

2006 LESBIAN, GAY, BISEXUAL, AND TRANSGENDER (LGBT) TOBACCO SURVEY



In June 2006, the New Mexico Department of Health, Stop Tobacco on My People and the University of New Mexico Health Evaluation and Research Team conducted a tobacco survey of lesbian, gay, bisexual, and transgender (LGBT) people. This population has been identified as experiencing tobacco-related health disparities in the *NM Tobacco-Related Disparities Strategic Plan, 2005-2010*. The convenience sample survey was conducted at Pride events in Albuquerque, Santa Fe, and Las Cruces. A total of 471 people completed the survey, 88% of whom identified as LGBT. The purpose of the survey was to gain new knowledge for improved tobacco prevention and cessation programming efforts for LGBT people; therefore, analyses that follow are limited to the LGBT participants.

LGBT RESPONDENT DEMOGRAPHICS

GENDER

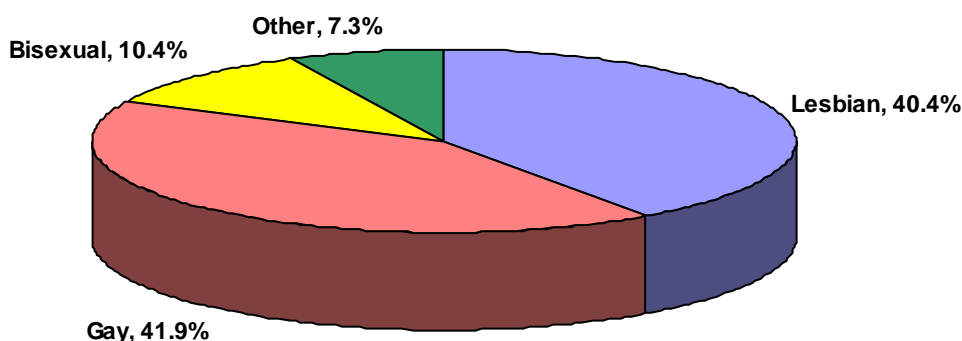
Of the LGBT participants, 47.4% were male, 50.4% were female, and 2.2% were other.

AGE

The mean age of LGBT participants was 36.2 years, with a range of 15 years to 81 years.

Age Groups	Percent
15-24 years	23.7%
25-34 years	24.7%
35-44 years	24.5%
45-54 years	16.2%
55+ years	10.9%

SEXUAL ORIENTATION



Note: Straight respondents are excluded from pie chart.

TRANSGENDER

- 5.4% of survey participants indicated that they considered themselves transgender or transsexual.
- Among transgender people, 18.2% identified as lesbian, 31.8% as gay, 9.1% as bisexual, and 40.9% as other. No transgender people chose straight as their sexual orientation.

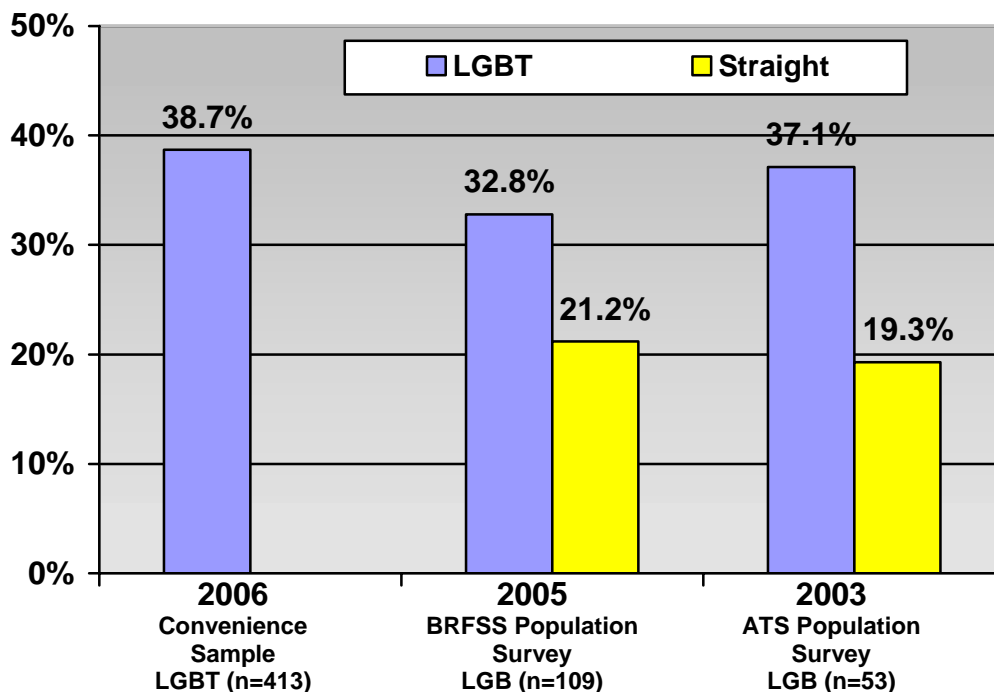
RURAL VS. URBAN RESIDENCE

- 89.2% of survey respondents reside in urban areas (Albuquerque, Santa Fe, and Las Cruces metropolitan areas), while the remaining 10.8% reside in more rural areas of the state.

