

Correlates of Smoking Cessation among Filipino-American Men

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Background

- More than 2 million Filipinos in the US, with about half in California (*US Census, 2000*)
- In California, Fil-Am men have higher smoking rates compared to Non-Hispanic Whites, Blacks, and Hispanics (Maxwell et al., *Prev Med, 2005*)
- Lung cancer is top cancer killer among Fil-Am men (Cockburn & Deapen, 2004)



Aim and Objective

- Overall Aim of Fil-Am Tobacco Study:
 - To gather data on tobacco-related knowledge, attitudes, cessation efforts, and preferences for smoking cessation interventions among Fil-Am men (Maxwell et al., *Nic Tob Res*, 2007)
- Objective of this Presentation:
 - To identify factors associated with smoking cessation among Fil-Am men

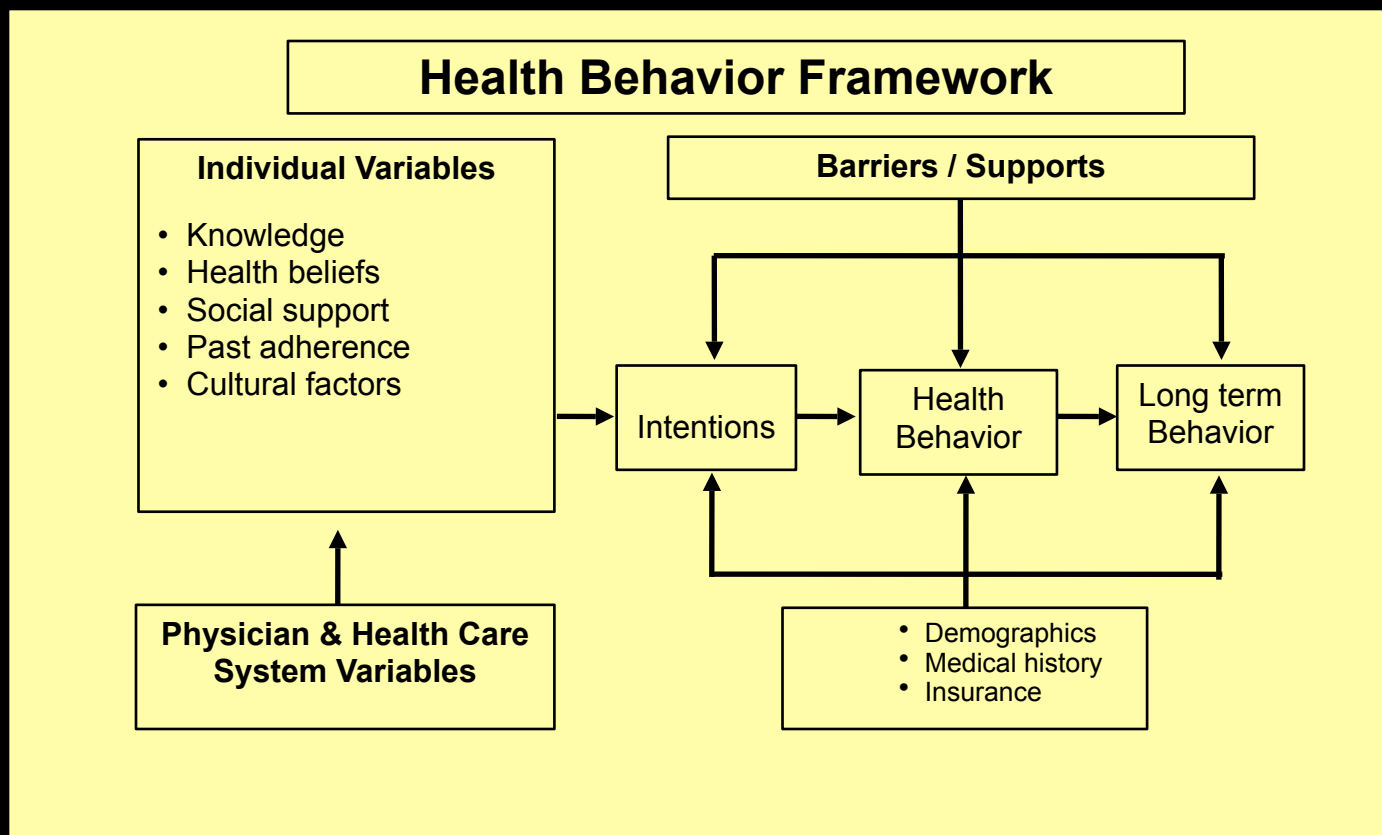


Literature Review

- Based on literature the factors associated with smoking cessation are:
 - Demographics: Age, Income, Education, Marital Status
 - Acculturation
 - Knowledge, Attitudes, & Beliefs
 - Age of smoking initiation, nicotine dependence, quit attempts
 - Environmental--both physical and social



