

Tobacco Cessation for West Virginia's Incarcerated Populations

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**PROMISING PRACTICES FROM THE FIELD:
Tobacco Control Strategies for Priority Populations**

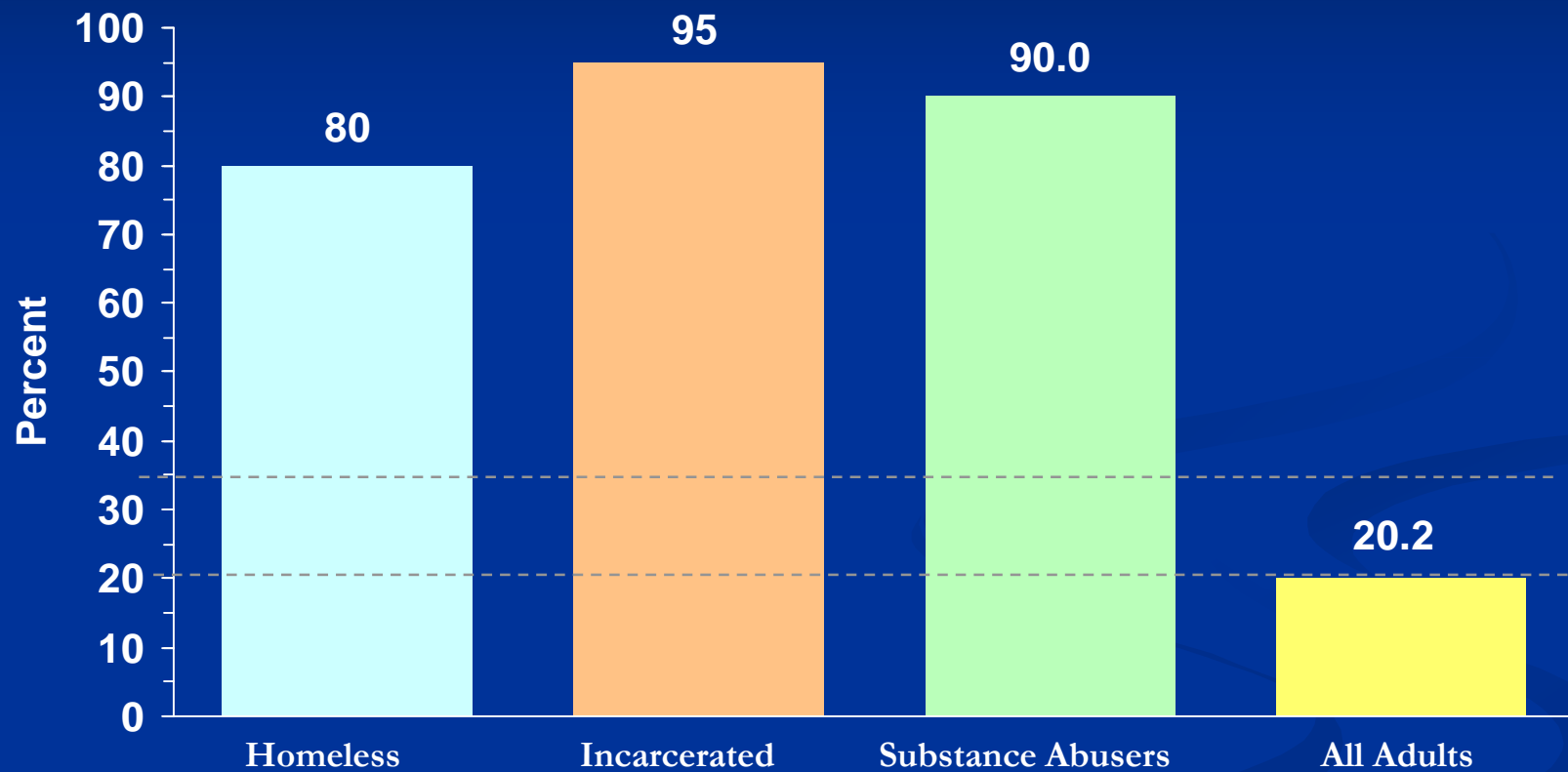
High Smoking Prevalence

Low-SES Populations including:

- The Homeless
- Mentally Ill
- Individuals in Alcohol/Drug Treatment
- The Incarcerated

Tobacco Use Prevalence

Selected Populations - 2006



U.S. Correctional Population

- On any given day, approximately 2 million people are behind bars
- The majority of prisoners are men – 65% are Black or Latino
- Approximately 70% come from low income, inner-city neighborhoods and have less than a high school education

