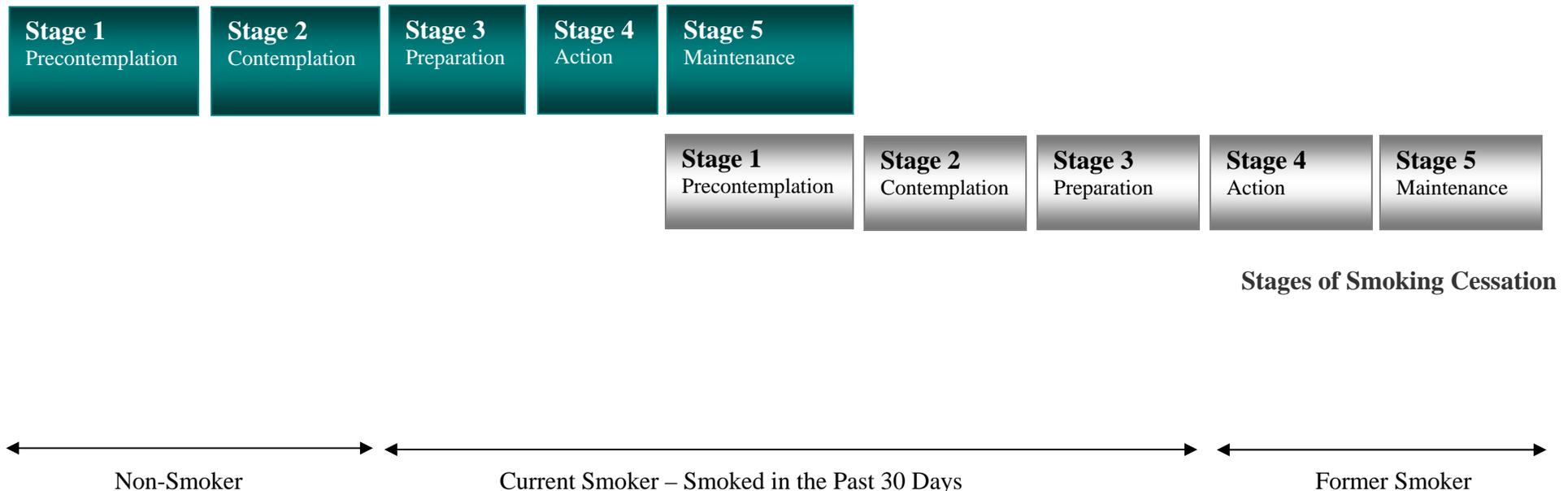


# STAGES OF CHANGE

Initiation and Cessation

Most people do not become addicted to tobacco (nicotine) overnight. Similarly, it is a rare person who can overcome an established addiction and dependency to tobacco overnight. Researchers have demonstrated that in changing their tobacco use behaviors, people go through five “Stages of Change” on the way to developing their dependence to tobacco, and through a complementary five stages of change in breaking free from that dependence.<sup>1</sup> The five stages of change are: (1) Precontemplation – not interested or concerned about changing current behavior; (2) Contemplation – considering a change in current behavior; (3) Preparation – taking some steps towards changing current behavior; (4) Action – actively moving towards changing the pattern of behavior; and (5) Maintenance – maintaining the changed behavior.

