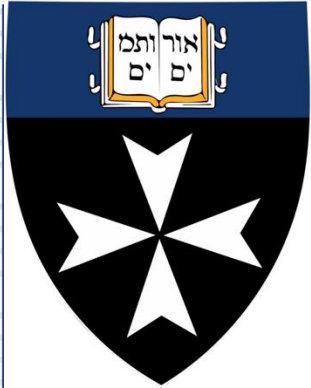




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Cancer Worry Motivates Smoking Cessation Among Midlife and Older Adults with Heavy Smoking History

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Background

In the United States, 25.19 million (9.9%) individuals, aged ≥ 18 years, reported current cigarette use in 2024.

Purpose

Our study aims to examine the relationship between cancer worry and both the intention to quit cigarette smoking and actual quit attempts among midlife and older adults

Methods

Study Design	Cross-sectional online survey in the US from December 2023 to February 2024
Participants	N=717 (1) adults aged 50-80 years (2) with no history of lung cancer (3) reported current cigarette use, and (4) had at least 20 pack-years of cigarette smoking history
Independent Variable	Cancer worry: “How worried are you about getting cancer?” Categorized as low, moderate, or high cancer worry.
Outcomes	Self-reported cigarette smoking-quit intention for the next year (no, yes) and cigarette smoking quitting attempt in the past 12 months (no, at least 1 attempt)
Statistical Analysis	Descriptive statistics and multivariable logistic regression analyses

Results

Characteristics



Age: 66.95% were
50-64 years



Sex: 57.18%
were female



Race: 79.78% were White
Ethnicity: 93.58% were
Non-Hispanic



Marital Status:
41.70% were married or
in an unmarried couple



Education:
42.26% ≤ high school



Annual Income:
54.81% ≤ \$34,999



Health Insurance:
92.89% had insurance

88.28%	68.76%	45.33%	63.32%	42.68%
No cancer history	No lung disease	Reported good health status	Had smoking history of ≥30 pack-years	Smoked within 5 minutes after waking



44.07% reported
low cancer worry



28.87% reported
moderate cancer worry



27.06% reported
high cancer worry

Quit attempts



24.13% quit once
20.50% quit 2-5 times
2.51% quit 6-10 times
3.07% quit ≥10 times

Quit intention



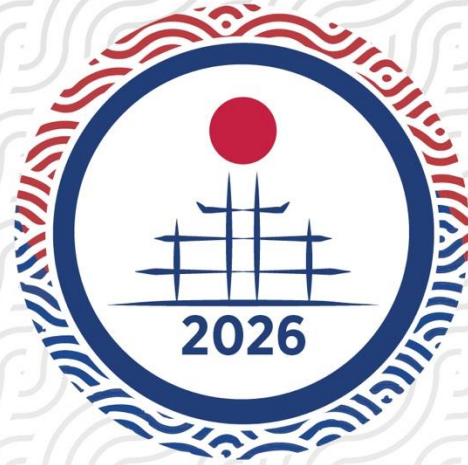
17.57% intended to quit
within the next 30 days
13.95% within 3 months
9.07% within 6 months
18.13% within 1 year

Relationship between cancer worry, attempts and intention of smoking quit

- Compared with those with low cancer worry, individuals with moderate and high cancer worry had 102% and 152% higher odds of reporting cigarette smoking quit attempts, respectively
- Those reporting high cancer worry had quadruple the odds of expressing an intention to quit smoking compared to those with low cancer worry

Cancer worry	Smoking quit attempts		Smoking quit intention	
	AOR (95% CI)	P-value	AOR (95% CI)	P-value
Low	1 [Reference]		1 [Reference]	
Moderate	2.02 (1.37-2.96)	<0.001	2.35 (1.58-3.49)	<0.001
High	2.52 (1.68-3.78)	<0.001	4.34 (2.78-6.78)	<0.001

AOR, adjusted odds ratio. Multivariable logistic regression model adjusted for age, sex, race, ethnicity, marital status, educational level, annual income, employment, insurance, health status, lung disease, cancer diagnosis, family cancer history, time to first cigarette after waking, and cumulative smoking exposure



Thank You.