

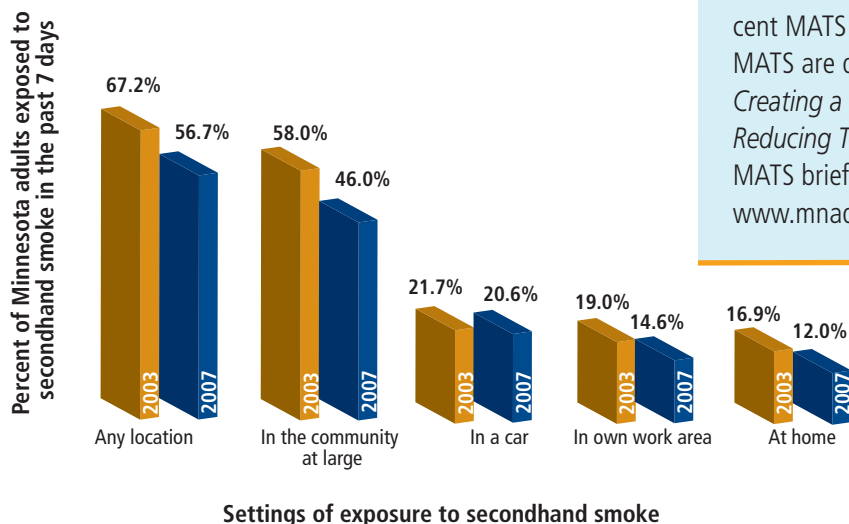


# SMOKE-FREE POLICIES PROTECT MORE MINNESOTANS

## Fewer Minnesotans are being exposed to secondhand smoke.

The results of the 2007 Minnesota Adult Tobacco Survey (MATS) confirm the benefit of smoke-free policy adoption: reduced exposure to secondhand smoke. Between 2003 and 2007, there was a large decrease in the percentage of Minnesotans who reported that someone had smoked near them in the past seven days in any location (Figure 1). Data were collected for MATS 2007 before a statewide law that ensured smoke-free indoor air in all workplaces, including restaurants and bars, was implemented in October 2007.

**FIGURE 1. FEWER MINNESOTANS ARE EXPOSED TO SECONDHAND SMOKE IN 2007 THAN IN 2003.**



Source: Minnesota Adult Tobacco Surveys, 2003 and 2007

### Minnesota's Comprehensive Tobacco Control Program:

In Minnesota, a comprehensive tobacco control program—led by ClearWay Minnesota<sup>SM</sup>, Blue Cross and Blue Shield of Minnesota (Blue Cross) and the Minnesota Department of Health (MDH)—implements broad, evidence-based statewide strategies to reduce tobacco use and exposure to secondhand smoke.

### Minnesota Adult Tobacco Survey:

The three partner organizations also collaborate on the Minnesota Adult Tobacco Survey, which is the most thorough source of information about tobacco use prevalence, behaviors, attitudes and beliefs in the adult Minnesota population and serves as a tool for measuring the progress of Minnesota's comprehensive tobacco control program. Data for the most recent MATS were collected in 2007. Other survey years were 1999 and 2003. Key findings from the most recent MATS and the trend analyses from all three MATS are discussed in the complete report, *Creating a Healthier Minnesota: Progress in Reducing Tobacco Use*, and in accompanying MATS briefings, which are available at [www.mnadulttobaccosurvey.org](http://www.mnadulttobaccosurvey.org).

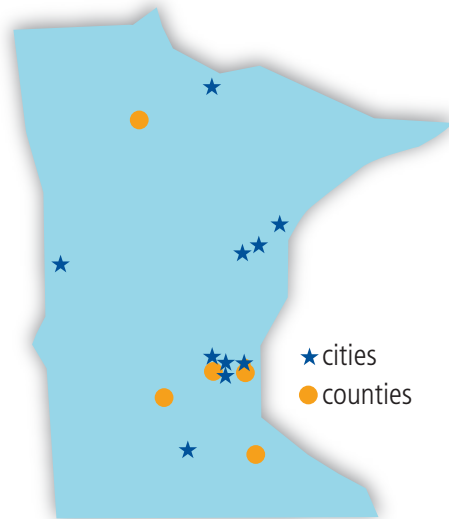
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### CLEARING THE AIR

Because secondhand smoke is a well-established cause of disease and death, ClearWay Minnesota<sup>SM</sup>, Blue Cross and Blue Shield of Minnesota and the Minnesota Department of Health work with public and private organizations to reduce exposure to secondhand smoke. Using a variety of proven strategies—education and media campaigns, community funding, advocacy training and lobbying—the organizations collaborated to help local smoke-free grassroots ventures grow into a statewide initiative.