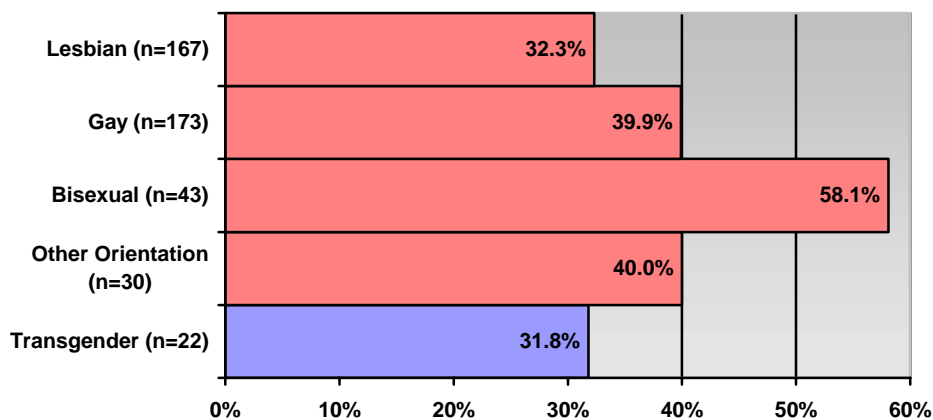
LGBT PEOPLE AND SMOKING

- 38.7% of LGBT survey participants were current smokers. A current smoker is defined as someone who has smoked at least 100 cigarettes (5 packs) in their lifetime and currently smokes every day or some days.
- The estimate of LGBT smokers in this 2006 survey is similar to the estimates from population-based surveys conducted in 2005 and 2003.

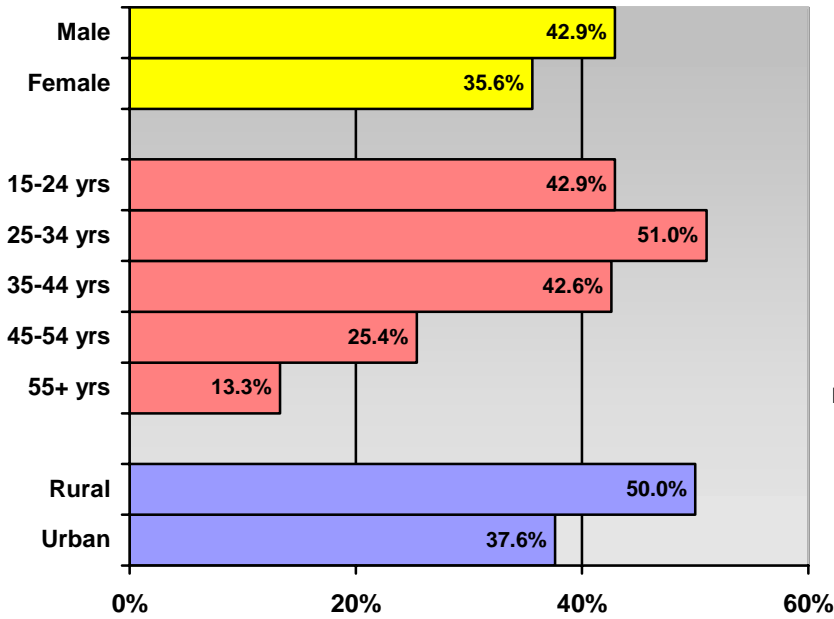
Percent LGBT Current Smokers, Available NM Data



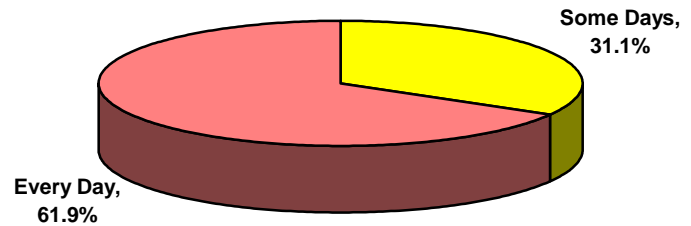
Percent Current Smokers by Sexual Orientation and Transgender



Percent Current Smokers by Gender, Age, and Urban vs. Rural Residence



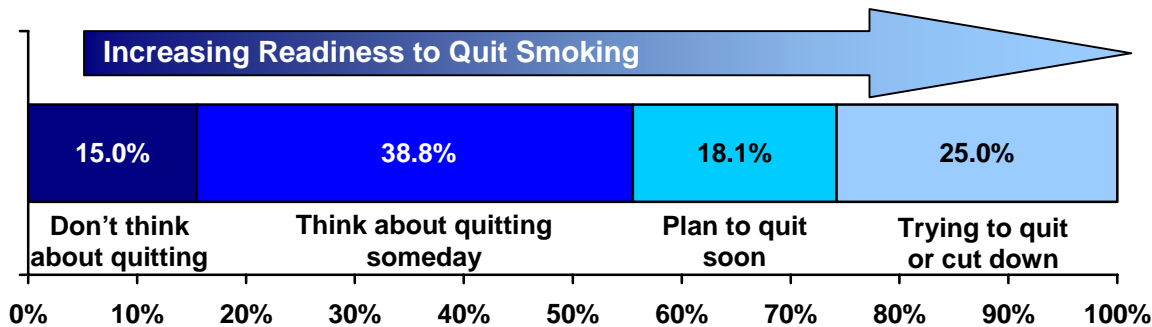
LGBT Smokers Who Smoke Every Day vs. Some Days



- The rate of smoking among LGBT people appears to be highest among males, people who are between 15 and 44 years old, and among people who live in rural areas of the state (outside of Albuquerque, Santa Fe, and Las Cruces metro areas).
- On average, LGBT smokers seem to be younger (32.5 years) than LGBT non-smokers (38.4 years).

