.
 - 30.5% of these smokers said their insurance covers smoking cessation treatment.
 - 54.7% of these smokers do not know if such treatment is covered by their insurance.

Tobacco Use at Home and in Personal Vehicles

- 92.3% reported that no one else has smoked inside their home in the past week.
- 84.6% never allow smoking inside their home.
- 71.7% believe smoking should never be allowed inside any home.
- 11.7% had ridden in a vehicle in the past week in which someone else was smoking.

Tobacco Use in the Workplace

- 19.5% of employed respondents had some exposure to secondhand smoke in outdoor areas of their workplace during the previous week.
- 4.5% reported breathing secondhand smoke at work five days or more in the previous week.
- 89.7% of workers said smoking is never allowed in indoor areas at their workplace.
- 4.0% said that within the past 30 days someone smoked tobacco indoors at work against policy.
- 85.5% of workers think smoking should never be allowed indoors in the workplace.

Tobacco Use in Public Places

- 76.4% think smoking should never be allowed in restaurants.
- 46.4% think smoking should never be allowed in bars, casinos, and clubs.
- 67.8% think e-cigarettes should definitely or probably be included in smoking prohibitions.
- 16.3% were exposed to e-cigarette vapors in indoor places in the past week.
- 42.1% said they are very likely to ask a stranger not to smoke around them, and an additional 25.5% said they are somewhat likely to do so.

Health Effects of Breathing Smoke

- 63.8% of respondents think breathing smoke from other people's cigarettes is very harmful to one's health, and an additional 30.8% think it is somewhat harmful.
- 41.0% of respondents think breathing vapor from other people's e-cigarettes or vaping devices is very harmful to one's health, and an additional 34.7% think it is somewhat harmful.

Media Exposure

- 47.1% of respondents recalled seeing or hearing advertisements about the dangers of tobacco use within the past month.
- 65.3% of those reporting exposure to the ads reported seeing them on television, by far the most frequent response, while 17.2% reporting seeing them on the internet.