

Women and Tobacco Use



Agenda

- Patterns of women's use
- Sex, gender and tobacco
- Meanings of smoking to women
- Reproductive health issues
- Gender specific intervention approaches
- Additional resources

Presenter:

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Historical patterns of women's tobacco use

- Men began to smoke first, and women's smoking was socially disapproved
- Hence, smoking-related diseases such as lung cancer and heart disease were first understood as men's diseases
- Women's smoking was only of interest with respect to pregnancy and the impact on fetal growth until about 1980
- By 1990s, feminist activists began to insist on more research, treatment and health promotion designed for women and girls as a group
- Tobacco use has moved from high-income to low-income countries, with women being targeted as consumers, growers, and factory labor

Women and tobacco requires a tailored approach

1. Sex and gender both matter to understanding women's tobacco use, intersecting with age & culture
2. Impacted by social context such as
 - poverty
 - intimate partner violence (IPV)
 - trauma
 - peer & partner influences
 - mental health issues



Sex and gender affect tobacco use

Sex-related factors:

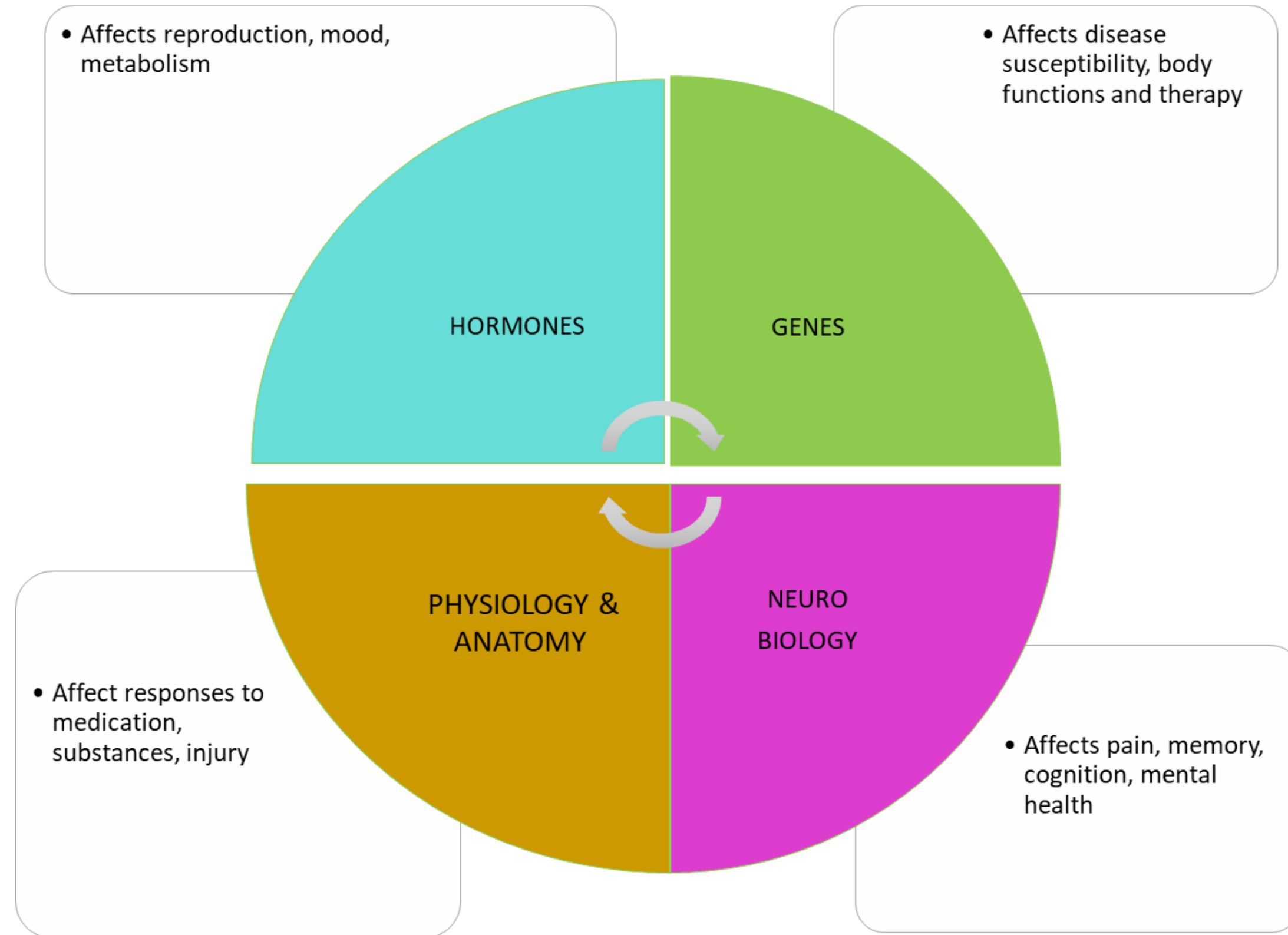
- biological responses to nicotine
- female patterns of dependency
- responses to nicotine replacement therapy (NRT)
- exposure to second-hand smoke

