

COMMUNITY ADVISED SMOKING CESSATION PROJECT: 2SLGBTQIA+ SURVEY SUMMARY



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LUNGNSPEI

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2SLGBTQIA+ Survey Summary

98 members of the 2SLGBTQIA+ community participated in the Community Advised Smoking Cessation survey to voice their opinions on what they need to quit smoking or reduce the use of commercial tobacco.

Out of those who took our survey, we found that:

- 71% had an annual household income under \$40,000.
- 49% identified as women, 32% as men and 15% as another gender.
- 45% were aged 25-34.
- 55% were employed in the past week
- 61% had a disability.
- 30% said their mental health was poor.
- 42% had a high/very high nicotine dependence.
- 63% reported smoking marijuana, cannabis, hashish or another substance in the past month.



Take Aways

- **Two in five** said they were planning to quit in the next 30 days, however, 60% of survey respondents were **unaware** of any quit-smoking support programs. In their lifetimes, **65% had 3 or more quit attempts** (i.e., stopped smoking for 24 hours because they were trying to quit). On a scale of 1 to 10 with 10 being very confident they could quit, most had above-average confidence with a mean score of **5.6**.
- **Over half (54%)** had tried some form of **nicotine replacement therapy or cessation medication** to help them quit, however, **84%** had **not** attended counselling.
- The top relapse triggers for those that did quit before were: **72% stress, 43% social situations, 41% being around other smokers and 41% a crisis**.
- The top challenges in quitting were: **91% stress, 76% cravings and 56% peer pressure**.
- Needed support services included: **free access to NRT** (53%) and various forms of counselling. 34% to 42% selected **in-person** or **virtual counselling** or **support groups** with people with similar lived experiences. **Text message support** from quit counsellors was selected by 43%.



Thank you!

“I think more in person, judgement free zones for people who are struggling to quit would be helpful. The elimination of "smoke friendly" public spaces as well .”

“...making our community know that we're important enough to quit smoking and to save from the consequences....because there's a lot of apathy around it too, I feel.”

“ We need to make therapy or counselling more available and accessible.”

Thank you to everyone who participated in our survey! Your feedback will help LungNSPEI and its partners develop needs-based tobacco cessation programming.

Visit <https://www.lungnspei.ca/casc> for more detailed findings.