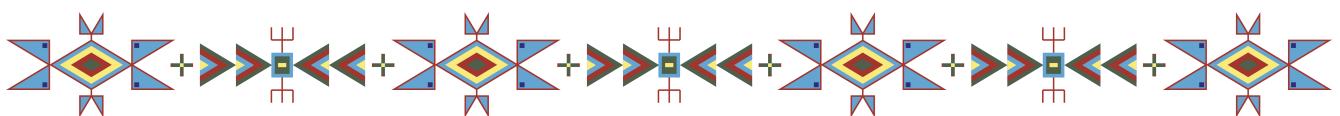
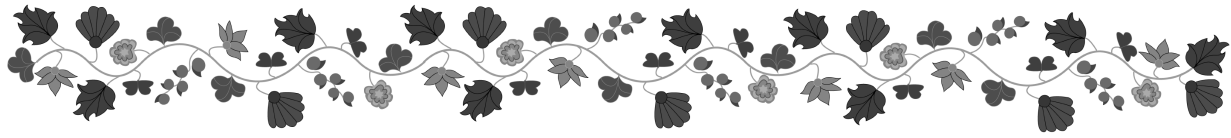


Tribal Tobacco Use Project Survey Report 2013

Findings from Minnesota American Indian Communities





AMERICAN INDIAN COMMUNITY TOBACCO PROJECTS

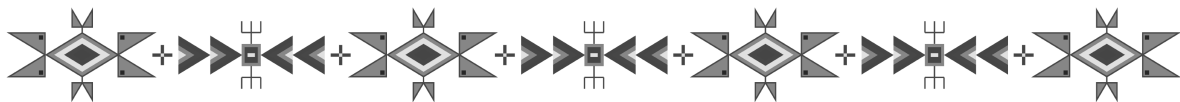
The Tribal Tobacco Use Project (TTUP) is part of a unique collaborative research partnership known as the American Indian Community Tobacco Projects which is led by John Poupart of the American Indian Policy Center and Jean Forster of the School of Public Health, University of Minnesota. These projects involve American Indian people in every aspect of the research.

DATA OWNERSHIP

This report represents the combined findings for all the communities surveyed in Minnesota. Each tribe owns the data they contributed to this report. Others wishing to gain access to these data must seek approval from the participating tribes and the TTUP community and academic partners.

THIS REPORT

This is a technical report to provide the data to our partners and stakeholders. We have included the responses to every question used in common for each community. We hope it will be useful in planning and requesting funding for tobacco control programs and for educating community members and stakeholders about tobacco use among American Indians in Minnesota.





TTUP PARTNERSHIP

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American Indian Communities, 2013.

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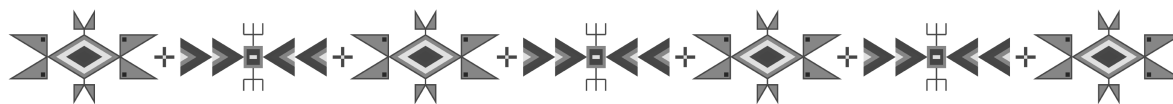
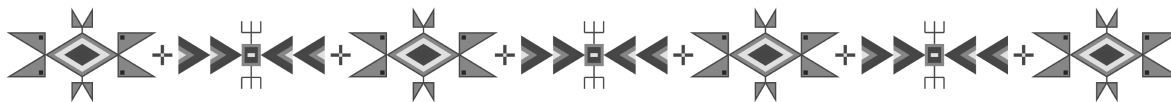




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KEY FINDINGS

TRIBAL TOBACCO USE PROJECT SURVEY

MINNESOTA NATIVE COMMUNITIES

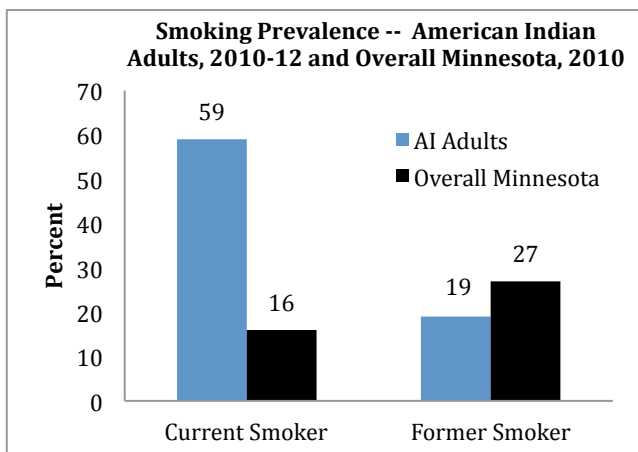
Methods

The American Indian Community Tobacco Projects (AICTP) partnered with 7 reservations and the urban communities in Duluth, Hennepin and Ramsey Counties to administer the Adult Tobacco Survey in 2010-2012. Participants were adults ages 18 and older who self-identified as American Indian and met the other criteria established by each reservation (e.g. used tribal clinic, lived on the reservation, enrolled in tribe, or lived in tribal housing). The survey included questions about smoking status, quitting tobacco use, secondhand smoke exposure, and traditional tobacco use.

A total of 2926 surveys were collected. The raw data were adjusted to reflect the age and gender distribution of American Indians (alone or with another race) in the 2010 Census for Minnesota.

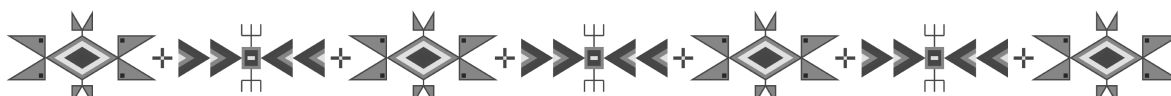
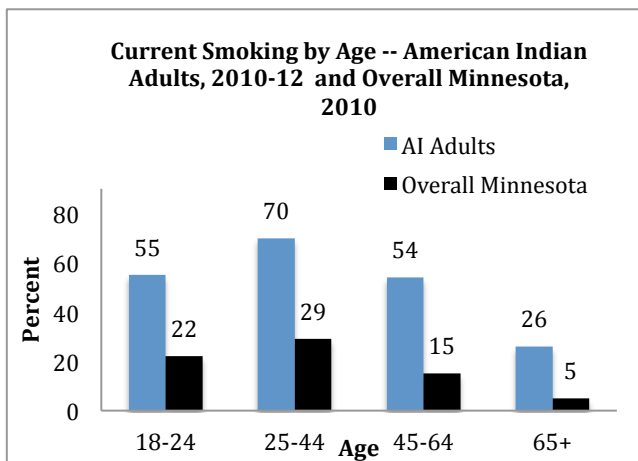
Smoking prevalence

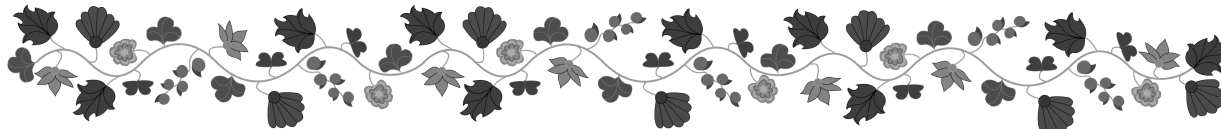
- 59% of adults identified as current smokers (compared to 16% of all MN adults)
- 19% of adults are former smokers (compared to 27% of all MN adults)
- 22% of adults have never been regular smokers (compared to 57% of all MN adults)
- Slightly more American Indian men (61%) compared to women (57%) are current smokers
- The percent of current cigarette smoking is more than two-fold higher in every age group among AI adults compared to the total Minnesota (see graph)
- AI young adults (age 18-24) are more likely to be never smokers (37%) compared to older AI adults



Quitting smoking

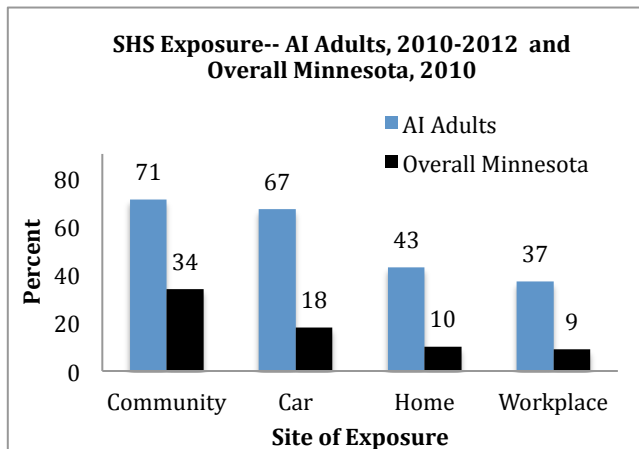
- 62% of American Indian adults who smoke want to quit smoking
- 48% of smokers tried to quit smoking in the past year
- 39% reported that they are aware of programs to help people quit smoking





Secondhand Smoke Exposure (SHS)

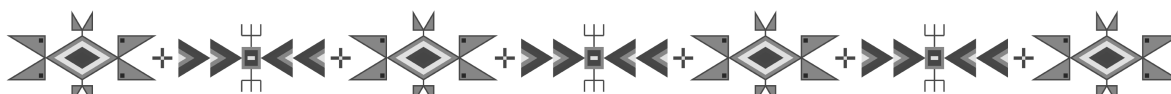
- 71% of respondents were exposed to SHS at community locations on a regular basis (compared to 34% total MN adults)
- 43% of American Indian adults reported being exposed to SHS at home every day
- 37% of employed respondents worked in indoor environments where they were exposed to SHS, compared to 9% of MN adults overall



SMOKING PREVALENCE AMONG AMERICAN INDIAN ADULTS IN MINNESOTA

	Smoking Status					
	Current (%)		Former (%)		Never (%)	
	AI	Overall MN*	AI	Overall MN*	AI	Overall MN*
Overall	59%	16%	19%	27%	22%	57%
Men	61%	18%	18%	30%	21%	63%
Women	57%	15%	21%	25%	22%	61%
18-24 yr	55%	22%	8%	6%	37%	72%
25-44 yr	70%	29%	13%	22%	17%	58%
45-64 yr	54%	15%	27%	33%	19%	52%
65+ yr	26%	5%	52%	44%	23%	51%

*Source: *Tobacco Use in MN 2010 Update*. Minneapolis, MN: ClearWay MinnesotaSM and Minnesota Department of Health; February 2011.





FORWARD

The American Indian Community Tobacco Projects made a commitment that American Indian reservations and urban American Indian communities would own the products of the Tribal Tobacco Use Prevalence (TTUP) project survey. The partnership that hosted the study, the American Indian Policy Center and the University of Minnesota, took great care and made assurances in every step of the process that the integrity of this promise was maintained. Past research findings involving American Indian communities were seldom returned to the people for their use.

When returning the data from this survey to the Indian communities it is hoped that this action will serve a useful purpose. It can show the harmful effects of tobacco abuse and a correlation to the poor health indicators of the Indian communities. Further, it may be useful in helping to create effective social programming involving American Indians.

The findings of the TTUP study indicate that American Indians are users of tobacco many times higher than that of the Minnesota's general population. To some this may be surprising. The findings may be significantly important to leaders of American Indian communities because health related issues are associated with use of tobacco. One interesting feature regarding the high rates of tobacco is that American Indians hold traditional native tobacco in high esteem; using it in prayers to the creator and for a variety of ceremonial purposes specific to their culture.