LGBT SMOKERS AND QUITTING

- 61.9% of LGBT smokers actually stopped smoking for one day or longer in the past year because they were trying to quit.
- When smokers were asked about their readiness to quit, they fell along the following continuum:

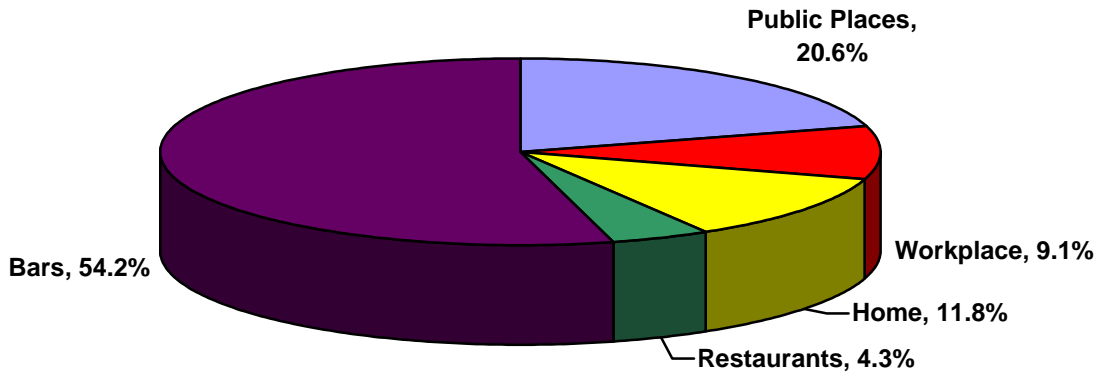


Percent of Smokers Interested in Quitting Who Would Use Specific Quitting Aids*	
Nicotine Replacement (e.g., patches, gum)	38.3%
Counseling Advice	37.0%
Web-Based Service	32.5%
Cessation Group	28.4%
Medications (e.g., Wellbutrin, Zyban)	26.4%
Telephone Helpline	23.6%

*Smokers were asked to respond "yes" or "no" to each method. Percentage reflects "yes" responses.

EXPOSURE TO SECONDHAND SMOKE

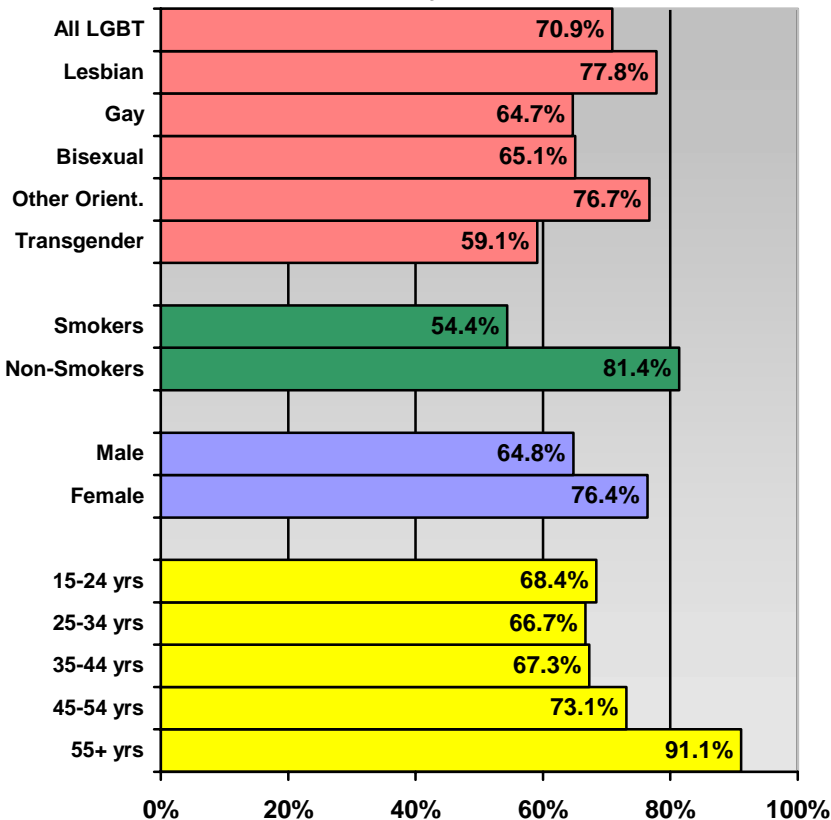
Locations Where People Say They Are MOST FREQUENTLY Exposed to Secondhand Smoke



- Bars are the most likely place where LGBT people report exposure to secondhand smoke.
- About one-fifth (20.6%) of participants indicated frequent exposure to secondhand smoke in public places, which includes casinos.