## Stages of Smoking Initiation



# STAGES OF CHANGE-INITIATION

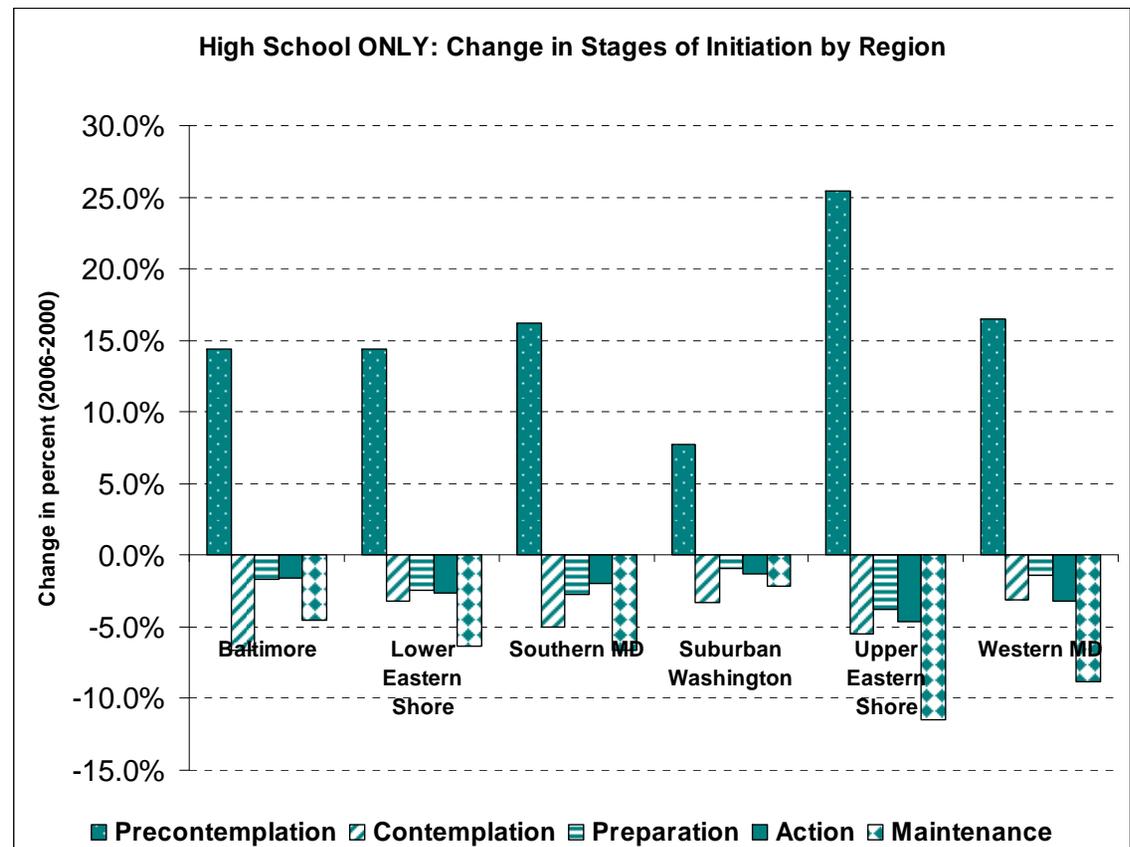
Maryland High School youth (<18 years old) staged on cigarette smoking

## High School Under-age Students Generally

- There has been a significant decrease in current cigarette use - that is, smoking on one or more days in the past 30 days - among all under-age high school youth from 2000 (23.0%) to 2006 (16.1%).

## High School Stages of Initiation

- Between 2000 and 2006, all regions significantly increased the percentage of high school underage youth not considering starting smoking (i.e., Precontemplation) and significantly decreased high school youth considering beginning smoking (i.e., Contemplation)
- Between 2000 and 2006, there were significant decreases among high school under-age youth who are regular smokers (i.e., youth in Action or Maintenance) as well high school underage youth who are experimenting with smoking (i.e., youth in Preparation) across all regions