Gender related factors:

- influences of women-oriented marketing
- product development for women
- responses to socioeconomic pressures on women

Sex is multi-dimensional

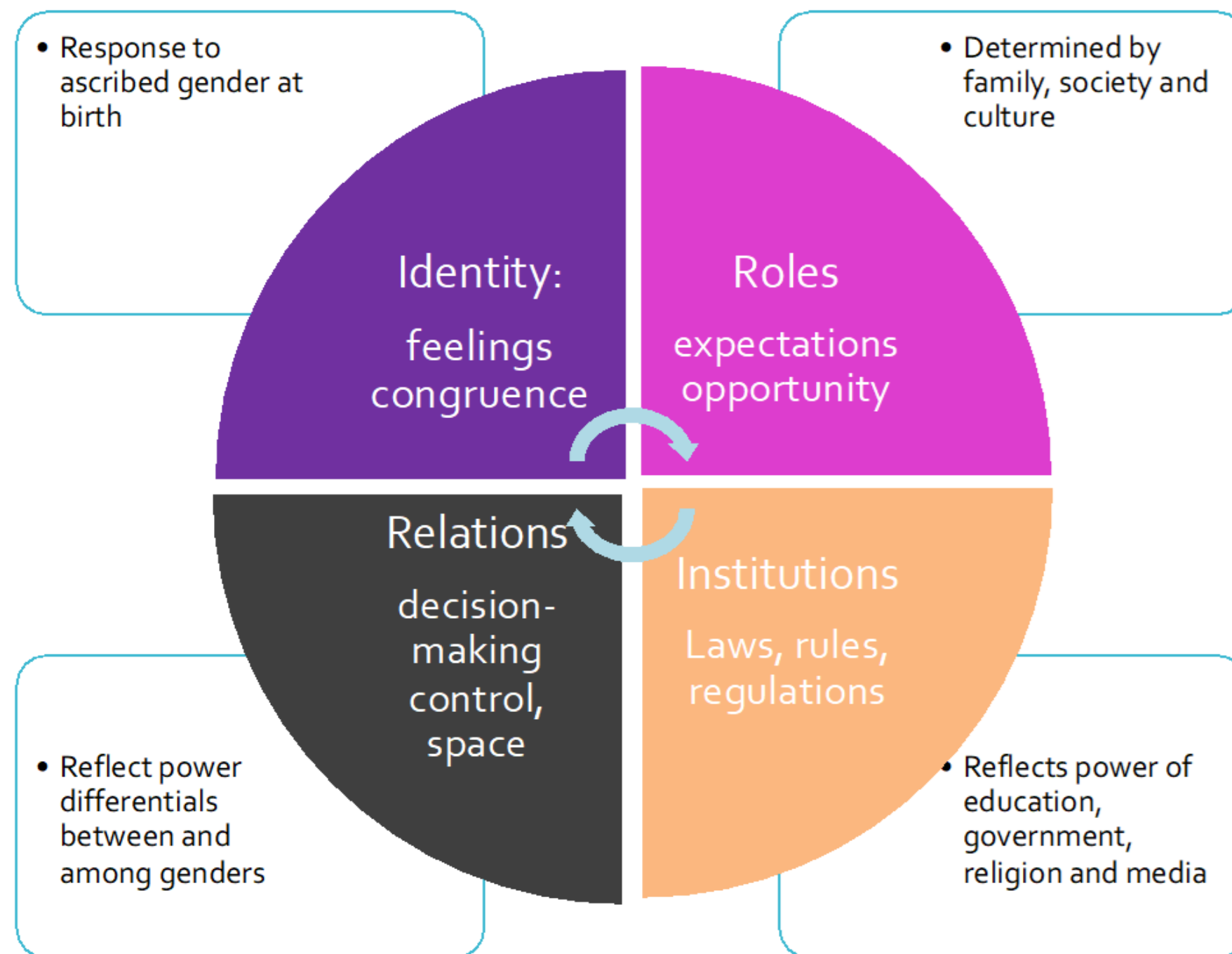
Components may
change (or be changed) over
the life course



Adapted from: Greaves, L. and N. Hemsing, *Sex and Gender Interactions on the Use and Impact of Recreational Cannabis*. International Journal of Environmental Research and Public Health, 2020. **17**(2).