SMOKE-FREE HOMES

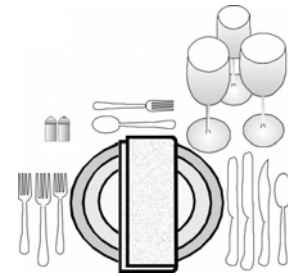
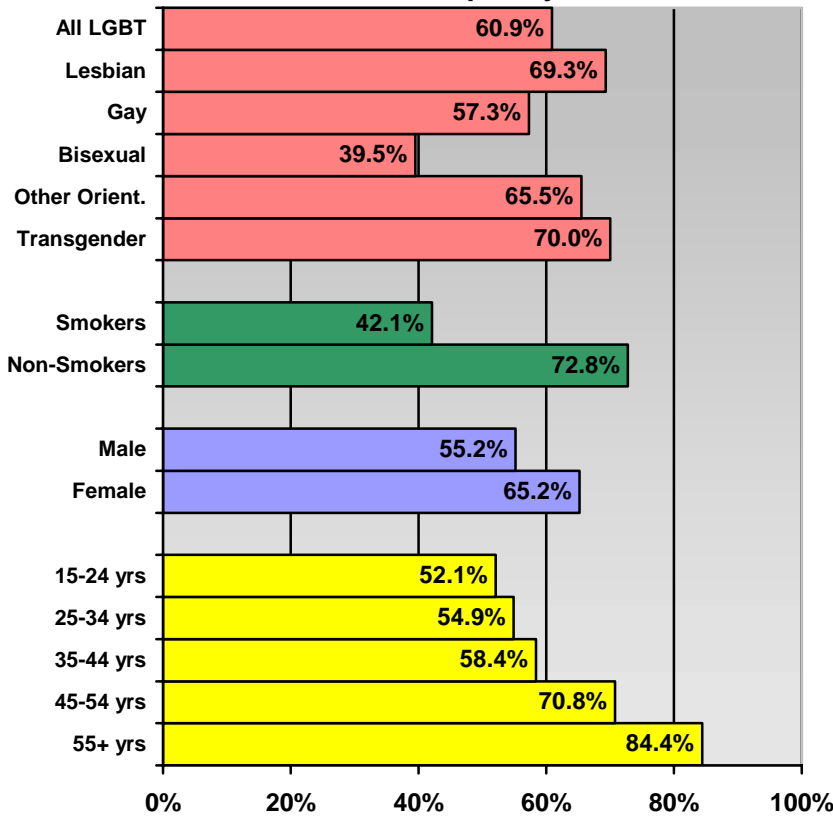
Percent of People Who Report that Smoking is NOT Allowed Anywhere in Their HOMES



- About 71% of people indicate that they have completely smoke-free homes.
- The groups most likely to have smoke-free homes are lesbians, people of “other” orientation, non-smokers, females, and people 55 years of age and older.

SMOKE-FREE RESTAURANTS

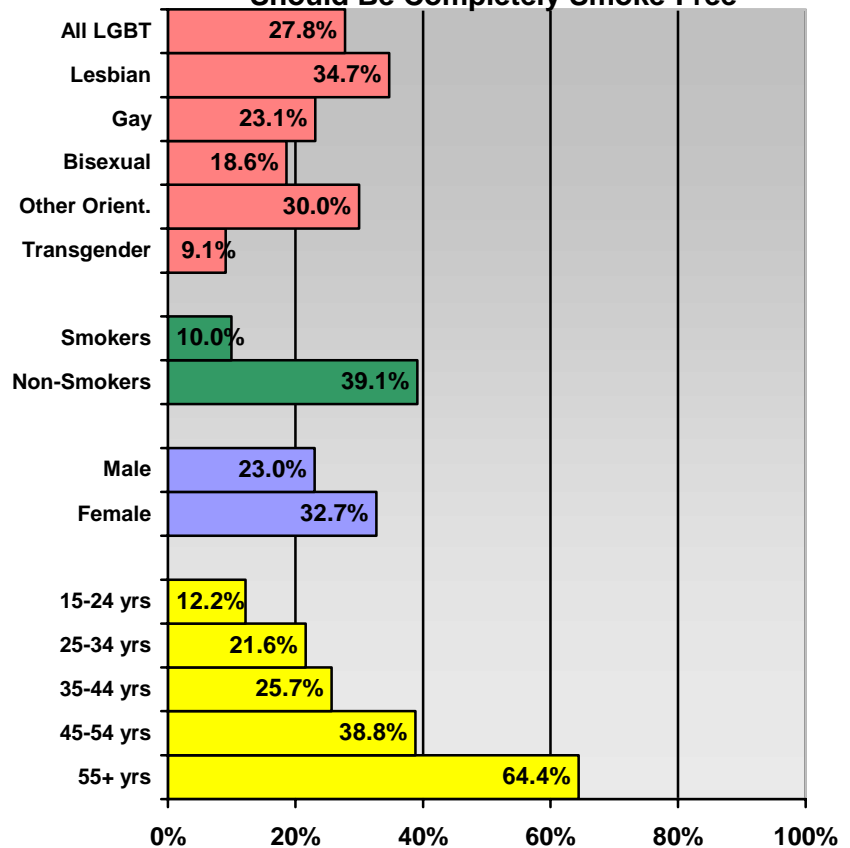
Percent of People Who Believe RESTAURANTS Should Be Completely Smoke-Free



- Overall, about six in ten (60.9%) people believe restaurants should be completely smoke-free.
- The groups most likely to support smoke-free restaurants are lesbian and transgender people, non-smokers, and people 45 years of age and older.