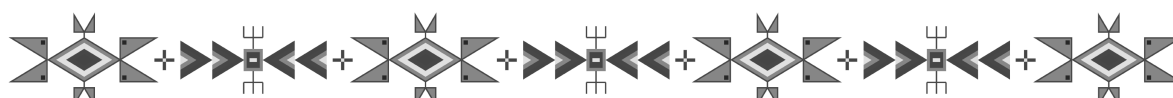
A retreat to the positive reinforcement found within Indian cultural values may lead to recovery over the burdening societal challenges facing American

Indians. The data and information contained in the TTUP findings can help with this. Prime targets are the poor health indicators among American Indians. But it goes further than that. No matter how mainstream social research, public policy, and program design are meant to improve conditions for American Indians, they likely will remain unworkable unless the fundamental schism between the linear worldview of Western European thought and that of the holistic, cyclical worldview of American Indians is addressed. The sooner we can find resonance between these worldviews, the sooner we may overcome well-intended methods of social institutions that have produced failed policies. Vine Deloria, Jr, a noted legal scholar and author of numerous publications spanning 40 years, said:

*"It is impossible to understand American Indians in their contemporary setting without first gaining some knowledge of their history as it has been formed and shaped by the Indian experience with Western civilization. Many of the customs and traditions of the past persist in the minds and lives of Indians today and have been jealously preserved over the several centuries of contact with non-Indians as the last remaining values that distinguish Indians from people around them."*¹

What this means is that American Indians, with new data, may begin to create responses to social challenges using the strengths found in the culture of the people.

- John Poupart
American Indian Policy Center





BACKGROUND

The American Indian Community Tobacco Projects acknowledges the traditional and sacred role of tobacco for American Indians. American Indian traditions tell us to honor the Creator with the spiritual use of tobacco. Some use *kinnickinnick* (red willow bark with other plants and bark), or Indian tobacco grown for this purpose. Others use commercial tobacco purchased from a store (e.g. pipe tobacco or cigarettes). The word used for tobacco in the Ojibwe language is *asema*, in the Dakota/Lakota language the word is *can-sa-sa*, and in Ho-Chunk the word is *da-nee*. Traditional tobacco is sometimes smoked in a pipe, burned in a dish or shell for smudging, put on the ground or buried, or wrapped in cloth and tied to a tree. Tobacco is used in these ways during daily prayer, when harvesting food and medicine, during storms or to give honor to a namesake, clan or sacred

animal. Tobacco also is offered to others as a sign of respect when asking them to share knowledge or a prayer, for healing, or during ceremony. We believe these traditions will help future generations to honor tobacco and resist tobacco misuse.

Tobacco misuse (also called commercial tobacco use) is the recreational or addictive use of tobacco (cigarettes, chewing tobacco, cigars, pipes, snuff). Data from national samples show American Indian people smoke more than other populations in the United States and, as a result, suffer disproportionately from tobacco-related illness and death. Available data are inadequate to fully understand and solve these issues in American Indian communities. This project provides the first ever reliable, statewide estimate of American Indian adult tobacco prevalence.

Smoking Related Death Rates in Minnesota, 2004-2008

Disease	American Indian (MN) (deaths per 100,000 people)	General Population (MN) (deaths per 100,000 people)
Heart Disease	221	147
Diabetes	77	21
Lung Cancer	85	45
Stroke	47	40
Chronic Lung Disease	49	35
Total Death Rate (All Causes)	1092	679

Source: Community Health Data Profile: Michigan, Minnesota, and Wisconsin Tribal Communities, 2010. Great Lakes Inter-Tribal Epidemiology Center, Great Lakes Inter-Tribal Council, Inc. 2011

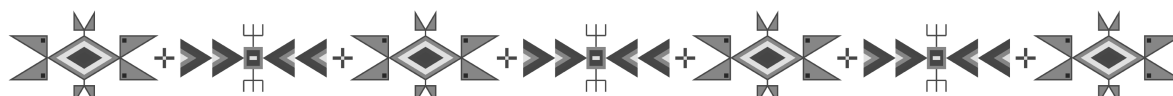
NOTE: age-adjusted death rates; data are limited to Bemidji Area Indian Health Services for Minnesota

CIGARETTE SMOKING²⁻⁴

- Causes 90% of lung cancers
- Causes 30% of all cancers
- Increases risk of eye, dental, and heart disease, hearing loss, impotence, asthma, emphysema/COPD, other chronic lung diseases and cancers
- Reduces life-expectancy by 14 years

LUNG CANCER IN MINNESOTA⁵

- Leading cause of cancer death
- Second most commonly diagnosed cancer
- Kills as many Minnesotans as prostate, breast, colon, rectum, and pancreatic cancer combined
- American Indians have the highest rates of lung cancer and lung cancer deaths in Minnesota





Approximately 8.6 million people in the United States suffer from tobacco-related illness including respiratory and cardiovascular diseases. Another 443,000 people die prematurely each year from cigarette smoking and exposure to secondhand smoke.^{2,3} In Minnesota, age-adjusted morbidity and mortality from heart disease and lung cancer are approximately two to three times higher among American Indians than non-Indians, which may be explained by higher cigarette smoking.

Several studies show American Indians have higher rates of commercial tobacco use than any other U.S. racial/ethnic group, and rates are greatest in Northern Plains and Great Lakes states, including Minnesota.⁶⁻¹⁹ Self-reported past 30-day cigarette use among American Indians ranges from 36-62% in the published literature compared to an overall US estimate of 20.6% and Minnesota estimate of 16% for all racial/ethnic groups.²⁰ However, the majority of these studies derive their estimates from national telephone surveys which likely suffer many limitations including sampling and coverage bias, necessitating improved data collection.

Secondhand smoke (SHS) is also known as environmental tobacco smoke. SHS is a complex mixture of gases and particles from the smoke of a burning cigarette, cigar or pipe tip (side stream smoke) and also includes exhaled smoke (mainstream smoke). Over 7,000 chemicals are found in secondhand smoke, more than 70 of which are known carcinogens such as arsenic and benzene. Recent studies indicate secondhand smoke is responsible for 3,000 lung cancer and 62,000 heart disease deaths per year among non-smokers in the United States.²¹

Exposure to tobacco smoke – even occasional smoking or secondhand smoke – causes immediate damage to the body that can lead to serious illness or death. The 2010 Surgeon General’s report, How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease, finds that cellular damage and tissue inflammation from tobacco smoke are immediate, and repeated exposure weakens the body’s ability to heal the damage. “The chemicals in tobacco smoke reach your lungs quickly every time you inhale causing damage immediately,” the Surgeon General said at the release of the report. “Inhaling even the smallest amount of tobacco smoke can also damage your DNA, which can lead to cancer.”²²

RESOURCES FOR ADDITIONAL INFORMATION ON COMMERCIAL TOBACCO USE

American Indian Community Tobacco Projects call 612-624-1818 or visit <http://www.sph.umn.edu/epi/aictp/>

ClearWay MinnesotaSM visit www.clearwaymn.org

National Native Commercial Tobacco Abuse Prevention Network visit www.KeepItSacred.org

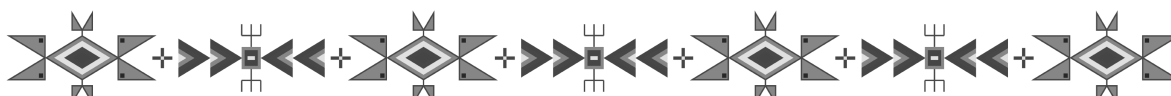
QUITPLAN® call 1-888-354-plan or visit www.quitplan.com

U.S. Centers for Disease Control call 1-800-CDC-INFO or visit www.cdc.gov/tobacco/index.htm

Tobacco Use in Minnesota: 2010 Update. Minneapolis, MN: ClearWay MinnesotaSM and Minnesota Department of Health; February 2011 www.health.state.mn.us/divs/chs/tobacco/mats2010finalreport.pdf

SECONDHAND SMOKE (SHS) IN THE UNITED STATES^{2,3}

- Commercial tobacco smoke contains over 7,000 chemicals, including 70+ cancer-causing toxins.
- SHS causes over 3,000 lung cancer deaths in non-smokers per year.
- SHS causes 46,000 heart disease deaths in non-smokers per year.
- Between 150,000 and 300,000 children (under 18 months) who are exposed to SHS have lower respiratory tract infections.





OVERVIEW OF THE TRIBAL TOBACCO USE PROJECT (TTUP)

The Tribal Tobacco Use Project (TTUP) seeks to fill data gaps by engaging tribes and American Indian communities in the surveillance and monitoring of attitudes, behaviors, and beliefs related to tobacco use among American Indians in Minnesota. This information will help inform the development of tobacco prevention and control programs and policies. The information will also substantiate the need for continued access to tobacco control resources and measure rates of commercial tobacco use versus use according to tribal traditions.

This project is made possible through a unique collaborative partnership between the American Indian Community Tobacco Projects (AICTP), the American Indian Policy Center (AIPC), and an oversight group comprised of members of the American Indian community across the state. TTUP is funded by ClearWay MinnesotaSM, an independent, non-profit organization dedicated to improving the health of all Minnesotans by reducing tobacco use

and exposure to secondhand smoke through research, action, and collaboration.

All project activities emphasize community-based participatory research (CBPR) and reality-based research (RBR) principles for working with American Indian communities. CBPR acknowledges the different ways of knowing, giving equal weight to scientific expressions of knowledge and traditional or cultural expressions of knowledge.²³⁻²⁴ RBR involves American Indian people in every aspect of research including identification of key topics or issues; defining terms, strategies, outcomes, and goals; designing data collection instruments; analyzing data and other information; developing strategies and activities for returning the information to the community; and evaluating the outcome of those activities.²⁵⁻²⁶ This report is a result of such community-driven efforts to collect and disseminate robust tobacco use-related data in a culturally meaningful way.

METHODS

The results presented here represent the data from 7 reservations, Duluth, Hennepin County and Ramsey County. Four remaining tribes decided not to participate for various reasons. The areas in the survey include approximately 56% of the 101,900 American Indians (alone or in combination with another race reported by the 2010 U.S. Census as living in Minnesota.

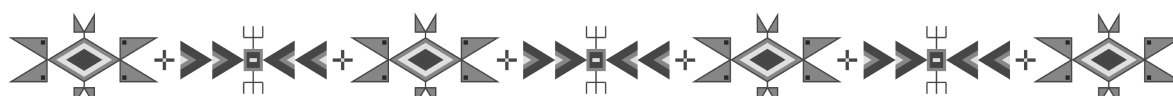
Reservation Sample

The survey protocol for each tribe was tailored to the needs and context of each community. On each reservation tribal council approval was obtained for participation in the survey. Tribes were asked to designate a list that would result in the most meaningful and useful data. Three tribes used the list of users of the tribal clinics on the reservations from the past three years, further limited by county to include those who lived on or close to the reservation. Tribal officials authorized the Bemidji

Area office of the Indian Health Service to generate those lists. Three tribes approved the use of tribal enrollment lists, limited by residence on the reservation. On one reservation, those living in housing owned by the tribal housing authority were invited to participate. In each case a random sample or complete census of American Indian adults from the list (depending upon community size) was invited to participate in the survey.

