Abstract

OBJECTIVES: To examine the relationship between socio-demographic, clinical, and smoking history factors, and smoking cessation among older American Indians.


SETTING: Thirteen American Indian tribes from Arizona, Oklahoma, and North and South Dakota.

PARTICIPANTS: American Indian men and women (N=998), aged 45–74 years, who identified themselves as smokers at the initial Strong Heart Study examination.

MEASUREMENTS and RESULTS: Twenty-one percent of smokers quit during the 4-year follow-up period. Multivariate logistic regression was used to assess the relationship between baseline socio-demographic, clinical, and smoking history factors, and smoking cessation. Factors associated with smoking cessation included being 65–74 years old (odds ratio [OR] 2.1; 95% confidence interval [CI], 1.3 to 3.3), being examined at the Arizona regional center (OR 2.2; 95% CI 1.3, 3.7), being nondaily smokers (OR 5.4; 95% CI 1.3, 18.5), smoking fewer than 6 cigarettes daily (OR 2.8; 95% CI 1.3, 4.7), being a smoker for fewer years (OR 2.0; 95% CI 1.0, 3.9), beginning to smoke at an older age (17 years or older, OR 1.6; 95% CI 1.1, 2.4), and having a history of diabetes (OR 1.7; 95% CI 1.2, 2.3). Factors not associated with smoking cessation included gender, level of education, childhood exposure to tobacco smoking, and a history of cardiovascular diseases, cancer, or respiratory diseases.

CONCLUSIONS: Several determinants of smoking cessation among older American Indians identified in this study may have important implications for designing appropriate interventions for this special population.