SMOKE-FREE BARS

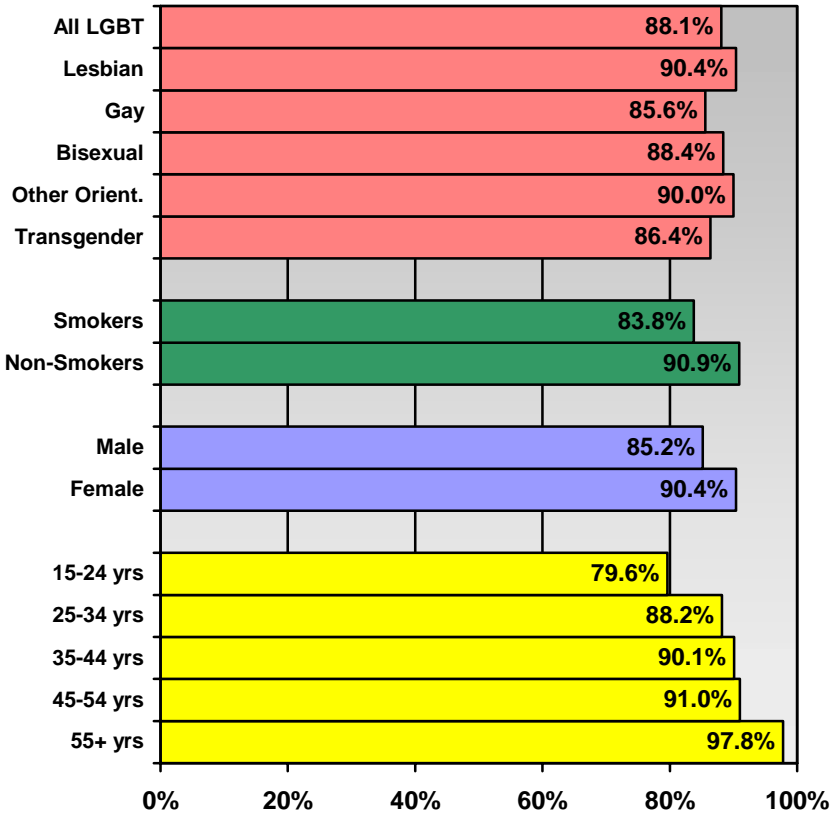
Percent of People Who Believe BARS Should Be Completely Smoke-Free



- Overall, 27.8% of people believe bars should be completely smoke-free.
- The groups more inclined to support smoke-free bars include lesbians, non-smokers, females, and people 45 years of age and older.

SMOKE-FREE INDOOR WORK AREAS

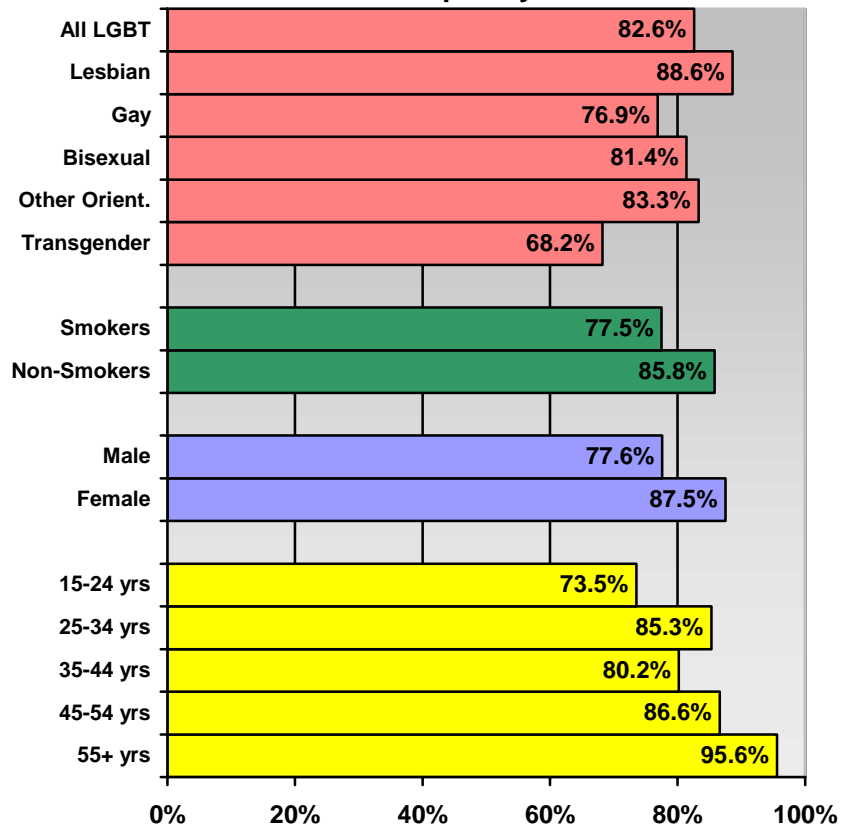
Percent of People Who Believe INDOOR WORK AREAS Should Be Completely Smoke-Free



- About 9 in 10 people (88.1%) believe indoor work areas should be completely smoke-free.
- Support for smoke-free work areas is high in all subgroups.