## STAGES OF CHANGE-INITIATION

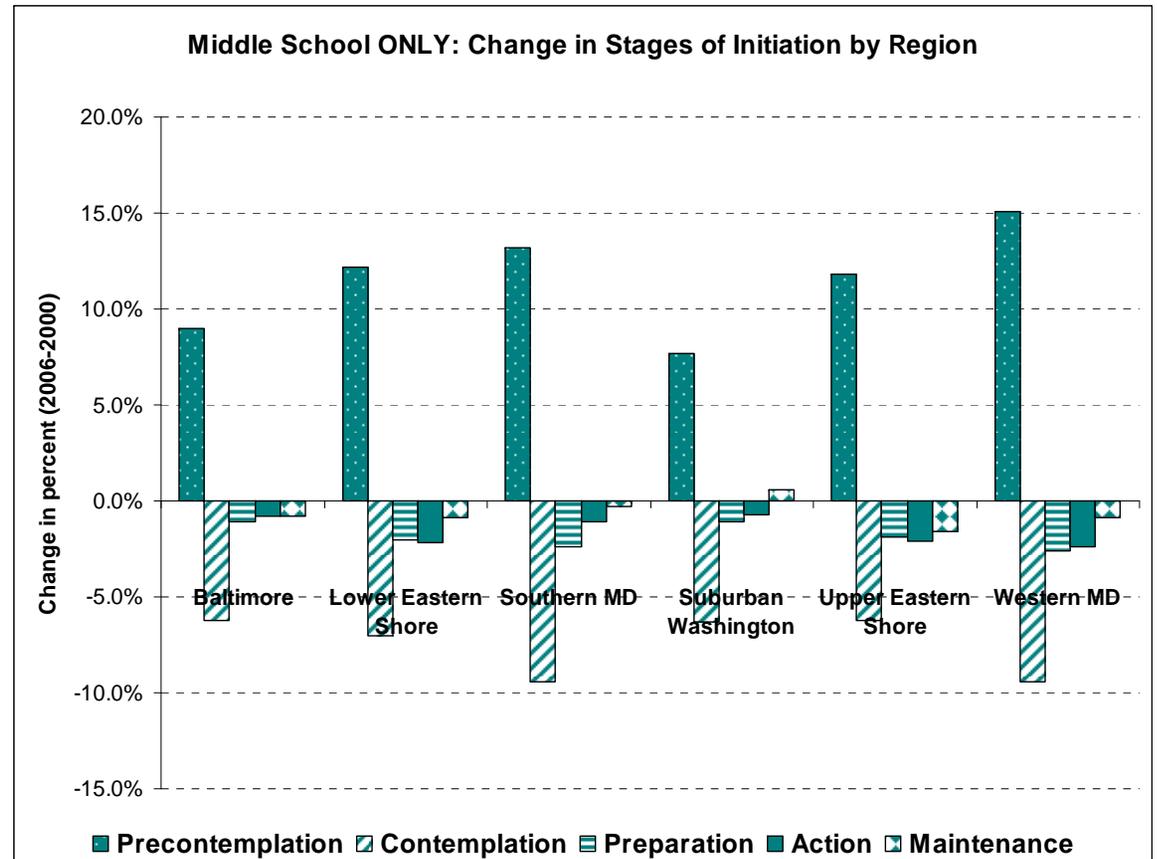
Maryland Middle School youth (<18 years old) staged on cigarette smoking

### Middle School Under-age Students Generally

- There has been a significant decrease in current cigarette use - that is, smoking on one or more days in the past 30 days - among all under-age middle school youth from 2000 (7.2%) to 2006 (5.1%).

### Middle School Stages of Initiation

- As with the High School underage youth, between 2000 and 2006, all regions significantly increased the percentage of middle school underage youth not considering smoking (i.e., Precontemplation) and significantly decreased middle school youth considering beginning smoking (i.e., Contemplation)
- Between 2000 and 2006, overall there were significant decreases among middle school under-age youth who are regular smokers (i.e., youth in Action or Maintenance) as well high school underage youth who are experimenting with smoking (i.e., youth in Preparation) across all regions, with the exception of Suburban Washington region which showed a slight increase in youth who have been smoking regularly (i.e., Maintenance)