Tobacco Use in Correctional Facilities

- Smoking Prevalence of as high as 75% Among Female Inmates
- As high as 90% Prevalence in Male Inmates
- Heart Disease and Lung cancer are the leading causes of death among long-term prisoners

Deaths in Prison Setting

- Heart Disease
(27 percent of deaths)
- Cancer
(23 percent of deaths)
- Liver disease
(10 percent of deaths)

American Medical Association 10/07

Historical Context of Tobacco Use in Jails/Prisons

- Administrators attitudes towards tobacco use have been very tolerant.
- Tobacco has been distributed at no or very low cost to prisoners.
- Cigarettes used as a reward for good behavior.
- Prisoners use cigarettes as a form of currency.
- Administrators generally regard smoking as important for prisoner management and control.

American Medical Association and Prison Healthcare

- **AMA policy (H-490.915 - Tobacco Use in Prison Populations)** pushes for us to promote the same tobacco control policies for correctional facilities that exist in the outside community
- Also promotes stopping manufacture and/or sale of cigarettes in prisons and jails, and prohibition of smoking by minors in juvenile centers.
- Also urges us to be committed to the availability of smoking cessation programs in correctional facilities.

National Commission on Correctional Health Care

- AMA encourages prisons, jails to work through their NCCHC representative to ensure that smoking and all tobacco use is banned.
- Also encourages that cessation counseling is made a national standard for correctional medicine.

Tobacco Use Bans in Correctional Facilities

- 27 State Prison Systems are 100% Smoke-Free in Indoor Areas
- As of July, 2004 – ALL Federal Prisons became Smoke-Free

Tobacco Use Bans in Correctional Facilities

Recent State Prison Systems to go Smoke-Free:

- **West Virginia** – March 1st, 2008
- **South Carolina** – January 1st, 2008
- **Illinois** – January 1st, 2008
- **Tennessee** – June 1st, 2007
- *Michigan's prisons will go smoke-free in 2009*

Why are Smoking Bans Becoming the Norm?

- Increasing Public and Private Acceptance of these Policies
- Anticipation of Future Legislation, Regulation, or Accreditation
- Need to Reduce Health Care Costs
- Avoid Inmate Litigation

Consequences of Bans

- Increased contraband tobacco is the major outcome in prison systems that had banned tobacco.
- Tobacco remains common even in prisons with tobacco bans.

Conclusion

- One significant finding is that most jails and prisons do not offer smoking cessation programming for their prisoners during incarceration or at discharge.
- A number of reasons could explain why this situation occurs.
 - Timely Notification
 - Tobacco cessation programming a low priority
 - Lack appropriate resource materials designed for the incarcerated population.