Individuals in each sample were sent an invitation letter by the tribal clinic or tribe, followed by reminder postcards, asking individuals to phone a tribal or clinic location for an appointment. Individuals on the sample lists were also called, visited at home, recruited by flyer or intercepted at community events or locations. Respondents were given a \$20 gift card to a local business for participating in the survey.

Response rates for the reservations and Duluth varied from 22% to 87%. Reasons for the low





response rates vary by reservation, but included difficulty scheduling interviewers, long distances between communities on the reservations, short survey implementation time (one month for one reservation), level of involvement of tribal staff, and difficulty finding listed participants because of their mobility.

Survey Participants	Sample Source	Completed Surveys	Response Rate
Tribe 1	Clinic	344	28%
Tribe 2	Clinic	384	77%
Tribe 3	Clinic	340	26%
Tribe 4	Enrolled	156	87%
Tribe 5	Enrolled	167	76%
Tribe 6	Enrolled	224	22%
Tribe 7	Housing	346	NA
Urban	RDS	965	NA
TOTAL		2926	

Urban Sample

For the Hennepin-Ramsey County area, respondent-driven sampling was used to generate the sample.

This method was developed for sampling hard-to-reach populations, and is a variation on snowball sampling.²⁷⁻²⁸ It was chosen because lists do not exist that identify American Indians living in the Hennepin and Ramsey County metropolitan area. Data collection started with five initial respondents, known as seeds, who were interviewed and then presented with three unique coupons each to recruit people in their social network who met the eligibility criteria (18 years and older, self-identified American Indian, living in Hennepin or Ramsey County, and not living with the person giving them the coupon). Upon completion of the second round of interviews, those respondents were also given three coupons to distribute to eligible participants in their social networks. The process continued, with respondents recruiting respondents, through as many as 12 waves, yielding 965 interviews

completed between March-May, 2011.

Combined Sample

Weighting was used to adjust the combined sample for potential bias due to sampling procedures. We decided to use the Census 2010 figures for the Minnesota American Indian population (alone or with another race) to adjust for age and gender of our sample. In this way, we can make our sample more representative of the Minnesota American Indian population. The unweighted sample was used in the next section (Part I) to describe the demographic characteristics of our actual sample. The weighted data were used in Parts II-IV to more accurately describe the tobacco use behaviors, exposures and attitudes of American Indians in Minnesota.

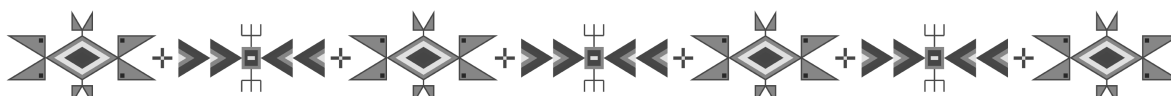
Survey Protocol

All of the 30-minute, in-person interviews were conducted at the participant's home or a community location by American Indian interviewers who received training on study protocol and human subjects protection. Signed informed consent was obtained before the interview.

The survey instrument was based on the American Indian Adult Tobacco Survey developed by CDC, and modified to meet the needs and requirements of the tribes and communities in Minnesota. Three versions of the interview were used, consisting of 111 to 129 questions on:

- Traditional tobacco use
- Commercial tobacco use (such as cigarettes, chew, cigars and pipes)
- Interest in quitting smoking
- Exposure to cigarette smoke and opinions about exposure to cigarette smoke
- General health and access to healthcare
- Demographics (such as age, gender, household, and tribal affiliation)

The University of Minnesota, the Fond du Lac tribal and the Indian Health Services Institutional Review Boards (IRB) all approved the study.





RESULTS

PART I: PARTICIPANT DEMOGRAPHICS

The next tables describe age and gender distribution of the Census 2010 statistics for American Indians (alone or with another race) in Minnesota age 18 and older, and age and gender distribution of actual TTUP survey respondents. According to the U.S. Census in 2010, female American Indian adults slightly outnumbered male American Indian adults. The TTUP survey included a disproportionate number of females, and under-represents those under age 25.

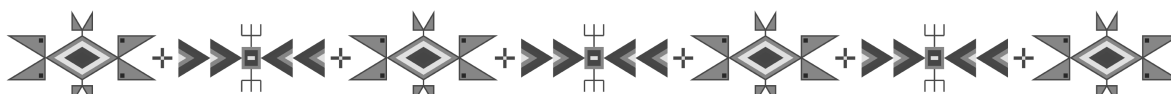
Age and gender distribution of American Indians in Minnesota, U.S. Census, 2010

Age in years	FEMALE N	%	MALE N	%	TOTAL N	TOTAL %
18-24	6,478	10%	6,441	10%	12,919	20%
25-34	7,460	12%	6,958	11%	14,418	22%
35-44	6,132	10%	5,796	9%	11,928	19%
45-54	6,259	10%	5,847	9%	12,106	19%
55-64	4,084	6%	3,637	6%	7,721	12%
65+	2,867	4%	2,230	3%	5,097	8%
TOTAL	33,280	52%	30,909	48%	64,189	100%

Age and gender distribution of actual TTUP respondents

Age in years	FEMALE N	%	MALE N	%	TOTAL N	TOTAL
18-24	297	10%	157	5%	458	16%
25-34	412	14%	275	9%	688	24%
35-44	308	11%	213	7%	522	18%
45-54	355	12%	259	9%	615	21%
55-64	254	9%	145	5%	399	14%
65+	148	5%	88	3%	2367	8%
TOTAL	1774	61%	1137	39%	2919	100%

Note: Numbers do not add up across rows because of missing gender or age information





Household Make-up

All respondents were asked, *“Not including yourself, how many people live in your household?”*

Results: Most participants lived in households with fewer than 5 people.

Household size	Participant #	Participant % (unweighted)	Population % (weighted)
Lived alone	373	13%	13%
Lived with...			
1 person	430	15%	13%
2 people	497	17%	18%
3 people	536	19%	19%
4 people	411	14%	17%
5 people	254	9%	10%
6 people	148	5%	4%
7+ people	234	8%	7%
Missing	9	0.3%	0.2%

Respondents were also asked, *“Do you live with a spouse, partner or significant other?”*

Results: Fifty-two percent of respondents reported that they live with a spouse, partner, or significant other.

If the participant lived with one or more people, they were asked, *“How many children aged 17 or younger live in your household?”* If they had children in the household, they were also asked, *“How many in each age group live in the household?”*

Results: Over a third of households with at least two people did not include any children. Of households with children, the majority included one or two.

Number of children in the household	Participant % (unweighted)	Participant % (weighted)
0 Children	36%	37%
1 Child	21%	21%
2 Children	18%	18%
3 Children	13%	13%
4 Children	7%	6%
5 Children	2%	2%
6+ Children	3%	2%

The majority of households with children included at least one preschooler. About a third of households included elementary ages, pre-teenagers and/or teenagers.

Ages of children in the household	Participant % (unweighted)	Population % (weighted)
Infant (<1 year)	18%	17%
Preschoolers (1-5 years)	56%	55%
Elementary (6-8 years)	35%	33%
Pre-teens (9-12 years)	37%	35%
Teens (13-17 years)	38%	34%

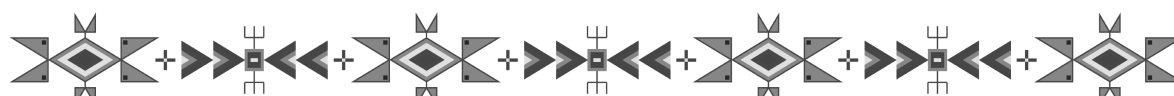
NOTE: Households reported multiple children, some of which may be within the same age group.

Education

All respondents were asked, *“What is the highest level of school you completed or the highest degree you received?”*

Results: Over one third of respondents graduated from high school or equivalent. More than another third attended some college or received a degree.

Level of education	Participant % (unweighted)	Population % (weighted)
Less than High School (HS) diploma	20%	25%
HS Graduate/ GED	36%	36%
Some College or 2-year Degree	32%	29%
4-year Degree or more	11%	9%





Employment

Respondents were asked, “How many paid jobs do you currently have?” Response options were: zero, one paid job, two paid jobs, or three or more paid jobs.

Results: More than half of respondents were unemployed or not participating in the workforce.

Number of paid jobs*	Participant % (unweighted)	Population % (weighted)
None	51%	52%
One or more jobs	49%	48%

*Question not asked on one reservation.

Employed respondents were asked, “Considering your current primary job, or the job where you work the most hours, how many hours per week do you usually work at this job?” Response options were: 1-9 hours per week, 10-19 hours per week, 20-29 hours per week, 30-39 hours per week, 40-49 hours per week, or 50+ hours per week.

Results: Over half of employed respondents worked full-time (40 or more hours per week).

Number of hours worked per week*	Participant % (unweighted)	Population % (weighted)
1-19	9%	11%
20-39	26%	31%
40+ hours	64%	57%

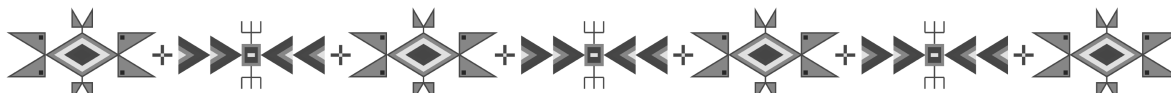
*Question not asked on one reservation.

Employed respondents were asked, “Is your primary job located on a reservation or off-reservation?”

Results: About half of employed respondents worked on a reservation.

Is your primary job located on a reservation or off-reservation?*	Participant % (unweighted)	Population % (weighted)
On a reservation	54%	46%
Off a reservation	39%	52%

*Question not asked on one reservation.





PART II: PATTERNS OF TOBACCO USE AND CESSATION

These results are weighted by age and gender to be representative of American Indians throughout Minnesota according to the US Census 2010.

A. CEREMONIAL OR SACRED TOBACCO USE

Tobacco control cannot be addressed in American Indian communities without first acknowledging the teachings of the traditional and sacred role of tobacco. This section aims to describe the use of tobacco for traditional purposes among the respondents of this survey.

All respondents were asked, *“Have you ever used tobacco for ceremonial prayer or in a sacred way?”* Response options were: Yes or No.

Results: Almost three-fourths of participants (71%) reported ever having used tobacco for ceremonial prayer or in a sacred way.