Although the state's Clean Indoor Air Act was passed in 1975, communities did not begin to enact local ordinances to protect hospitality workers and customers until 2000. As Minnesota's tobacco control efforts increased the public's awareness of the dangers of secondhand smoke, the support for smoke-free policies increased and the pace of change quickened. When data collection for the most recent MATS began in 2007, 15 Minnesota cities and counties had smoke-free policies covering 38.1 percent of the adult population (Figure 2).

FIGURE 2. FIFTEEN MINNESOTA CITIES AND COUNTIES HAD SMOKE-FREE LAWS WHEN DATA WERE COLLECTED FOR MATS 2007.



At the time of MATS 2007 data collection, 4 out of every 10 Minnesotans lived in a community that had passed a clean indoor air ordinance requiring smoke-free workplaces. However, declines in exposure to secondhand smoke appear not only in workplaces, but also in the community at large and in Minnesotans' homes. It appears

that as smoking becomes less prevalent and acceptable as a result of several factors including smoke-free policies in public places, the prevalence and acceptability of smoking in private spheres, such as homes, decreases as well.

### **Minnesotans know secondhand smoke is harmful and support smoke-free policies.**

MATS 2007 data—collected before the statewide law was implemented in October 2007—show an increasing demand for smoke-free environments. An overwhelming majority of adult Minnesotans (93.0 percent) say that secondhand smoke is very or somewhat harmful to health. Among all adult Minnesotans, 59.9 percent say that prohibiting smoking in workplaces—including restaurants and bars—is very important, and an additional 20.4 percent say that it is somewhat important.

When asked how a prohibition on smoking in restaurants and bars would affect how often they went out, 69.6 percent of Minnesotans say it would make no difference, and 23.4 percent report that they would go out more often.

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### **Smoke-free policies protect Minnesotans from secondhand smoke.**

Minnesotans whose workplaces do not allow smoking face far less exposure to secondhand smoke in their work area than Minnesotans whose workplaces allow smoking. Among those Minnesotans who report that smoking is not allowed in their workplace, 5.4 percent had someone smoke in their work area in the past seven days (Figure 3). By comparison, among those who report that smoking is allowed in some or all areas of their workplace, nearly 10 times as many (49.4 percent) had someone smoke in their work area.

Before the statewide law was implemented in 2007, 76.1 percent of adults reported that their workplaces had smoke-free policies. Notably, employees and customers at bars and restaurants were not afforded the same level of protection that workers at other worksites had. Only 32.2 percent of bar employees and 58.0 percent of employees in restaurants that serve alcohol reported being covered by a workplace smoke-free policy.

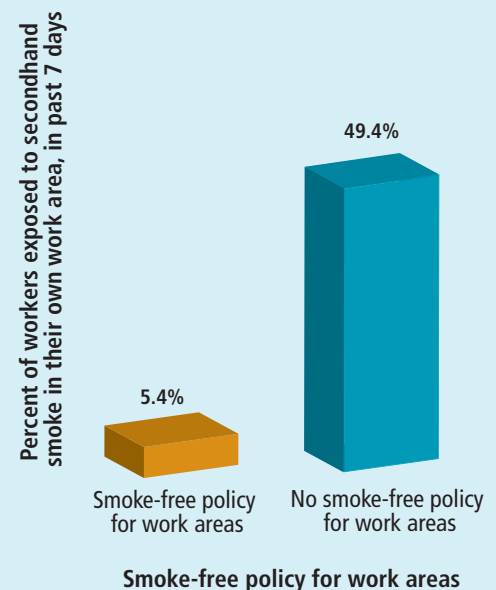
As the public environment changed, Minnesotans also made changes in their own homes. More than 80 percent (83.2 percent) of adult Minnesotans say that smoking is not allowed anywhere inside their home. This represents a significant increase in the number of Minnesotans who live in a smoke-free home when compared with 74.8 percent who had smoke-free rules in the home in 2003.