Cessation in Correctional Facilities

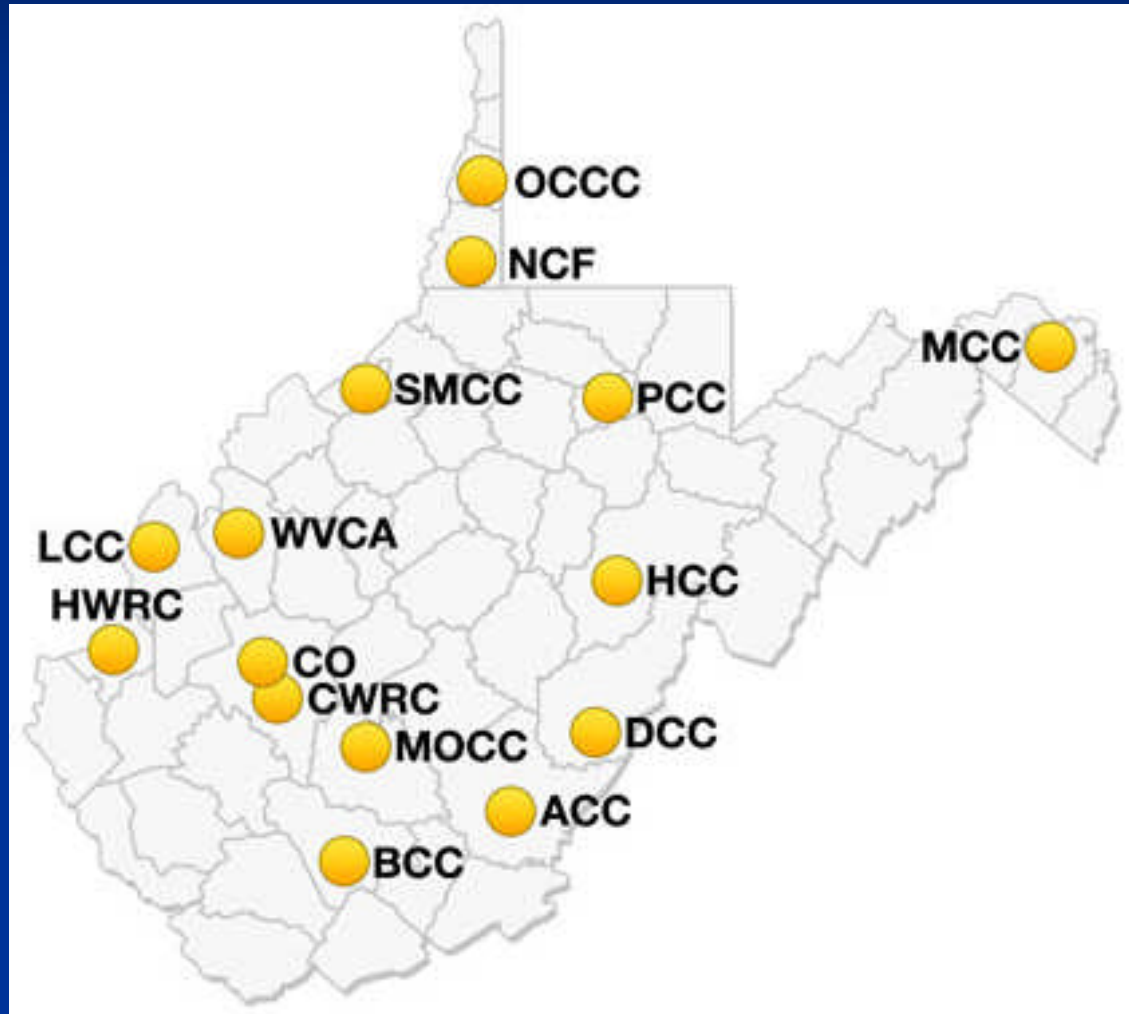
- Bans on the use of tobacco in correctional institutions have been ineffective in long-term tobacco cessation for individuals.
- Many prison officials contend with a lack of resources for implementing prevention programs even though there is an awareness that such programs are needed.
- Establishing partnerships between tobacco control advocates and correctional health care professionals offers an ideal opportunity to implement tobacco use cessation strategies during the incarceration period that can result in long term tobacco cessation.

Effects on Behavior After Release From Prison

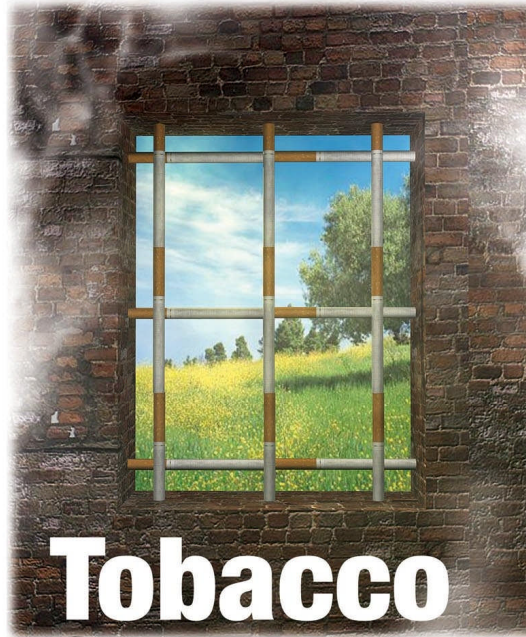
- Most prisoners resume their tobacco use after release.
- Incarceration in a tobacco-free institution can increase post-release quit rates if cessation assistance is offered to newly released inmates.
- In one study, 44% of newly released inmates expressed an interest in quitting.

West Virginia State Prisons

- 15 facilities statewide
- Division of Department of Military Affairs and Public Safety

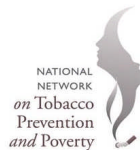


Tobacco Cessation in Correctional Settings



Tobacco Cessation for Correctional Populations

A Health Education Manual



Tailored Intervention

- Two Modules
- Can be taught by lay personnel and/or prison, jail staff
- Total of two hours class time
- Includes overhead transparencies and PPT

Tobacco Policies and Cessation Interventions in Correctional Facilities

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National Networks

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