

Most Adult Smokers Want to Quit

The Centers for Disease Control and Prevention (CDC) says that quitting smoking is difficult because of the addictive nicotine that cigarettes rapidly deliver to the brain. Smoking leads to dependence, and quitting often leads to withdrawal. Becoming part of a person's routine, which adds to the difficulty.

Wyoming Smokers Want to Quit

At some point in their lives, 8 out of 10 (82%) adult smokers have stopped smoking for at least one day because they were trying to quit. One out of three (32%) smokers had tried to quit at least once in the past year.

Users Are Consistently Aware of Quitlines

Two-thirds (68%) of commercial tobacco and nicotine users (adults who used cigarettes, chewing tobacco, electronic nicotine delivery systems (ENDS), or other tobacco or nicotine in the past 30 days) were aware of telephone quitline services. Commercial tobacco and nicotine users' awareness of quitlines has remained stable since 2010. This may demonstrate the success of media campaigns by the Wyoming Substance Use and Tobacco Prevention Program (SUTPP) and their partners, including county-level efforts.

Most Smokers Have Tried to Quit

82%

OF SMOKERS
HAVE NEVER
TRIED TO QUIT

50%

OF SMOKERS HAVE TRIED TO
QUIT SOMETIME IN THEIR
LIFETIME, BUT NOT PAST YEAR

32%

OF SMOKERS HAVE
TRIED TO QUIT IN
THE PAST YEAR

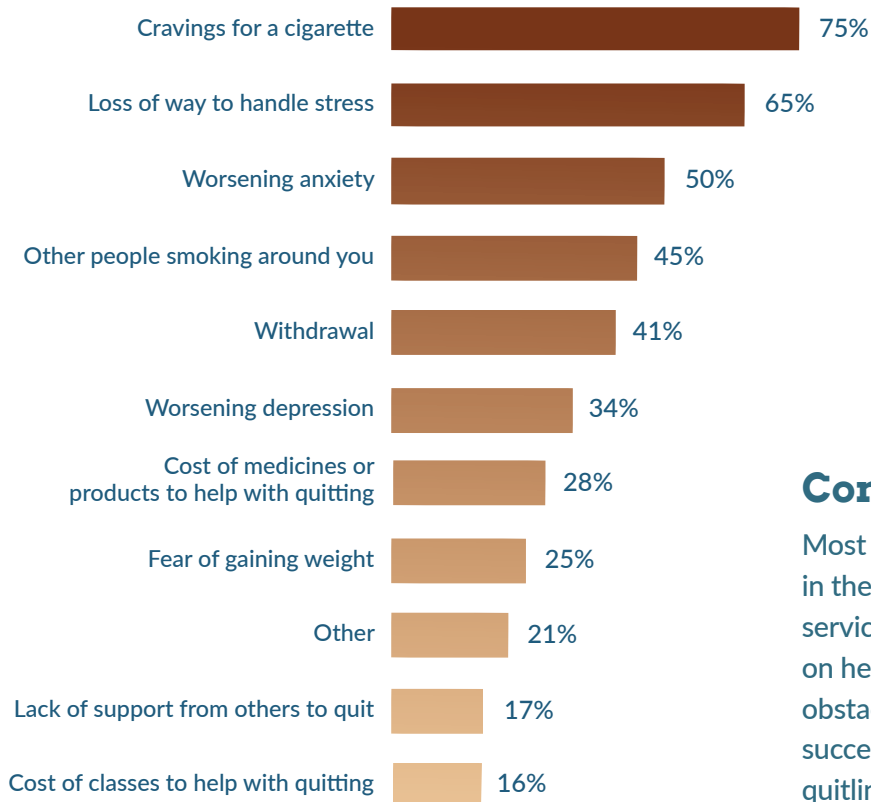


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Obstacles to Quitting

The Wyoming Quit Tobacco (WQT) program focuses on the most common barriers to quitting. Smokers noted the top three barriers to quitting as cravings for a cigarette, loss of a way to handle stress, and worsening anxiety (see below).

Most Barriers Are Addressed by the WQT



Conclusions

Most smokers have tried to quit smoking in their lifetime and are aware of quitline services to help. The WQT program focuses on helping enrollees deal with common obstacles to quitting and have greater success by providing a free, supportive quitline and other services.



Additional Information

The 2021 Wyoming Adult Tobacco Survey was a phone survey of Wyoming adults. More information is available here:

- health.wyo.gov/publichealth/prevention/substanceabuseandsuicide/tobacco-prevention
- wysac.uwyo.edu/wyomingtobacco
- For more information about cigarette taxes in Wyoming, please refer to the fact sheet titled “Commercial Tobacco and Nicotine Taxes Prevent Use & Aid Quitting.”