## STAGES OF CHANGE-CESSATION

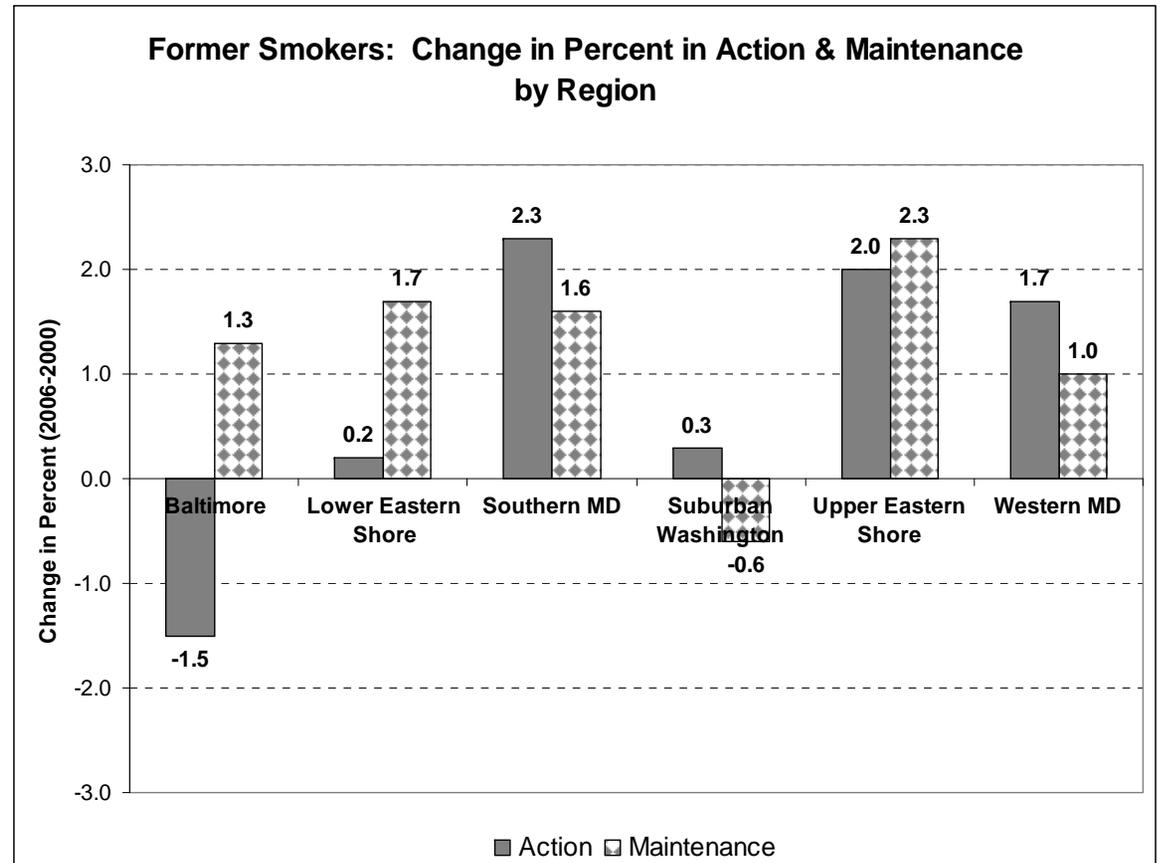
Maryland adult (18+) former smokers (Action & Maintenance)

### Cigarette Prevalence Generally

- There has been a significant decrease in current cigarette use - that is, smoking on one or more days in the past 30 days - among Maryland adults from 2000 (17.5%) to 2006 (13.7%).

### Stages of Cessation for Former Cigarette Smokers

- All but one region (Suburban Washington), increased the percentage of adults who are sustained quitters (i.e., Maintenance, cigarette smokers who have maintained abstinence for 6+ months)
- Similarly, all but one region (Baltimore) increased the percentage of adults who are recent quitters (i.e., in Action, who have quit within the past 6 months).



## STAGES OF CHANGE-CESSATION

Maryland adult (18+) current smokers (Precontemplation, Contemplation & Preparation)

### Stages of Cessation for Current Cigarette Smokers

- The adults continuing to smoke in Maryland appear to be less motivated to quit
- There has been an increase in current smokers who are not interested in quitting in the next 6 months (i.e., adults in Precontemplation) among two-thirds of the regions
- Between 2000 and 2006 across all regions, there also was a marked decrease in smokers ready to make a quit attempt (i.e., Preparation)
- However, there was positive movement for most regions moving smokers to considering a quit attempt in the next 6 months (i.e., adults in Contemplation)
- These data suggest challenging groups of less motivated smokers remain

