

Breathe Free.

OREGON LGBTQ COALITION AGAINST TOBACCO

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Welcome to Breathe Free!

Our program is supported by funding from the Oregon Department of Human Services.

Breathe Free is part of SMYRC (the Sexual Minority Youth Resource Center) which is a program of Cascadia Behavioral Healthcare.

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Oregon LGBTQ Tobacco Use 2006 Survey Results Released

Breathe Free volunteers and youth, adult volunteers and staff members from the Sexual Minority Youth Resource Center (SMYRC) collected information about tobacco use and attitudes toward tobacco prevention policy among LGBTQ Oregonians during the summer and early fall of 2006. For this second year of our research, a total of 582 people completed the survey. 89% of the respondents self identified as lesbian, gay, bisexual, queer, or other. 77% described their race/ethnicity as Caucasian. Our results include 27 residents of Vancouver, Washington as part of the Portland Metropolitan area.

Smoking Prevalence: Our study confirmed research indicating that LGBTQ people smoke at higher rates than the general population. According to the BRFSS (Behavior Risk Factor Surveillance System) data collected by the Oregon Department of Human Services, 19% of the Oregon's general population smokes. 31% of LGBTQ respondents to the Breathe Free survey smoked. Smoking rates were highest among: older age groups, women, people with gender variant identities, bisexuals, and people of color.

Quit Intentions: Most people who smoke want to quit. 80%

of LGBTQ smokers thought about quitting or were planning to quit smoking in the next 6 months. Using *both* a quit aid (such as a medication and/or a nicotine replacement like the patch or gum) and counseling leads to the greatest success in quitting tobacco.

For help quitting,
please contact the
Tobacco Quit Line:
1.800.QUIT.NOW
www.oregonquitline.org

Secondhand Smoke Exposure: Last summer the US Surgeon General reported that **there is no safe level of secondhand smoke exposure.** 92% of LGBTQ respondents said smoking should NOT be allowed in any indoor work area. Without a comprehensive clean indoor air law, approximately 35,000 Oregonians are exposed to secondhand smoke at work. In our study, most people reported being exposed to secondhand smoke in public places (41%) and bars (39%). While most (81%) of LGBTQ respondents indicated having completely smokefree homes, over half of bisexual smokers allowed smoke in their homes in some places at some times. Methods: For our study we conducted a "convenience sample," meaning that we so-

LGBTQ people smoke at higher rates than the general population.

licited survey responses in places where we'd find lots of LGBTQ people. These included Pride events in Portland, Bend and Eugene/Springfield, the LCP (Lesbian Community Project) softball tournament, and *Just Out* readership. While this gave us access to a lot of people, our data does not represent the entire LGBTQ population, but those who attend the types of events we sampled or who chose to fill out the survey inserted in *Just Out* and send it back to us. In 2007, we're adding more events to the places where we'll collect responses and the survey will be available on the internet through August.

Thanks to all of the people who completed the survey and who helped collect the information and put out the results! For the complete report on our survey, please contact R.E. Szego at reszego@cascadiabh.org.