Ever used tobacco for ceremonial prayer or in a sacred way	
Yes	71%
No	27%
Don't Know/Not Sure/Refused	3%

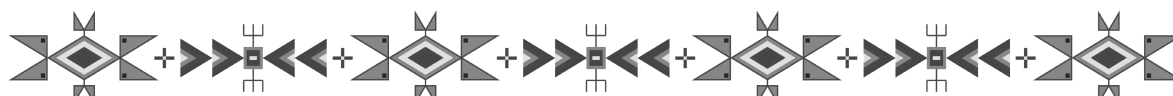
Respondents who had used tobacco for ceremonial/traditional reasons in the past year were also asked, *“When you use tobacco for ceremonial*

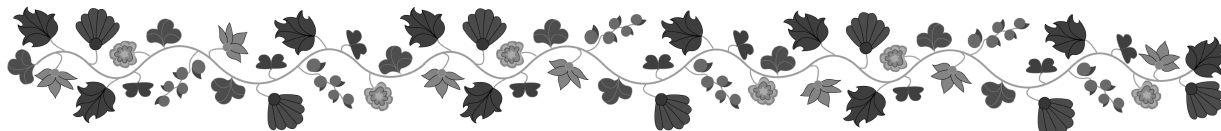
prayer or sacred reasons, what type of tobacco do you usually use?”

Response options were: Natural tobacco plant or mixture of plants/bark, Cigarettes, or Commercial tobacco in a pouch or can.

Results: Three-fourths (75%) of those who had used tobacco for ceremonial/traditional reasons reported they usually used commercial tobacco (either pouch tobacco or cigarettes) for ceremonial prayer or sacred purposes. Sixteen percent usually used traditional tobacco for ceremonial or sacred use.

What type of tobacco do you usually use for this purpose?	
Pouch/Loose commercial tobacco	60%
Cigarettes	15%
Traditional tobacco	16%
Don't Know/Not Sure/Refused	8%





B. CIGARETTE SMOKING PATTERNS

The following descriptors define current smoking status. The Center for Disease Control and Prevention and most studies use the following standard criteria to define adult smoking status:

- A current smoker has smoked at least 100 cigarettes in their lifetime and has smoked within the past month.
- A former smoker has smoked at least 100 cigarettes in their lifetime but has not smoked within the past 30 days.
- A never smoker has not smoked as many as 100 cigarettes in their lifetime.

Results: Fifty-nine percent of respondents identified

as current smokers. Nineteen percent identified as former smokers and 22% as never smokers. The Minnesota Adult Tobacco Survey²⁰ reported smoking rates statewide (16% current, 27% former, 57% never). The rate of current smokers in our sample is more than three times higher than the general Minnesota population, while former and never smoker rates are considerably lower than the statewide population.

When examining smoking status by gender, men (61%) were slightly more likely than women (57%) to be current smokers. Women were slightly more likely than men to have quit smoking (21% vs. 18%) or to never have smoked regularly (22% vs. 21%).

	Smoking Status					
	Current (%)		Former (%)		Never (%)	
	AI	Overall MN	AI	Overall MN	AI	Overall MN
Overall	59%	16%	19%	27%	22%	57%
Men	61%	18%	18%	30%	21%	63%
Women	57%	15%	21%	25%	22%	61%
18-24 years	55%	22%	8%	6%	37%	72%
25-44 years	70%	29%	13%	22%	17%	58%
45-64 years	54%	15%	27%	33%	19%	52%
65+ years	26%	5%	52%	44%	23%	51%

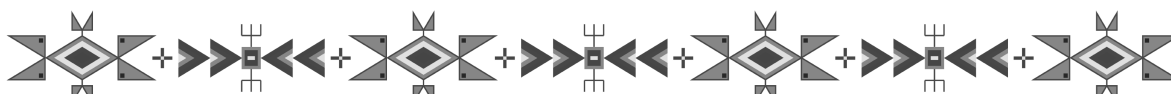
Although high rates of current smokers were evident in all age groups, the age group reporting the highest rates were adults ages 25-44, with 70% identifying as current smokers. Elders 65 and older represented the largest group of former smokers with 52% identifying as having quit. Young adults age 18 to 24 years were the most likely to be never smokers.

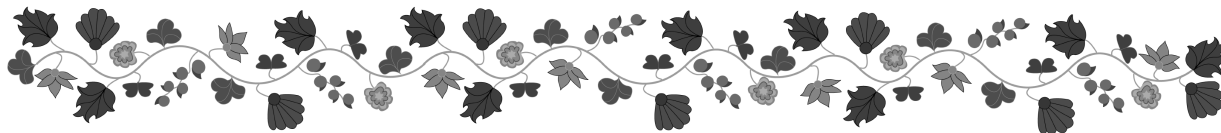
All respondents were asked: “Not including ceremonial or sacred use, have you ever smoked a cigarette, even one or two puffs?” Response options

were: Yes or No.

Results: Ninety-two percent of respondents reported having smoked at least one or two puffs of a cigarette in their lifetime.

All respondents were asked: “Not including ceremonial or sacred use, how old were you the first time you smoked a cigarette, even one or two puffs?” Responses included age ranges from 0-5 years up to 30+ years.





Results: The vast majority of respondents (89%) tried smoking before the age of 18 years old. Over half (53%) tried smoking before the age of 14.

How old were you when you first tried smoking?	
Less than High School (13 years & younger)	53%
High School (14-17 years)	36%
Adult (18 years & older)	11%

Respondents that had tried a cigarette were also asked, “*Not including ceremonial or sacred use, in your entire life, have you smoked at least 100 cigarettes, about 5 packs?*” Response options were: Yes or No.

Results: The majority of respondents who had tried smoking (85%) reported having smoked at least 100 cigarettes or 5 packs in their life.

All respondents who had ever tried smoking were asked, “*What was your age when you started smoking regularly?*” Responses included age ranges from 0-5 years up to 30+ years, and Never smoked regularly.

Results: Sixty percent of those who had tried smoking reported becoming a regular smoker before they turned 18; about a fourth (26%) reported being of legal age (18 years or older) when they starting smoking regularly, and 13% of those who tried smoking never became regular smokers.

What was your age when you started smoking regularly?	
Less than High School (13 years & younger)	16%
High School (14-17 years)	44%
Adult (18 years & older)	26%
Never smoked regularly	13%

All respondents who had ever tried smoking were asked, “*Do you now smoke cigarettes...?*” Response options were: Everyday, Some days or Not at all.

Results: About half of ever-smokers (49%) reported currently smoking every day. Nineteen percent reported smoking only on some days, and 32% of ever-smokers reported not smoking at all.

Do you now smoke cigarettes?	Ever Smokers
Every day	49%
Some days	19%
Not at all	32%

Current smokers were asked, “*During the past 30 days, on about how many days did you smoke cigarettes?*” Response options were Zero to 30 days.

Results: Over two-thirds of current smokers (68%) smoked everyday.

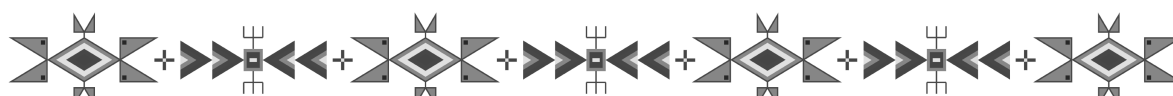
During the past 30 days, how many days did you smoke cigarettes?	Current Smokers
None	2%
1-14 days	16%
15-28 days	13%
29-30 days	68%

Current smokers were asked, “*On the days that you smoked during the last 30 days, about how many cigarettes did you smoke a day?*” Response options were One to 40+.

Results: Almost two-thirds of smokers (63%) smoked less than half a pack of cigarettes daily. Twenty-eight percent smoked between a half and a full pack of cigarettes daily. Eight percent smoked more than one pack of cigarettes daily.

During the past 30 days, how many cigarettes did you smoke per day?	Current Smokers
Half a pack (10 cigarettes) or less	63%
One half to one full pack per day	28%
More than one pack per day	8%

Current smokers were asked, “*In the past 30 days, were you more likely to smoke when you were with other people, alone, or it didn't matter?*”





Results: Two-thirds of smokers (67%) reported it did not matter who was around.

In the past 30 days, were you more likely to smoke when you were...	Current Smokers
With other people	24%
Alone	8%
It didn't matter	67%

Current smokers were asked, *“How soon after you wake up do you have your first cigarette?”* Response options were: Within 5 minutes, 6-30 minutes, 31-60 minutes, or after 60 minutes. This question is a measure of nicotine addiction.

Results: Forty-seven percent reported smoking within 30 minutes of waking, with 23% reporting lighting up within 5 minutes. Forty-six percent of smokers reported waiting at least half an hour before having their first cigarette and 34% waited at least 60 minutes after waking before having their first cigarette. The longer the smoker waits to light up, the lower their addiction level.

How soon after you wake up do you have your first cigarette?	Current Smokers
Within 5 minutes	23%
6-30 minutes	24%
31-60 minutes	12%
More than 60 minutes	34%
Don't know/Not sure/Refused	8%

Current smokers were asked, *“What kind of cigarettes do you usually smoke?”* Response options were: Light/Ultra Light, Menthol, Natural (no additives), Regular filtered, or Regular unfiltered.

Results: Half of current smokers (52%) reported smoking regular filtered cigarettes. Almost one-third (30%) reported smoking menthol cigarettes. Fourteen percent of current smokers reported they usually smoked light or ultra light cigarettes. Four percent reported smoking regular unfiltered or natural (no additive) cigarettes.

What kind of cigarettes do you usually smoke?	Current Smokers
Regular filtered	52%
Menthol	30%
Light/Ultra light	14%
Regular unfiltered	2%
Natural (no additives)	2%

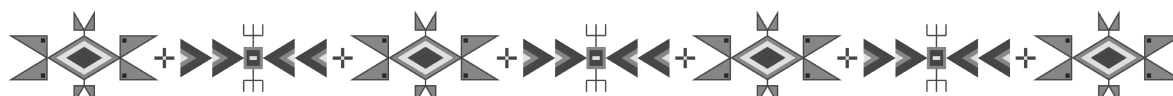
Current smokers were asked, *“Not including ceremonial or sacred use, do you ever smoke cigarettes that have an American Indian image or name?”* Response options were: Never, Sometimes, or Usually.

Results: Forty-four percent of current smokers reported never smoking cigarettes with an American Indian name or image. Forty-one percent reported they sometimes did. Twelve percent reported usually smoking cigarettes with Native American imagery or name.

Do you ever smoke cigarettes that have an American Indian image or name?	Current Smokers
Never	44%
Sometimes	41%
Usually	12%
Don't know/not sure/refused	3%

C. OTHER COMMERCIAL TOBACCO USE (CIGARS, PIPES AND SMOKELESS TOBACCO)

Respondents were asked about their use of other commercial tobacco products such as cigars, pipes and smokeless tobacco. All respondents were asked, *“Not including ceremonial or sacred use, think of all the cigars you ever smoked. In your entire life, have you smoked at least 20 cigars?”* and *“Not including ceremonial or sacred use, in your entire life have you smoked tobacco in a pipe at least 20 times?”* and *“Not including ceremonial or sacred use, in your entire life have you used smokeless tobacco, such as snuff, dip, chew or snus at least 20 times?”* Response options for all questions were: Yes or No.





Results: The use of other commercial tobacco products was relatively low. Nineteen percent reported smoking 20 or more cigars in their lifetime, 12% reported smoking a pipe 20 or more times, and 11% had used smokeless tobacco at least 20 times in their lives for reasons other than ceremonial or sacred use.

