

Cessation

Eighty percent of Oregonians who smoke want to quit. Quitting at any age and at any time is beneficial. People who try to quit smoking are two to three times more likely to succeed if they use prescription nicotine replacement therapies and get counseling. Almost half of Oregon adults who tried to quit in the past year used some form of nicotine replacement therapy, but only 11 percent received counseling. The Oregon Tobacco Quit Line, private insurance plans, and the Oregon Health Plan all offer tobacco quit programs.

Oregon Tobacco Facts 2013: Cessation

Medical advice to quit smoking, Oregon, by type of insurance

Insurance Type	2010 Advised quitting (%)	2012 Advised quitting (%)
No insurance	53.9	64.1
Oregon Health Plan	58.7	75.3
Insurance other than Oregon Health Plan	63.5	63.3
Total	59.3	64.2

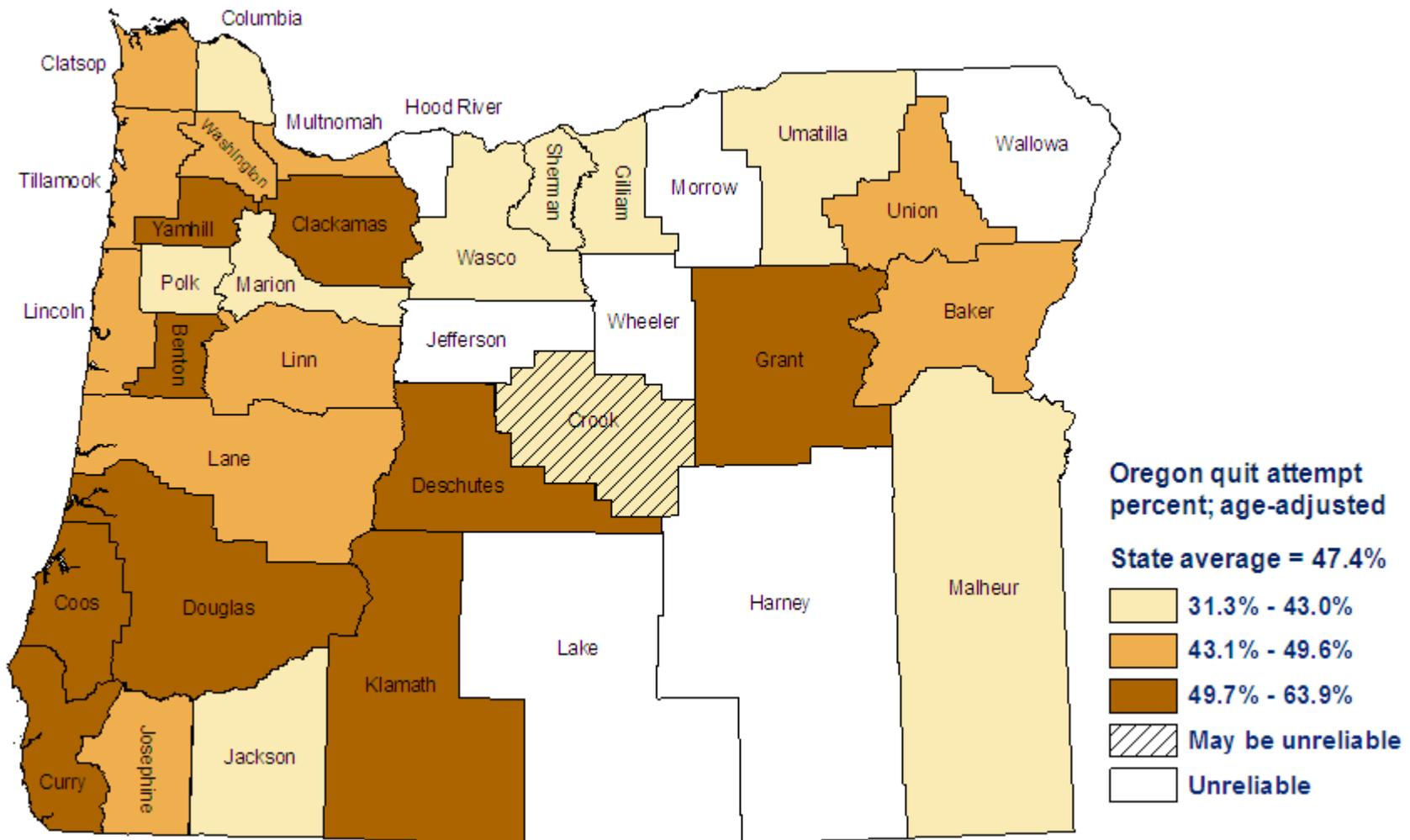
Notes:

- BRFSS data include both land lines and cell phones.
- The results above cannot be compared with results from 2000 to 2009. The populations and methods are different.
- The relevant questions were not asked in 2011.
- All results are age-adjusted.