Theoretical Framework



Gritz ER & Bastani R. (1993). "Cancer Prevention—Behavior Changes: The Short and the Long of It." *Preventive Medicine* 22, 676-688



Methods

- Community-based research
 - Worked with Fil-Am CBOs and associations in greater Los Angeles area
 - Research period: May 2004 to May 2005
 - Interviewed 318 Fil-Am men, 40-75 years:
 - 1/3 ea of current, former, and never smokers
 - For this study: Ever-smokers who have attempted or quit smoking (N=186)



Where did we recruit?



Filipino Christian Church

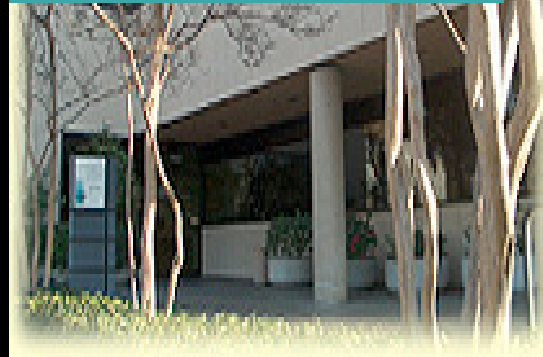


St. Dominic's Church

Pilipino Workers' Center



Asian Pacific Health Care Venture, Inc.



QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

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Interviewers



Gabriel



Romina



nette



Myra



Grace



Janice



Variables

Independent Variables	Outcome Variable
Demographics	Quitting smoking ≥ 1 year
Access to care	
Acculturation	
Knowledge on health effects of smoking (8 items, $\alpha=0.64$)	
Positive beliefs on social & physical consequences of smoking (12 items, $\alpha=0.84$)	
Number of friends who smoke	
Others in household smoke	
Household policy on smoking	



Significant Difference b/w Successful & Unsuccessful Quitters

Factors	Successful Quitters	Unsuccessful Quitters
Income: \geq \$50,000/year	34%	17%
Have health insurance	84%	68%
Positive beliefs on physical & social consequences of smoking	2.5 ± 2.6	5.2 ± 3.1
Most friends smoke	21%	42%
Smoking completely prohibited in household	76%	53%

Not significant: Age, education, marital status, employment, acculturation, knowledge, and others in household smoke



Significant Factors Associated with Successful Quitting

Significant Factors	Odds Ratio (CI)
Positive beliefs on physical & social consequences of smoking	0.66 (0.56-0.78)
Most of friends smoke	0.35 (0.14-0.92)
Smoking completely prohibited in household	3.67 (1.49-9.07)



Example of the Belief Items

- Smoking can help people when they are bored.
- Smoking can help people when they are stressed.
- Smoking can help when people are depressed or lonely.
- Offering cigarettes is an important social exchange.
- Smoking is encouraged in the Filipino culture.

See Maxwell et al., *Nic Tob Res*, 2007



Discussion

- Factors associated with quitting smoking ≥ 1 year among Fil-Am men comparable to US population who are ever smokers (Lee & Kahende, *AJPH*, 2007)
- These factors can be addressed in smoking cessation programs



Strengths & Limitations

- Strengths

- Good example of successful university-community collaboration
- One of the first studies that examines smoking cessation among Fil-Am men

- Limitations

- Convenience sampling limits generalizability
- Cross-sectional data limits making direct causal inferences



Public Health Implications

- Smoking cessation programs for Fil-Am men would benefit from...
 - Education, community activities, and social marketing that dispel the positive physical and social impact of smoking specific to Filipino culture.
 - Encourage a smoking ban in households



Questions?

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