Have you used these tobacco products at least 20 times in your lifetime?	%Yes
Cigars	19%
Pipe	12%
Smokeless tobacco	11%

If respondents answered “Yes” to any of the questions addressing lifetime use of other tobacco products, they were asked a follow-up question about recent use, “*During the past 30 days, on how many days did you smoke cigars?*” or “*Not including ceremonial or sacred use, during the past 30 days, on how many days did you smoke tobacco in a pipe?*” or “*During the past 30 days, on how many days did you use smokeless tobacco?*” Response options were zero to 30 days.

Results: Use of other tobacco products in the past 30 days was relatively low.

Of people who had smoked cigars at least 20 times in their lifetime (19% of respondents), 37% had smoked a cigar in the past 30 days. Most of these people smoked cigars only 1 to 5 days out of the past 30 days.

Of people who had smoked a pipe other than for ceremonial or sacred reasons at least 20 times in their lifetime (12% of respondents), 21% had smoked a pipe in the past 30 days. Most of them had only smoked 1-5 days out of the past 30.

Of people who had used smokeless tobacco products at least 20 times in their lifetime (11% of respondents), 25% had used it in the past 30 days; 9% used it only 1-5 days out of the past 30 and 11% used it every day. Over half of people who had used smokeless tobacco within the past 30 days (56%) used it as a replacement for cigarettes.

Have you used these tobacco products in the past 30-days?	Ever Users % Yes
Cigars	37%
Pipe	21%
Smokeless tobacco	25%

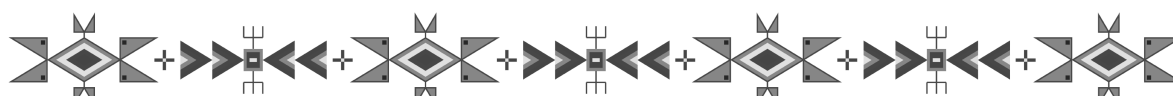
D. QUITTING SMOKING

All were asked, “*How much support do you think you have among your friends and family for quitting smoking or staying smoke-free?*” Response options were: None, A little, Some, Quite a bit, or A lot.

Results: The majority of all respondents (current, former and non-smokers) reported having at least a little support among friends and family to quit smoking or stay smoke free. Half of former/non-smokers (49%) reported having quite a bit or a lot of support, as opposed to current smokers, 27% of whom reported having quite a bit or a lot of support. One-quarter of current smokers (26%) reported they did not have any support from friends or family to quit smoking.

How much support do you have among your friends and family for quitting smoking or staying smoke-free?	Current Smokers	Former & Non-smokers
None	26%	12%
A little or some	43%	33%
Quite a bit or a lot	27%	49%
Don't Know/Not Sure/Refused	4%	5%

Employed smokers were asked, “*How much support do you think you have among the people you work with for quitting smoking or staying smoke-free?*” Response options were: Quite a bit or a lot, Some, A little, None, or I don't work with other people.





Results: Two-thirds (67%) of employed respondents reported receiving some level of support for quitting smoking or staying smoke-free from the people they worked with. Twenty-two percent reported having no such support at work.

How much support do you think you have at work for quitting or staying smoke-free?*	Employed
None	22%
A little or some	38%
Quite a bit or a lot	29%
Don't Know/Not Sure/Work alone	11%

*Question not asked on one reservation.

Current smokers were asked, “Do you want to quit smoking cigarettes?” If they answered Yes, they were asked, “Are you seriously thinking about quitting smoking cigarettes within the next 6 months?” If they answered Yes, they were asked, “Are you seriously thinking about quitting smoking cigarettes within the next 30 days?” Response options to each question were: Yes or No.

Results: Close to two-thirds of smokers (62%) reported they wanted to quit smoking cigarettes and most planned to do so. Of these respondents, two-thirds reported a plan to quit within the next 6 months (64%), and one-third planned to quit within the next 30 days.

Quitting plans of current smokers	Yes	No	Not sure
Want to quit smoking	62%	24%	14%
(Of those who want to quit smoking) Plan to quit within 6 months	64%	20%	16%
(Of those who want to quit smoking) Plan to quit within 30 days	33%	41%	27%

Current smokers were asked, “If you decided to give up smoking altogether, how likely do you think you would be able to succeed? Would you say...” Response options were: Very likely, Somewhat likely, Somewhat unlikely, or Very unlikely.

Results: Over two-thirds (68%) of current smokers thought they would very likely or somewhat likely be successful if they decided to quit smoking. Twenty-three percent believed it was somewhat or

very unlikely they would be successful if they decided to quit smoking.

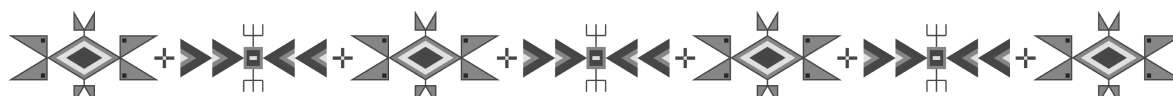
If you decided to give up smoking all together, how likely do you think you be able to succeed?	Current Smokers
Very likely	28%
Somewhat likely	40%
Somewhat unlikely	13%
Very unlikely	10%
Don't Know/Not Sure/Refused	9%

Current smokers were asked, “During the past 12 months, how many times have you stopped smoking for one day or longer because you were trying to quit?” Response options were: Never tried to quit, Tried in the past but not in the past 12 months, 1-2 times, 3-4 times, 5-9 times, or 10+ times.

Results: Almost half of current smokers (48%) reported not having made a quit attempt within the past year. Over a quarter (27%) tried to quit smoking one or two times, and about a quarter (23%) tried to quit three or more times in the past year.

Number of times quit smoking for 24 hours in the past year	Current Smokers
None	48%
1-2 times in past year	27%
3+ times in the past year	23%

Current smokers were read a series of statements about stop-smoking medications and were asked to respond with whether they agreed or disagreed with each statement: “Next I’m going to read a list of statements about stop-smoking aids. Please tell me if you agree or disagree with each statement: If you decided you wanted to quit, you would be able to quit without stop-smoking aids?; Stop-smoking aids are too expensive; You know how to use stop-smoking aids properly; Stop-smoking aids are too hard to get; Stop-smoking aids might harm your health.” Response options for each statement were: Agree or Disagree.





Results: Fifty-four percent of current smokers believed they would be able to stop smoking without the use of aids. Fifty-one percent felt they knew how to use stop-smoking aids properly. Over half (56%) felt that stop-smoking aids were too expensive, one-third (34%) thought they might harm their health, and one-quarter of respondents (23%) thought stop-smoking aids were too hard to get.

Beliefs about stop-smoking medications	Current Smokers		
	Agree	Disagree	Don't Know
I am able to stop smoking without using stop-smoking medications	54%	35%	11%
I know how to use stop-smoking medications	51%	34%	14%
Stop-smoking medications are too expensive	56%	24%	20%
Stop-smoking medications might harm your health	34%	40%	27%
Stop-smoking medications are too hard to get	23%	63%	14%

Current smokers were asked, *“If you were trying to quit smoking and cost was not an issue, would you use any of the following program, products, or medicines to help you quit?”* Response options were: Yes or No.

Results: The most acceptable quit-smoking aids or assistance to respondents were nicotine patch, gum, or lozenges (49%), traditional tribal teachings and/or ceremonies (43%), and group or individual class or support (42%). The features that most smokers indicated were least likely to be used were quit smoking phone support (17%), and quit smoking Internet support (13%).

Would you use the following for quitting smoking if cost were not an issue?*	Current Smokers		
	Yes	No	Don't Know
Tribal traditional teachings and/or ceremonies	43%	52%	5%
Nicotine patch, gum, or lozenges	49%	47%	4%
Group or individual class or support	42%	56%	3%
Medications like Zyban or Chantix	20%	75%	5%
Quit smoking phone support	17%	79%	4%
Quit smoking Internet support	13%	83%	3%

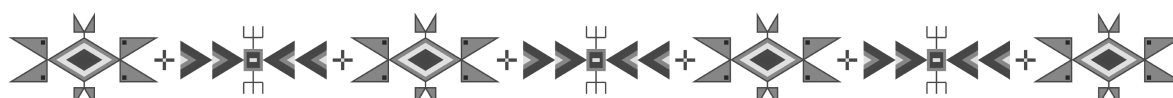
*Question not asked on two reservations.

Former smokers were asked, *“About how long has it been since you last smoked a cigarette? Would you say it was...”* Response options were: Never smoked regularly, Within the past month, Within the past 3 months, Within the past 6 months, Within the past year, Within the past 5 years, Within the past 10 years, or 10+ years ago.

Results: About one-third of former smokers (32%) reported never having smoked regularly. One-fourth (24%) quit within the past year. Nineteen percent quit between 1-10 years ago. Almost a quarter (23%) quit more than a decade ago.

About how long has it been since you last smoked a cigarette?	Former Smokers
Never smoked regularly	32%
Within the past 3 months	9%
3 to 6 months ago	5%
6 months to a year ago	10%
1 to 5 years ago	13%
5 to 10 years ago	6%
More than 10 years ago	23%
Don't Know/Not Sure	1%

Current and former smokers were asked, *“The last time you tried to quit smoking, did you use...”* followed by: Nicotine patch, Nicotine gum, Nicotine nasal spray, Nicotine inhaler, Nicotine lozenges, Zyban/Wellbutrin, Chantix. Response options for each aid were: Yes or No.





Results: Very few current and former smokers used quit-smoking medications during their most recent quit attempt. Those reported most often were the nicotine patch, with 13% of current smokers reporting using this resource the last time they tried to quit (3% of former smokers reported using it the last time they quit smoking). Fewer than 9% of current and 4% former smokers reported using any other medication in their most recent quit attempt.

Current and former smokers were asked, “*The last time you quit smoking, did you: Use any native traditional healing methods? For example, go to a sweat lodge, use herbal medicines, or pray; Use a stop-smoking class or counseling? Use a quit smoking phone help line?*” Response options for each aid were: Yes or No.

Results: Very few current and former smokers reported using quit-smoking support systems during their most recent quit attempt. Those reported most often were Native or traditional methods, with 9% of current and 11% of former smokers reported using this resource. Less than 8% of current and former smokers reported using any support system in their most recent quit attempt.

All respondents were asked, “*In the past 12 months, have you seen a health care provider, like a doctor or nurse, to get a check-up or any kind of care for yourself?*” Response options were: Yes or No.

Results: About three-fourths of all respondents reported seeing a health care provider in the past year.

In the past 12 months, have you seen a health care provider?	Current Smokers	Former & Non-smokers
Yes	74%	77%

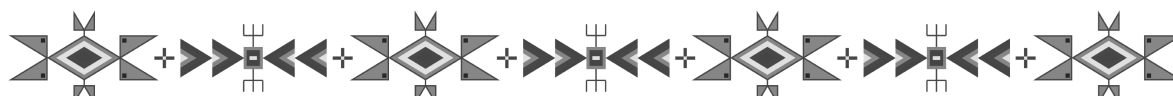
Respondents who reported seeing a health care provider in the past year were asked a series of questions about how the health care provider addressed tobacco use: “*During the past 12 months did this health care provider... Ask if you smoke? Advise you not to smoke?; Recommend any product or prescription for a medication to help you quit?; Suggest that you set a specific date to quit smoking?; Provide you with booklets, videos, or other materials to help you quit?; Suggest that you use traditional healing methods to help you quit?; Offer you a return visit or phone call to help you quit? Did the health care provider suggest that*

you use a quit smoking program, such as a phone helpline, a class or an online website or program? Did this person help you access the quit smoking program?” Response options to each of these questions were: Yes or No.