Data source:

Oregon Behavioral Risk Factor Surveillance System (BRFSS). See "Oregon Tobacco Facts Data Sources and Statistical Methods."

Cigarette smoking quit attempts by Oregon county, 2008-2011



Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) 2008-2011

Table IV: Age-Adjusted and Unadjusted Prevalence of Tobacco Use among Adults, by County, Oregon 2008-2011

County	Current Smoker		Smokeless Tobacco Use by Males		Quit Smoking Attempts During the Previous Year	
	Unadjusted	Age-adjusted	Unadjusted	Age-adjusted	Unadjusted	Age-adjusted
OREGON		16.3%		6.9%		47.4%
Baker	23.0%	26.4%*	15.0%†	17.1%†	46.3%	44.3%
Benton	10.3%	10.2%*	—	5.5%†	60.7%	63.9%*
Clackamas	14.0%	14.3%*	7.0%	7.2%	52.9%	52.1%
Clatsop	19.6%	20.3%	8.5%†	9.4%†	46.5%	45.2%
Columbia	18.2%	19.2%	7.5%	7.9%	41.1%	41.3%
Coos	24.8%	28.3%*	10.8%†	13.7%†	57.3%	55.2%
Crook	16.7%	17.4%	15.1%†	15.8%†	41.4%†	34.7%†
Curry	24.5%	32.3%*	7.5%†	8.8%†	49.1%	57.5%
Deschutes	13.1%	13.8%	9.2%	10.0%	58.1%	57.4%
Douglas	23.8%	26.7%*	9.9%	11.6%	51.4%	49.7%
Grant	22.8%	26.2%	36.1%†	45.5%*	59.0%	63.0%
Harney	9.0%†	8.4%†	32.0%	33.5%*	—	—
Hood River	9.2%	9.5%†	—	9.2%†	—	—
Jackson	19.7%	21.2%*	6.3%	6.8%	44.1%	43.0%
Jefferson	14.6%	15.4%	16.6%	16.8%*	—	—
Josephine	19.3%	21.3%*	5.5%	6.7%†	48.7%	48.5%
Klamath	19.9%	20.6%	11.6%	12.7%	51.2%	54.2%
Lake	16.8%	19.2%†	12.7%†	—	—	—
Lane	17.6%	18.1%	5.7%	5.9%	48.3%	47.2%
Lincoln	22.8%	27.4%*	9.6%†	12.1%†	41.8%	43.1%
Linn	18.2%	19.0%	10.4%	11.2%	49.3%	49.6%
Malheur	22.0%	22.9%	15.7%†	16.1%†	40.9%	36.7%
Marion	14.2%	14.4%	5.9%	5.9%	40.9%	40.1%
Morrow	14.5%	14.7%	—	24.1%†	—	—
Multnomah	14.6%	14.5%*	2.8%	2.7%*	48.7%	46.8%
Polk	13.2%	14.2%	6.6%†	6.7%†	37.2%	38.2%
Tillamook	19.8%	23.0%	14.3%†	17.1%†	47.7%†	47.9%
Umatilla	20.6%	21.0%*	12.5%	12.8%*	39.1%	37.9%
Union	10.8%	11.6%	18.2%†	18.1%†	48.2%†	43.6%
Wallowa	14.9%†	16.9%†	8.6%†	—	—	—
Washington	12.7%	12.6%*	4.8%	4.7%*	49.0%	45.9%
Wheeler	12.1%†	—	—	—	—	—
Yamhill	18.4%	18.5%	6.4%†	6.5%†	62.5%	56.1%
Gilliam/Sherman/Wasco	13.7%	14.4%	8.0%†	9.0%†	53.8%	31.3%

* Statistically significant difference compared with all other counties (p-value <= 0.05)

† This number may be statistically unreliable and should be interpreted with caution.

— This number is suppressed because it is statistically unreliable.

Age-adjusted estimates are adjusted to the 2000 Standard Population using three age groups (18-34, 35-54, and 55+).

Source: Oregon BRFSS County Combined Dataset 2008-2011