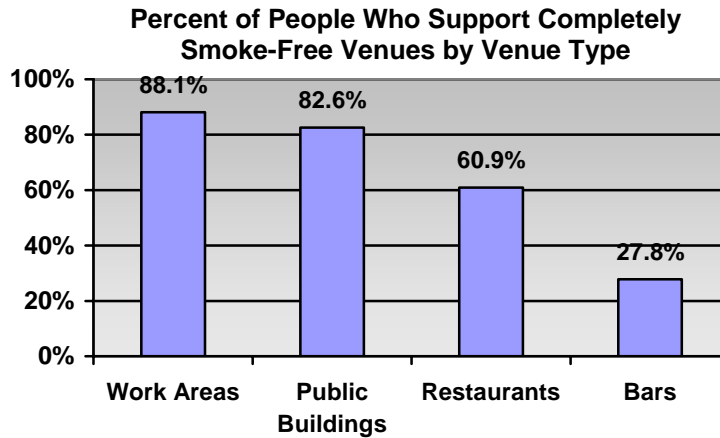
SMOKE-FREE PUBLIC BUILDINGS

Percent of People Who Believe PUBLIC BUILDINGS Should Be Completely Smoke-Free



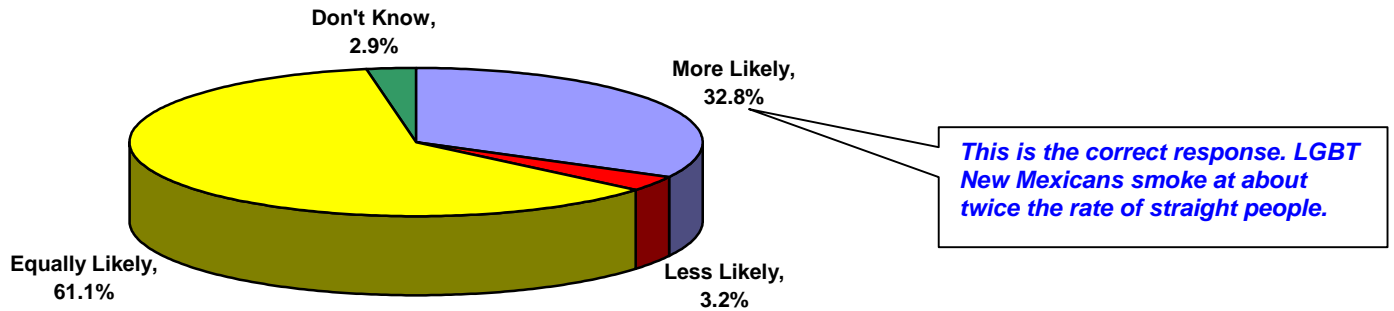
- More than 8 in 10 people (82.6%) believe public buildings should be completely smoke-free.
- Support for smoke-free public buildings ranges from 68.2% in transgender people to 95.6% among people 55 years of age and older.

SMOKE-FREE PLACES (CONT.)

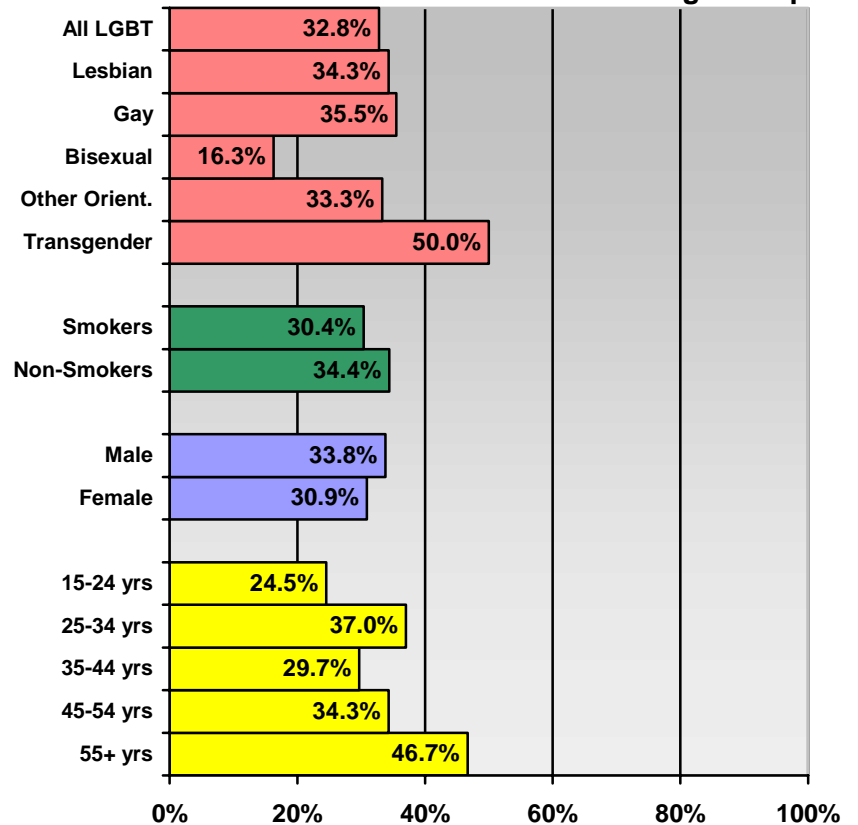


AWARENESS OF LGBT VS. STRAIGHT SMOKING RATES

“Compared to straight people, do you think LGBT people are more likely, less likely, or equally likely to smoke?”