Results: Almost all current smokers (95%) reported being asked by their health care provider if they smoked. Over three-quarters of current smokers reported having been advised not to smoke (76%). Health care providers most commonly recommended a product or prescription for medication (39%) or provided booklets or other take home materials (31%) to help current smokers quit. Under one-third of current smokers (30%) reported their health care provider suggested using a phone help line, class, website or online program. Twenty-two percent were offered a return visit or phone call, and 20% were advised to set a quit date. Only 7% of current smokers reported that their health care providers suggested traditional methods in their quit attempt. Over a third of respondents (39%) reported being assisted by health care providers to access the quit smoking program they recommended.

Health care providers asked about smoking status of almost all former smokers who had seen a health care provider in the past year (86%).

During the past year did this health care provider...	Current Smokers % Yes	Former & Non-smokers % Yes
Ask if you smoke?	95%	86%
Advise you not to smoke?	76%	46%
Recommend any product or prescription to help you quit?	39%	22%
Suggest you set a quit date?	20%	12%
Provide booklets, videos or other materials?	31%	22%
Suggest you use traditional health methods?	7%	4%
Offer return visit or phone call to help you quit?	22%	13%
Suggest seeking help using a phone help line, class, or website or online program?	30%	15%
Help you access a quit smoking program?	39%	10%





All respondents were asked, “*In the past 12 months, have you seen a traditional or native healer or medicine person to get any kind of care for yourself?*” Response options were: Yes or No.

Results: Ten percent of current smokers and 13% of former/non-smokers reported seeing a traditional or native healer in the past year.

In the past 12 months, have you seen a traditional or native healer?	Current Smokers	Former & Non-smokers
Yes	10%	13%

Respondents who reported receiving care from a traditional or native healer in the past year were asked a series of questions about how the traditional or native healer addressed tobacco use, “*During the past 12 months did the traditional or native healer ask if you smoke? Advise you not to smoke?; Suggest that you use traditional healing methods (herbs, prayer, or ceremony) to stop smoking?*” Response options were: Yes or No.

Results: Of those who received care from a traditional healer, almost one-third (29-30%) was asked if they smoked and about half (49-57%) were advised by the healer not to smoke, and to use traditional methods to stop smoking.

In the past 12 months, did this traditional/native healer...	Current Smokers	Former & Non-smokers
Ask if you smoke?	29%	30%
Advise you not to smoke?	49%	57%
Suggest traditional methods to stop smoking?	55%	50%

Respondents were asked, “*If you or someone you know were trying to quit smoking do you know of*

a program to help you or someone else quit?” Response options were: Yes or No.

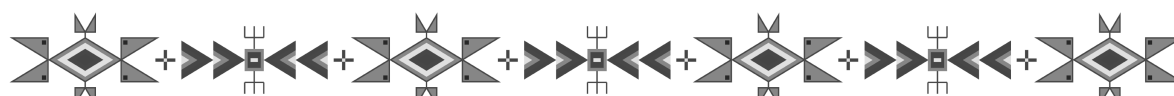
Results: Only 39% reported knowing of a quit smoking program to help someone quit.

Do you know of a program to help you or someone else quit smoking?	
Yes	39%
No	58%
Don't Know/Not Sure	3%

Respondents who said they knew of a program were asked who offered these programs: “*Do you know of a quit smoking program offered by any of the following...QUITPLAN®? Insurance or health plan? Clinic? Workplace? Other?*” Response options were: Yes or No.

Results: Of those who said they knew of a quit smoking program, many named the program(s) listed on the survey: Three-quarters (78%) knew of a program through a clinic, 26% knew of a program through their workplace, 44% knew about QUITPLAN®, and 44% said their insurance plan offered a quit smoking program. Fifteen percent said they knew of a program that was not on the list (such as a community or social program, cessation groups through the University of Minnesota or government programs).

Is the program you know offered by...	Yes
Clinic	78%
Workplace	26%
QUITPLAN® ClearWay Minnesota	44%
Insurance or health plan	44%
Other	15%





PART III: SECONDHAND SMOKE EXPOSURE AND ATTITUDES

These results are weighted by age and gender to be representative of American Indians throughout Minnesota according to the US Census 2010.

A. SECONDHAND SMOKE (SHS) EXPOSURE

All respondents were read, *“This section is about secondhand smoke exposure. Secondhand smoke is the smoke that comes from burning a cigarette or other tobacco products.”*

Respondents were asked, *“During the past 30 days, have you seen or heard any ads or commercials encouraging smokers to quit or about the dangers of secondhand smoke?”* Response options were: Yes or No.

Results: Eighty-two percent of respondents reported that they had recently seen or heard an ad or commercial encouraging smokers to quit or about the dangers of secondhand smoke.

During the past 30 days, have you seen or heard any commercials encouraging smokers to quit or about the dangers of secondhand smoke?	
Yes	82%

Current smokers were asked, *“About how many times in the past 12 months has anyone asked you to put out a cigarette or not light up when you were about to do so?”* Response options were zero times to 10+ times. If the participant answered one or more times, they were asked two follow-up questions: *“On the most recent occasion you were asked not to smoke, who was that person? Was it your...”* Response options were: Relative, Friend or Acquaintance, or a Stranger. These respondents were also asked, *“Was that person younger than you, about your age, or older than you?”*

Results: Almost half of current smokers (48%) reported they had not been asked to put out or not light up a cigarette in the past 12 months. Over half (51%) reported that they had been asked at least once.

[Current smokers] About how many times in the past 12 months has anyone asked you to put out a cigarette or not light up when you were about to do so?	
0 or None	48%
1-2 TIMES	21%
3-4 TIMES	10%
5-9 TIMES	8%
10+ TIMES	12%
Don't Know/Not Sure/Refused	1%

Current smokers reported that a request to not smoke around others most likely came from a relative (49%) or friend/acquaintance (33%). Only 13% reported that a stranger made this request.

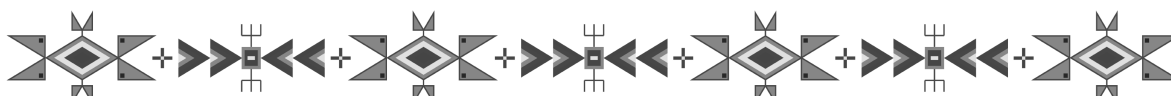
Forty-four percent of current smokers reported that on the most recent occasion when they were asked not to smoke, the person making the request was older than them. One-third (33%) said that the person was younger than they were, and 21% reported that the person making the request was about the same age as the smoker.

Respondents were asked, *“In the past 12 months, have you asked someone to put out a cigarette or not light up when they were about to do so?”* Response options were: Yes or No.

Results: Almost half (44%) reported that in the past 12 months they asked someone to put out a cigarette or not light up when they were about to do so.

In the past 12 months, have you asked someone to put out a cigarette or not light up when they were about to?	
Yes	44%

Those who had made a request to a smoker to not smoke were asked, *“On the most recent occasion you asked someone not to smoke, who was that person? Was it a...”* Response options included: Relative, Friend or Acquaintance, or a Stranger. This question was followed by, *“Was that person*





younger than you, about your age or older than you?” Respondents were then asked, “What was the primary reason you asked that person not to smoke? Was it because ...Smoke is annoying to you; You were concerned about your health; You were concerned about the health of a child; You were concerned about the health of the smoker; You were trying to quit; You were enforcing a policy; or Some other reason.”

Results: On the most recent occasion respondents asked someone not to smoke near them, most requests were made of a relative (51%) or a friend or acquaintance (42%). Few people made this request of a stranger (5%).

Most (43%) of requests to not smoke were made of people younger than the non-smoker; about one-quarter (26%) were made of people about the same age as the non-smoker. Thirty percent of requests to put out a cigarette or not smoke were made of people older than the non-smoker.

The majority of people that asked someone not to smoke near them were doing it because of their concern about the health of a child (44%), followed by their finding smoke to be annoying (19%). Ten percent were enforcing a policy.

What was the primary reason you asked someone to put out a cigarette or not light up when they were about to?	
Concern about health of a child	44%
Smoke is annoying	19%
Concern about health of smoker	8%
Some other reason (set good example, spiritual reasons)	8%
Enforcing a policy	10%
Trying to quit	2%
Concern about own health	8%

Participants were asked, “Not including ceremonial or sacred use, during the past 7 days on how many days did anyone smoke cigarettes, cigars, or pipes anywhere inside your home? Do not include decks, porches or garages.” Response options were zero to seven days.

Results: Fifty-seven percent of respondents reported that there had been no household smoking in the past 7 days. Twenty-seven percent reported someone had smoked in their home every day in the

past seven days.

During the past 7 days on how many days did anyone smoke anywhere inside your home?	
0 days	57%
1-6 days	15%
7 days	27%

Respondents were asked, “What rules do you have about smoking inside your home? Would you say smoking is...” Response options were: Allowed everywhere and at anytime inside your home, Allowed in some places or at some times, or Not allowed anywhere or at anytime inside your home.

Results: Over half of respondents (57%) reported household rules establishing smoking as not allowed in their homes. Nineteen percent reported there were no restrictions on smoking in their homes. Almost a quarter (23%) reported household rules that limited smoking in the home to some places or some times.

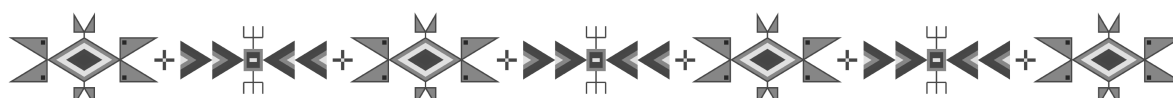
What rules do you have about smoking inside your home? Would you say smoking is...	
Not allowed anywhere at any time	57%
Allowed everywhere and at anytime	19%
Allowed in some places or at some times	23%
Don't Know/Not Sure	1%

Respondents were asked, “During the past 7 days have you been in a car with someone else that was smoking?” Response options were: Yes, No, I have not been in the car with someone else in the past 7 days.

Results: Two-thirds of respondents (67%) reported that they had been in a car with someone else that was smoking in the past 7 days.

During the past 7 days have you been in a car with someone else that was smoking?	
Yes	67%

Employed respondents were asked, “As far as you know, in the past 7 days, has anyone smoked inside the place where you work?” Response options were: Yes or No.





Results: Thirty-seven percent of employed participants reported there was smoking in their work area.

In the past 7 days, has anyone smoked inside the place where you work?*	
Yes	37%

*Question not asked on one reservation.

Respondents were asked, *“In the past 7 days, has anyone smoked near you at any place besides your home, workplace or car?”* Response options were: Yes or No.

Results: Seventy-one percent of participants reported having been exposed to smoke from others in the past 7 days at places other than their home, workplace or car.

In the past 7 days, has anyone smoked near you at any place besides your home, workplace or car?*	
Yes	71%

*Question not asked on one reservation.

