

IMPACT OF HOME SMOKING BANS ON TOBACCO CESSATION

The benefits of creating a smoke-free home include reduced exposure to secondhand/tobacco smoke, lower tobacco use, and higher rates of quitting.¹ The relationship between implementing indoor smoking bans and quit rates has not been studied within a quitline setting. In this data brief, we examined the impact of home smoking bans on tobacco cessation among ASHLine callers; particularly if adopting household bans during the course of the cessation attempt promoted quit outcomes.

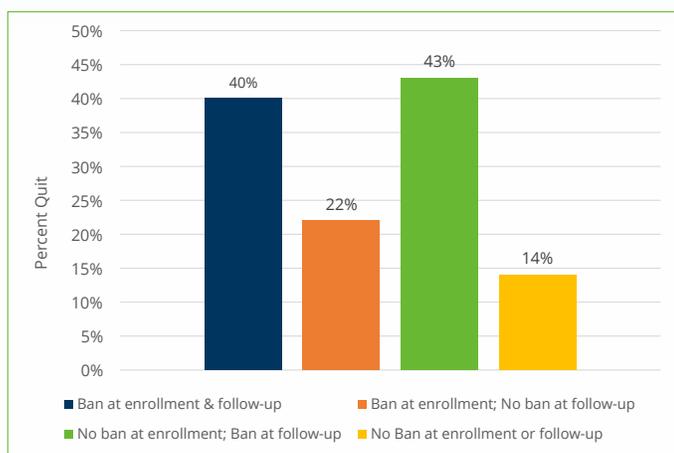
METHODS

ASHLine collected self-report data on home smoking bans (N=8,664) at enrollment and 7-month follow-up (July 2011-February 2015). Bans were categorized as either no smoking allowed inside the home (complete ban) or smoking allowed only in certain places in the home (partial ban). 'No ban' was categorized as smoking allowed anywhere in the home. Logistic regression models were used to examine the effect of bans on smoking outcomes.

RESULTS

As shown in Figure 1, clients who reported a smoking ban (complete or partial) at follow-up achieved the highest quit rates, 40 and 43%, respectively, regardless of ban status at enrollment.

FIGURE 1. QUIT RATES BY TIME OF HOUSEHOLD SMOKING BAN IMPLEMENTATION



Clients who maintained a smoking ban during their time in the program (enrollment and follow-up) were three and a half times more likely to quit smoking compared to clients who did not have any smoking bans at either time point. Moreover, clients who established partial or complete ban during their course in the program had greater odds of being quit at follow-up as compared to clients who did not consider bans during ASHLine intervention.

CONCLUSION

Our results suggest that continuing or implementing home smoking bans increase the likelihood of quitting tobacco. Quitlines should continue to educate and provide skills and behavioral support to encourage creating smoke-free home environments as part of a client's comprehensive quit plan. Beyond promoting successful quit outcomes, bans also benefit children and household members by reducing their exposure to secondhand smoke. Creating smoke-free zones and implementing home smoking bans involves changing daily smoking patterns and behaviors; these changes can in turn lead to reduction/elimination of everyday triggers associated with smoking, provide opportunities to practice smoking urge management strategies, and increase confidence and motivation in smoking behavior change--- all of which promote tobacco cessation.

REFERENCES

1. Pizacani BA, Martin DP, Stark MJ, Koepsell TD, Thompson B, Diehr P. A prospective study of household smoking bans and subsequent cessation related behaviour: the role of stage of change. *Tob Control*. 2004;13(1):23-28.

* This research project will be presented as a poster at the Society of Behavioral Medicine 2016 conference.