Percent of People Who Correctly Knew That LGBT People are MORE LIKELY to Smoke Than Straight People



Only about one-third (32.8%) of people correctly knew that LGBT people are more likely to smoke than straight people.

Comparison of Selected Tobacco Measures: LGBT vs. General Population		
Measure	LGBT*	General Population
Current Smokers	38.7% ↑	19.3%
Every Day Smokers	61.9%	65.5%
Some Day Smokers	31.1%	34.5%
Made Quit Attempt in Past Year	61.9% ↑	49.8%
Reside in Smoke-Free Home	70.9% ↓	78.5%
Support Smoke-Free Restaurants	60.9%	64.7%
Support Smoke-Free Work Areas	88.1% ↑	76.1%
Support Smoke-Free Public Buildings	82.6% ↑	72.8%
Support Smoke-Free Bars	27.8%	26.9%
*Differences between LGBT and General Population of five percentage points or greater are denoted by arrows indicating direction of difference.		
<i>Data Sources: 2006 LGBT Pride Tobacco Survey (convenience sample; in-person survey of randomly selected Pride participants); 2003 NM Adult Tobacco Survey (randomized, telephone survey of all NM residents).</i>		

CONCLUSIONS

These survey results provide important details about smoking behaviors and beliefs as well as attitudes regarding secondhand smoke among LGBT people in New Mexico. LGBT people appear to smoke at much higher rates than their straight counterparts, but a majority of LGBT smokers surveyed want to quit. These results are comparable to other surveys of LGB populations. Compared to straight people, LGBT people are more likely to be exposed to secondhand smoke, but in some instances, are more likely to support certain smoke-free venues. Only about one-third of LGBT people are aware that smoking rates for LGBT people are significantly higher than for the straight population.

Focus group data collected in Spring 2005 indicate that LGBT people may also be at higher risk for other negative health outcomes. Some possible explanations for these health disparities include: internal and societal stresses associated with sexual orientation and gender identity as well as depression, inadequate access to health care, targeted advertising of alcohol and tobacco products, and lack of population-specific health interventions.

These findings highlight the need for more educational efforts in the LGBT population regarding high smoking rates, quitting methods, and the health hazards of smoking and secondhand smoke. The Tobacco Use Prevention and Control Program and STOMP—Stop Tobacco on My People, the statewide tobacco disparities network, have already begun some activities to increase awareness of tobacco issues and have built some capacity to deliver LGBT-specific cessation services. A better understanding of this community, such as that gained through this survey and other methods, allows for the development and delivery of more effective tobacco use prevention and cessation services for LGBT New Mexicans.

METHODS OVERVIEW

Fifteen LGBT people and straight allies underwent a two-hour survey administrator training, which included background information on the need for LGBT tobacco data, random and diverse selection of survey participants at Pride events, and role-playing exercises for administering the survey. Ten hand-held personal display assistants—PDAs (PalmOne Tungsten®) were used for electronic data collection. Pendragon® survey software was used to import the survey instrument into the PDAs, as well as for data

collection. Survey administrators performed data entry while they conducted the in-person survey. The 15-question survey took between three and five minutes to administer.

Surveyors were paid for their training time and received a set fee per completed survey. Survey participants received small tokens of appreciation (i.e., strands of Mardi Gras beads or “Blow Bubbles Not Smoke” bottles) and were asked to wear a rainbow sticker with the wording “I’ve Been Palmed” to indicate that they had already been surveyed.

Data from all ten PDAs was synched onto a desktop computer using survey software. Data was then transferred into a spreadsheet format and analyzed using STATA[®] data analysis software.

Special thanks are extended to the NC Department of Health for sharing information regarding their survey methodology and experiences in conducting a similar survey.

This report is available online at <http://hsc.unm.edu/programs/tupac/>. For additional information contact:

James Padilla, New Mexico Department of Health
505.841.5839; james.padilla@state.nm.us

Coletta Reid, STOMP—Stop Tobacco on My People
505.988.3473; creidassociates@qwest.net

Linda Peñaloza, University of New Mexico
505.272.4859, lpenaloz@salud.unm.edu

2006 NM Pride Palm Survey

Q1. Would you be willing to answer a few questions about tobacco use and attitudes?

- 1 Yes, **Thanks, your answers will be kept confidential** (skip to Q2)
- 2 No, **Thanks anyway** (skip to end)
- Do not read**
- 3 Don't know/Not Sure (skip to Q2)
- 4 Refused (skip to end)

Q2. Have you smoked at least 100 cigarettes in your entire life?

- 1 Yes (skip to Q3)
- 2 No (skip to Q7)
- Do not read**
- 7 Don't know / Not Sure (skip to Q3)
- 9 Refused (skip to Q3)

Q3. Do you now smoke cigarettes every day, some days, or not at all?

- 1 Every day (skip to Q4)
- 2 Some days (skip to Q4)
- 3 Not at all (skip to Q7)
- Do not read**
- 7 Don't know / Not Sure (skip to Q4)
- 9 Refused (skip to Q7)

Q4. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

- 1 Yes (skip to Q5)
- 2 No (skip to Q5)
- Do not read**
- 7 Don't know/Not Sure (skip to Q5)
- 9 Refused (skip to Q5)

Q5. Please stop me when I reach the statement that best describes you now...