Employed respondents were asked, *“Which of the following best describes smoking rules inside the primary place where you work? Smoking inside my workplace is...Allowed in all areas, Allowed in some areas, Not allowed at all”.*

Results: Almost all reported there were rules at their workplace restricting smoking inside: 34% said smoking was only allowed in some areas, 13% said smoking was allowed in all areas, and 52% reported that smoking was not allowed at all.

What are the smoking rules in the area where you work?*	
Not allowed at all	52%
Allowed in some areas	34%
Allowed in all areas	13%
Don't Know/Not Sure	1%

*Question not asked on one reservation.

Employed respondents were asked, *“Does your workplace have an official policy, such as signs, personal contracts, or written statements about smoking?”* Response options were: Yes or No. This question was followed with, *“Is the policy enforced?”* Response options were: Always, Sometimes, Rarely, or Never.

Results: Fifty-seven percent of participants who are employed reported that their workplace had an official policy about smoking. Of participants that had a workplace policy, 76% said it was always enforced.

Does your workplace have an official policy, such as signs or written statements about smoking?	
Yes	57%
No	38%
Don't Know/Not Sure	4%

*Question not asked on one reservation.

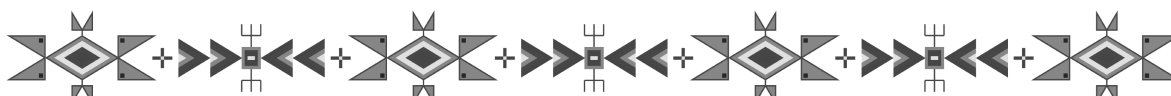
B. ATTITUDES ABOUT SECONDHAND SMOKE POLICIES

Current smokers were asked, *“What effects, if any, do smoking restrictions at work, home, restaurants, bars or elsewhere have on your smoking? Would you say smoking restrictions...Helped you think about quitting, Helped you cut down on cigarettes, or Helped you make a quit attempt.”*

Results: Forty-four percent of current smokers reported that smoking restrictions resulted in their thinking about quitting. Almost two thirds (62%) reported that smoking restrictions at work, home and elsewhere helped them cut down on cigarettes. One-third (33%) said that smoking restrictions helped them make a quit attempt.

What effects do smoking restrictions have on your smoking?	Current Smokers % Yes
Helped you think about quitting?	44%
Helped you cut down on cigarettes?	62%
Helped you make a quit attempt?	33%

Non-smokers (Former and Never) were asked, *“Would you say that smoking restrictions at work, home, restaurants, bars or elsewhere help you stay smoke-free?”* Response options were: Yes or No.





Results: Smoking restrictions have helped more than half former and non-smokers (56%) stay smoke-free.

Would you say smoking restrictions help you stay smoke-free?	Former & Non-Smokers
Yes	56%

Respondents were asked a series of questions about whether they thought smoking should be allowed at a number of indoor locations within the community, including indoor work areas, indoor areas of restaurants, indoor areas of community centers, indoor areas of casinos or bingo halls, indoor areas of other tribal buildings. Additionally, respondents were asked if they felt smoking should be allowed at outdoor community events, like pow-wows. All questions had the same response options: Allowed in all areas, Allowed in some areas, or Not allowed at all.

Results: Many participants held strong opinions about creating and enforcing smoke-free spaces at most reservation locations, especially at community centers, restaurants, workplaces, and other tribal buildings. Three percent or less believed that smoking should be allowed in all areas of these indoor areas except for casinos and bingo halls.

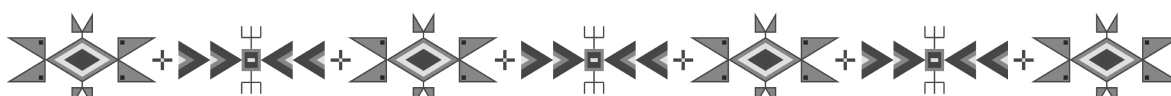
Eighty-four percent of all participants thought community centers should be smoke-free. The majority of participants also thought smoking should not be allowed at all in the indoor areas of restaurants (74%), workplaces (63%), and other tribal buildings (73%).

Most respondents supported limiting cigarette smoking at casinos and bingo halls; 51% thought that smoking should be limited to certain areas and 28% said smoking should not be allowed at all in casinos and bingo halls.

In the indoor areas of... do you think smoking should be...	Allowed in all areas	Allowed in some areas	Not allowed at all	Don't Know/Not Sure
Work areas	3%	30%	63%	3%
Restaurants	3%	21%	74%	2%
Community centers	2%	12%	84%	2%
Casinos and bingo halls	19%	51%	28%	2%
Tribal buildings	3%	20%	73%	4%

When questioned about smoking at outdoor community events (like pow-wows), almost half of participants supported limiting smoking to certain areas (49%). Twenty-one percent supported making these events completely smoke-free.

At outdoor community events (like pow-wows) do you think smoking should be...	Allowed in all areas	Allowed in some areas	Not allowed at all	Don't Know/Not Sure
	26%	49%	21%	3%





PART IV: FACTORS RELATED TO TOBACCO USE

These results are weighted by age and gender to be representative of American Indians throughout Minnesota according to the US Census 2010.

A. SOCIAL INFLUENCES

Respondents were asked, “How many of the people close to you (your family and close friends) smoke or use any commercial tobacco products? Would you say...” Response options were: None, A few, Some, Most, or All.

Results: Almost half (47%) said most to all of their family and close friends used commercial tobacco products; about one-quarter (29%) said some of their family and close friends; twenty-one percent said a few, and only 3% reported that none of their family and close friends used commercial tobacco products.

Close family members and friends that smoke or use commercial tobacco	
None	3%
A few	21%
Some	29%
Most	37%
All	10%
Don't Know/Not Sure	2%

Participants were asked, “How many of the people close to you (your family and close friends) have quit smoking? Would you say...” Response options were: None, A few, Some, Most, or All.

Results: Three-quarters (73%) reported that none or only a few of their close family and friends had quit smoking. Only about 5% reported that most or all of their close family members and friends had quit smoking.

Close family members and friends that have quit smoking	
None	24%
A few	49%
Some	18%
Most	5%
All	<1%
Don't Know/Not Sure	4%

All respondents were asked, “In the past 30 days, has anyone offered you a cigarette, not for ceremonial or spiritual reasons?” Current smokers were also asked: “In the past 30 days have you offered anyone else a cigarette, not for ceremonial or spiritual reasons?” Response options were: Yes or No.

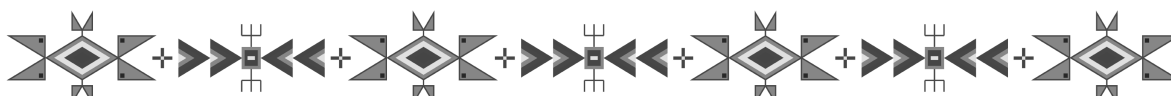
Results: Most current smokers had both offered a cigarette to someone else (72%) and been offered a cigarette (68%) in the past 30 days. One-quarter of former and non-smokers (25%) had been offered a cigarette in the past 30 days.

	Current Smokers % Yes	Former & Non-smokers % Yes
In the past 30 days has anyone offered you a cigarette?	68%	25%
In the past 30 days have you offered anyone a cigarette?	72%	N/A

Current smokers were asked, “Recently new cigarette taxes have been added. What effects, if any, did the recent price increase have on your smoking? Helped you think about quitting, Helped you cut down on cigarettes, or Helped you make a quit attempt.”

Results: The price increases on cigarettes had an effect on a large number of current smokers. Over half (54%) said the price increase made them think about quitting. Over half (51%) said they cut down as a result and over one-third (34%) said the price made them think about quitting.

What effect did recent price increases have on your smoking?	Current Smokers % Yes
Helped you think about quitting?	54%
Helped you cut down on cigarettes?	51%
Helped you make a quit attempt?	34%





Non-smokers (Former and Never) were asked, “Recently, new cigarette taxes have been added. Did this price increase help you stay smoke-free?” Response options were: Yes or No.

Results: Forty-five percent of former and non-smokers reported that the price increase helped them stay smoke free.

Did recent price increase help you stay smoke-free?	Former & Non-smokers
Yes	45%
No	41%
Don't Know/Not Sure	13%

All respondents were asked, “In the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, or liquor?” Response options were: Yes or No.

Results: Close to two-thirds of former and non-smokers (63%) had NOT had a drink of alcohol in the past 30 days. Just under half of current smokers (45%) had NOT had a drink in the past 30 days.

In the past 30 days have you had least one drink of an alcoholic beverage?	Current Smokers	Former & Non-smokers
Yes	55%	37%

Current smokers that had at least one drink of alcohol in the past 30 days were asked, “In the past 30 days, would you say you were... More likely to smoke while drinking, More likely to smoke while not drinking, or It doesn't matter.”

Results: Of the current smokers who reported drinking alcohol within the past 30 days, 60% said they were more likely to smoke while drinking. Thirty-five percent reported that drinking alcohol did not affect their likelihood to smoke.

Employed respondents were asked, “During the past 30 days, how often did you feel a high level of stress due to problems at work?” Response options were: None of the time, A little of the time, Some of the time, Most of the time, or All of the time.

All respondents were asked, “During the past 30 days, how often did you feel a high level of stress due to problems outside of work?” Response options were: None of the time, A little of the time, Some of the time, Most of the time, or All of the time.

Results: Fifteen percent of employed individuals reported feeling a high level of stress all or most of the time due to problems at work. Half (54%) felt a high level of stress a little or some of the time, and 29% reported never feeling a high level of stress due to work.

Nineteen percent of all participants reported high stress all or most of the time from problems outside of work. Over one-half (51%) reported high stress a little or some of the time, and 28% reported never feeling a high level of stress due to problems outside of work.

During the past 30 days, how often did you feel a high level of stress due to problems...	At Work*	Outside of Work*
All or most of the time	15%	19%
A little or some of the time	54%	51%
None of the time	29%	28%
Don't Know/Not Sure	1%	2%

*Questions not asked on one reservation.

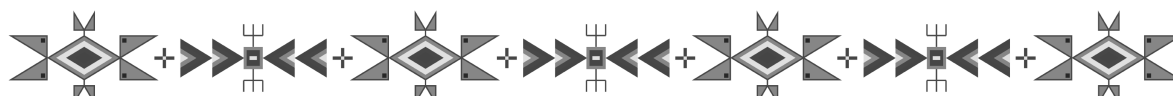
B. RISK PERCEPTIONS

Respondents were asked, “Do you believe there is any harm in smoking an occasional cigarette?” Response options were: Yes or No.

Results: Almost three-quarters (73%) believe there is some harm in smoking an occasional cigarette.

Do you believe there is harm in smoking an occasional cigarette?	
Yes	73%
No	21%
Don't Know/Not Sure	5%

Respondents were asked, “In your opinion, are any of the following products less harmful, more harmful or just as harmful as smoking regular cigarettes? Smokeless tobacco? Light cigarettes? Menthol cigarettes? Natural cigarettes (no additives)? Roll your own cigarettes?” Response options for each question were: Less harmful, More harmful, or Just as harmful as regular cigarettes.