### **Although exposure to secondhand smoke is decreasing, there are still areas of concern.**

Despite the significant progress that has been made in protecting Minnesotans from exposure to secondhand smoke, more than half of Minnesota's adult population still faces the dangers of secondhand smoke and a large number of Minnesota's children live in homes where secondhand smoke is sometimes present.

In 2007, 56.7 percent of adult Minnesotans reported being exposed to secondhand smoke in the past seven days, a decrease of more than 10 percentage points from the 67.2 percent who reported being exposed to secondhand smoke in 2003. The most common place (46.0 percent) for secondhand smoke exposure was in the community, which is any setting other than work, car or home. Although the statewide smoke-free law passed in 2007 will eliminate exposure in bars and restaurants, Figure 4 indicates other areas where

**FIGURE 3. WORKPLACE SMOKE-FREE POLICIES PROTECT MINNESOTANS FROM SECONDHAND SMOKE EXPOSURE.**



Source: Minnesota Adult Tobacco Survey, 2007

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### MINNESOTA PASSES FREEDOM TO BREATHE ACT OF 2007

In May 2007, Minnesota passed a comprehensive smoke-free law that covers indoor public places and workplaces, including bars and restaurants. Because the Freedom to Breathe Act went into effect in October 2007—after MATS data collection was conducted—this study does not reflect the effects of this statewide law. MATS 2007 data do provide an opportunity to describe the effects of local policies and, potentially, forecast the larger effects of a statewide policy.

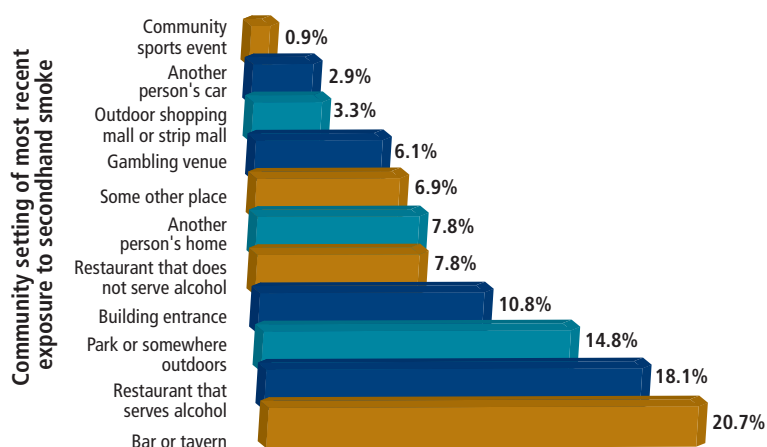
### MATS SURVEY METHODS

MATS 2007 telephone interviews were conducted with adults aged 18 and older living in Minnesota from February to June 2007. The sample of 12,580 responding adults consisted of 7,532 from a statewide random digit dial sample and 5,048 from a list of Blue Cross members. The response rates were 41 percent and 48 percent, respectively. The two samples were merged using scientific survey weighting methods, and the merged sample is representative of the Minnesota adult population. Associations are based on bivariate analysis only and are not adjusted for potential confounders. Statistical tests used overlapping confidence intervals and chi-square tests. Differences are statistically significant at  $p < 0.05$  unless otherwise noted.

exposure occurs. In addition, 20.6 percent also reported being exposed in a car and 14.6 percent said there was secondhand smoke at their workplace.

Secondhand smoke exposure in the home was reported by 12.0 percent of adult Minnesotans in 2007. Among people with children living in their households, 9.6 percent said that someone has smoked in their home in the past seven days. This means that, in a given week, someone smoked in the homes of 155,000 adults who have one or more children in the home.

**FIGURE 4. MINNESOTANS REPORTED BARS AND RESTAURANTS THAT SERVE ALCOHOL AS THE MOST COMMON PLACE OF SECONDHAND SMOKE EXPOSURE IN THE COMMUNITY.**



Percent of adults whose most recent exposure was in the setting

Source: Minnesota Adult Tobacco Survey, 2007



## MINNESOTA ADULT TOBACCO SURVEY

### Tobacco Use in Minnesota: 1999 to 2007

[www.mnadulttobaccosurvey.org](http://www.mnadulttobaccosurvey.org)

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