Please read

- 1 You are trying to quit or cut down on your tobacco smoking (skip to Q6)
- 2 You plan to quit smoking tobacco soon (skip to Q6)
- 3 You think you should quit smoking tobacco someday (skip to Q6)

Or

- 4 You don't think about quitting smoking tobacco (skip to Q7)

Do not read

- 7 Don't know/Not Sure (skip to Q7)
- 9 Refused (skip to Q7)

Q6. If you were to seek outside help to quit smoking, would you use or seek out...

Please read

6a. Nicotine-replacement products such as patches, gum, or lozenges?

- 1 Yes (skip to Q6b)
- 2 No (skip to Q6b)
- 7 Don't know/Not Sure (skip to Q6b)
- 9 Refused (skip to Q6b)

6b. Prescription medications such as Wellbutrin or Zyban?

- 1 Yes (skip to Q6c)
- 2 No (skip to Q6c)
- 7 Don't know/Not Sure (skip to Q6c)
- 9 Refused (skip to Q6c)

- 6c. Counseling Advice?
 1 Yes (skip to Q6d)
 2 No (skip to Q6d)
 7 Don't know/Not Sure (skip to Q6d)
 9 Refused (skip to Q6d)
- 6d. Smoking Cessation Group?
 1 Yes (skip to Q6e)
 2 No (skip to Q6e)
 7 Don't know/Not Sure (skip to Q6e)
 9 Refused (skip to Q6e)
- 6e. Telephone Helpline?
 1 Yes (skip to Q6f)
 2 No (skip to Q6f)
 7 Don't know/Not Sure (skip to Q6f)
 9 Refused (skip to Q6f)
- 6f. Web-based Quit Service?
 1 Yes (skip to Q6g)
 2 No (skip to Q6g)
 7 Don't know/Not Sure (skip to Q6g)
 9 Refused (skip to Q6g)
- 6g. Self-Help Materials?
 1 Yes (skip to Q7)
 2 No (skip to Q7)
 7 Don't know/Not Sure (skip to Q7)
 9 Refused (skip to Q7)

Q7. Which statement best describes the rules about smoking inside your home? Is smoking...

Please read

- 1 Not Allowed anywhere inside your home (skip to Q8)
 2 Allowed in some places or at some times (skip to Q8); OR
 3 Allowed anywhere inside your home (skip to Q8)

Do not read

- 4 There are no rules about smoking inside your home (skip to Q8)
 7 Don't know / Not Sure (skip to Q8)
 9 Refused (skip to Q8)

Q8. Where are you most frequently exposed to secondhand smoke? [Note: Select only one answer]

Please read

- 1 Public places (skip to Q9)
 2 Workplace (skip to Q9)
 3 Home (skip to Q9)
 4 Restaurants (skip to Q9)
 5 Bars (skip to Q9)

Do not read

- 7 Don't know / Not Sure (skip to Q9)
 8 Refused (skip to Q9)

Q9. In the following locations, do you think that smoking should be allowed in all areas, some areas or not at all?

Please read items in bold

- Q9a. Restaurants** (1 Allowed in all areas 2 Allowed in some areas 3 Not allowed at all 7 DK/Not Sure 9 Refused)
Q9b. Bars (1 Allowed in all areas 2 Allowed in some areas 3 Not allowed at all 7 DK/Not Sure 9 Refused)
Q9c. Indoor work areas (1 Allowed in all areas 2 Allowed in some areas 3 Not allowed at all 7 DK/Not Sure 9 Refused)

Q9d. Public Buildings (1 Allowed in all areas 2 Allowed in some areas 3 Not allowed at all 7 DK/Not Sure 9 Refused)

Because we are interested in working with diverse populations, we have a few questions about age, gender and sexual orientation. Remember, your answers are confidential.

Q10. How old are you? _____

Q11. What is your gender? [Note to Interviewer: If necessary, say “current gender,” if different from birth]

Do not read

- 1 Male (skip to Q12)
- 2 Female (skip to Q12)
- 3 Other _____ (specify) (skip to Q12)

Do not read

- 7 Don't know / Not Sure (skip to Q12)
- 9 Refused (skip to Q12)

Q12. Do you consider yourself transgender or transsexual in any way?

- 1 Yes (skip to Q13)
- 2 No (skip to Q13)

Do not read

- 7 Don't know /Not Sure (skip to Q13)
- 9 Refused (skip to Q13)

Q13. Regarding sexual orientation, do you consider yourself to be lesbian, gay, bisexual, straight, or something else?

Please read

- 1 Lesbian (skip to Q14)
- 2 Gay (skip to Q14)
- 3 Bisexual (skip to Q14)
- 4 Straight (skip to Q14)
- 5 Other _____(specify) (skip to Q14)

Do not read

- 7 Don't know / Not Sure (skip to Q14)
- 9 Refused (skip to Q14)

Q14. Compared to straight people, do you think that lesbian, gay, bisexual, and transgender people are more likely to smoke, less likely to smoke, or equally likely to smoke.

- 1 More likely (skip to Q15)
- 2 Less likely (skip to Q15)
- 3 Equally likely (skip to Q15)

Do not read

- 7 Don't Know/Not Sure (skip to Q15)
- 9 Refused (skip to Q15)

Q15. For statistical purposes only, what is your home zip code?

Thank you for your participation. Please stop by our table and grab some goodies and information about tobacco.