Results: Most respondents believed that all commercial tobacco products were just as harmful as, or more harmful than, smoking regular cigarettes. Three-fourths of respondents (76%) believed that light cigarettes are as harmful as regular cigarettes. Over half felt that natural

cigarettes (61%), roll-your-own cigarettes (63%), and smokeless tobacco (56%) were as harmful as regular cigarettes. One-third (32%) believed that menthol cigarettes were more harmful than regular cigarettes, and one-quarter (24%) believed that roll-your-own cigarettes were more harmful.

In your opinion, how harmful are the following products compared to smoking regular cigarettes?	Smokeless tobacco	Light cigarettes	Menthol cigarettes	Natural cigarettes (no additives)	Roll your own cigarettes
Less Harmful	13%	10%	2%	18%	5%
Same	56%	76%	60%	61%	63%
More harmful	16%	8%	32%	9%	24%
Don't Know/Not Sure	15%	6%	5%	12%	7%

Respondents were asked, “Do you think that breathing smoke from other people’s cigarettes is... Very harmful to one’s health, Somewhat harmful, Not very harmful, or Not harmful at all to one’s health.”

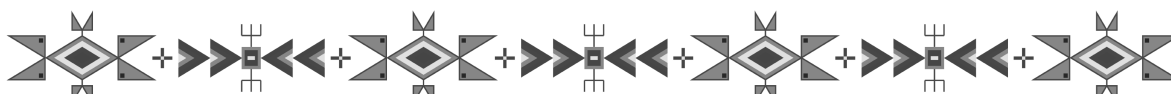
Results: Almost everyone (96%) agreed that there was some harm in breathing smoke from other people’s cigarettes. Two percent said there was little to no harm.

Do you think that breathing smoke from other people’s cigarettes is...?	
Very harmful	73%
Somewhat harmful	23%
Not very harmful/Not harmful at all	2%
Don't Know/Not Sure	2%

Respondents were asked, “Would you say that breathing smoke from other people’s cigarettes causes...Lung cancer in adults? Other kinds of cancers in adults? Heart disease in adults? Respiratory problems in children? Sudden Infant Death Syndrome or SIDS?” Response options were: Yes or No.

Results: Most participants were aware of the link between breathing cigarette smoke and many chronic conditions in adults, such as lung cancer (85%), heart disease (71%), and other cancers (67%). Most participants were also aware of the link between cigarette smoke and respiratory problems in children (95%). Almost half (49%) didn’t know or were unsure if there was link between cigarette smoke and SIDS.

(See table next page.)





Would you say that breathing smoke from other people's cigarettes causes...?	Lung cancer in adults	Other cancers in adults	Heart disease in adults	Respiratory problems in children	Sudden infant death syndrome (SIDS)
Yes	85%	67%	71%	95%	52%
No	5%	11%	9%	1%	13%
Don't Know/Not Sure	10%	21%	20%	3%	36%

C. HEALTH, PHYSICAL ACTIVITY & DIET

Respondents were asked, "Would you say that in general your health is excellent, very good, good, fair, or poor?"

Results: Almost a third (32%) of participants reported their health as excellent or very good. Forty-four percent reported their health as good, and 22% reported their health as fair or poor.

Would you say in general that your health is...?	
Excellent/Very good	32%
Good	44%
Fair/Poor	22%
Don't Know/Not Sure	1%

Respondents were asked, "Have you ever been told by a doctor, nurse, or other health professional that you had asthma?" Response options were: Yes or No. If Yes, then respondents were asked, "Do you still have asthma?" Response options were: Yes or No.

Results: Almost one-quarter (23%) of respondents had been diagnosed with asthma at some point in their lives. Seventy-one percent of those people still have asthma.

Respondents were asked, "Now I am going to ask you about certain medical conditions. Have you ever been told by a doctor or other health professional that you had...Diabetes? Heart attack? Heart condition (other than heart attack)? Hypertension, also called high blood pressure? A stroke? Emphysema, also called COPD? Gum disease? Lung cancer? Other cancers or malignant

tumors? Pre-cancerous conditions?" Response options for each question were: Yes or No.

Results: The most commonly diagnosed health conditions among respondents were hypertension (30%), asthma (23%), and diabetes (21%). Health conditions are displayed in descending order of prevalence in the next table.

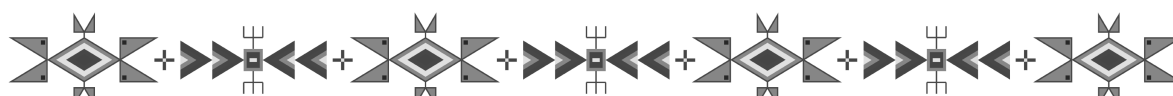
Have you ever been told by a health professional you had...?	% Yes
Hypertension	30%
Asthma	23%
Diabetes	21%
Health condition (other than heart attack)	12%
Gum disease	6%
Heart attack	6%
Pre-cancerous condition	4%
Cancer (other than lung)	4%
Emphysema or COPD	3%
Stroke	3%
Lung cancer	1%

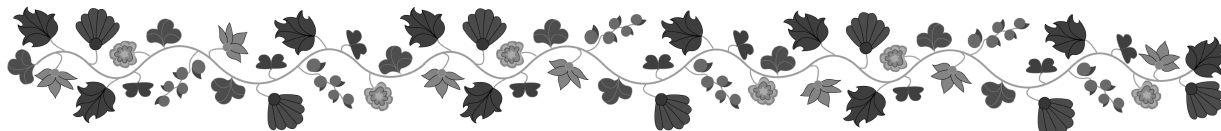
All female respondents were asked, "Are you currently pregnant?" Response options were: Yes or No.

Results: Six percent of female survey respondents were pregnant at the time of the survey.

To determine body mass index, respondents were asked the following questions: "How tall are you?" and "About how much do you weigh?"

Results: Body mass index is reported in standard categories established by the United States Centers





for Disease Control. Eighteen percent of respondents were normal weight, 32% were overweight, and 43% were obese.

Body Mass Index (BMI) calculated from height and weight minus pregnancy	
Below 18.5 (underweight)	1%
18.5-24.9 (normal)	18%
25.0-29.9 (overweight)	32%
30.0+ (obese)	43%
Unknown/Missing	5%

Respondents were asked, *“In thinking about your activities at work, at home, & anywhere else, during the past 7 days, how many days did you get at least 30 minutes of moderate physical activity or exercise (light sweating and small increase in breathing or heart rate)? And vigorous physical activity or exercise (heavy sweating and large increase in breathing or heart rate)?”* Response options were zero to seven days.

Results: Almost half of participants (47%) reported they participated in moderate physical activity for at least 30 minutes a day for at least 5 days per week. Thirty-nine percent reported no vigorous physical activity in the past 7 days.

On how many of the past 7 days, did you get at least 30 minutes of...	Moderate Activity	Vigorous Activity
0 Days	7%	39%
1-2 Days	19%	27%
3-4 Days	26%	16%
5-7 Days	47%	16%
Don't Know/Not Sure	2%	2%

Participants were asked, *“Not including French fries, a serving of vegetables is a cup of salad greens, or a half-cup of any vegetables. Yesterday, how many servings of vegetables did you eat?”* Response options were: zero servings, 1 serving, 2 servings, or 3 or more servings.

Participants were asked, *“A serving of fruit is one medium-sized piece of fruit, one cup of chopped, cut, or canned fruit, or 6 ounces of 100% fruit juice. Yesterday, how many servings of fruit did you eat?”* Response options were: zero servings, 1 serving, 2 servings, or 3 or more servings.

Results: The U.S. Recommended Daily Allowances of fruits and vegetables is 5 servings. Eighty percent of participants ate fewer than 3 servings of fruit and 80% ate fewer than 3 servings of vegetables. Twenty percent reported three or more servings of fruit and 19% reported three or more servings of vegetables.

Yesterday, how many servings of... did you eat?	Vegetables	Fruit
0 Servings	21%	25%
1 Serving	31%	31%
2 Servings	28%	24%
3+ Servings	19%	20%
Don't Know/Not Sure	2%	1%

D. HEALTH CARE COVERAGE & ACCESS

Respondents were asked, *“Are you currently covered by any kind of health insurance or some other kind of health care plan?”* Response options were: Yes or No.

Results: Eighty-one percent of participants reported that they currently had health insurance or a health care plan.

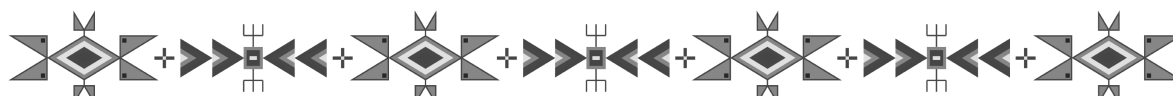
Respondents were asked *“In the past 12 months, about how many months were you without health care coverage?”* Response options were: zero to 12 months.

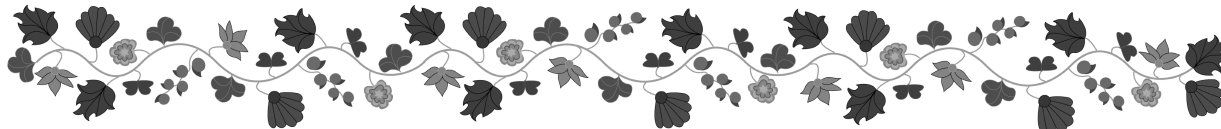
Results: Almost two-thirds of participants (64%) had continuous health care coverage during the previous year, while 15% had no coverage for at least nine months.

In the past 12 months, about how many months were you <u>without</u> health care coverage?	
0 Months	64%
1-4 Months	15%
5-8 Months	5%
9-12 Months	15%

Respondents were asked, *“Are you eligible to receive health care at a tribal health clinic or IHS clinic in your area?”* Response options were: Yes, No I am not eligible, or There is not a clinic in my area.

Results: Eighty-five percent reported that they were





eligible to receive health care at a tribal health clinic in their area.

Respondents were asked, “Where do you usually go when you are sick or need advice about your health?” Response options were: I do not go anywhere, Tribal/IHS clinic, Community clinic, Hospital emergency room, or Somewhere else.

Results: Forty-one percent reported that they usually go to tribal health or Indian Health Services when they were sick or needed advice about their health. Four percent reported not going anywhere.

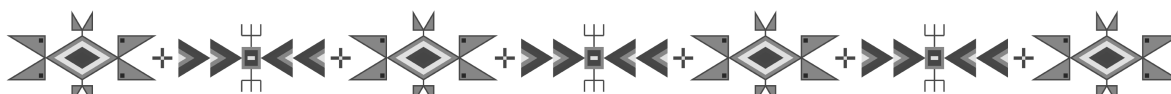
Where do you usually go when you are sick or need advice about your health?	
Tribal, IHS clinic	41%
Community Clinic	35%
Hospital/Emergency Room	12%
Someplace else	7%
I don't go anywhere	4%

Respondents were asked, “Do you have at least one person you think of as your personal doctor or health care provider?” Response options were: Yes or No.

Results: Almost two-thirds of participants (64%) reported that they currently had at least one personal health care provider.

Do you have at least one person you think of as your health care provider?	
Yes	64%
No	35%
Don't Know/Not Sure	1%

Miigwetch to community members across the state who completed this survey.
Without your contribution, this report could not be written.





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