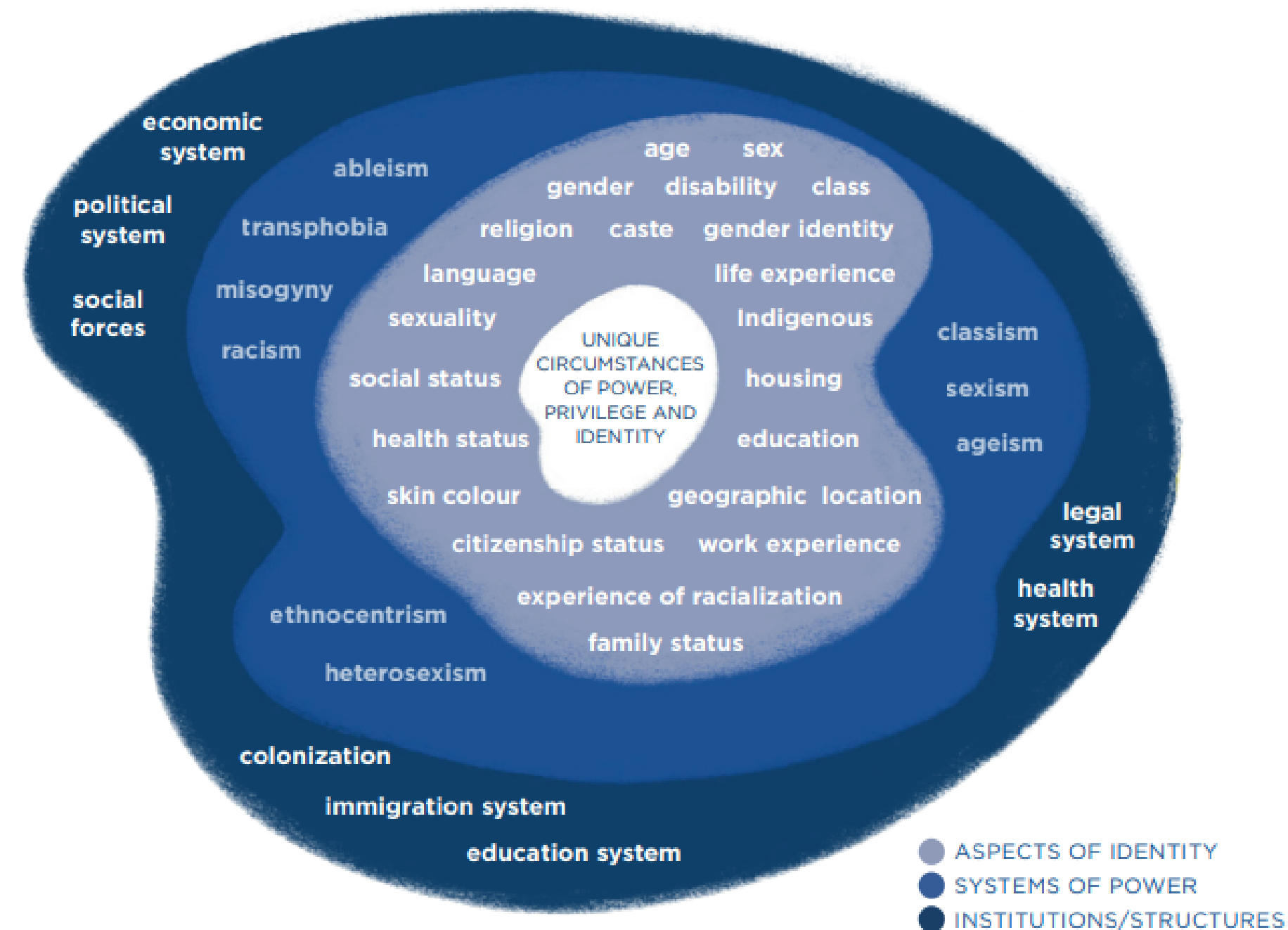
Gender has many components

intersecting and
interacting with sexual
orientation, race,
ethnicity, culture, SES...



Dimensions of Diversity

Sex and gender interact iteratively,
and with diversity, experiences, and
environments...



CRIAW-ICREF (2021) *Feminist Intersectionality*

Context & Experiences Matter

Violence and trauma

- links to IPV, sexual assault and childhood sexual abuse
- Adverse Childhood Experiences (ACEs) positively related to smoking

Peer, partner and household influences

- peer social relations, partner dynamics, environmental factors

Poverty

- income & education inversely associated with smoking

Mental health issues

- majority of those with MH diagnoses smoke



These factors add up..

Trauma and re-traumatization from

- Refugee experiences or natural disasters
- Poverty and unemployment
- Gendered violence, rape, sexual assault, domestic violence
- Discrimination, stigma, homophobia, sexism, racism

Can lead to

- Co-occurring alcohol and drug use
- Co-occurring mental health issues

Reproductive Issues

Preconception

- involves both sexes, and is a planning opportunity

Pregnancy

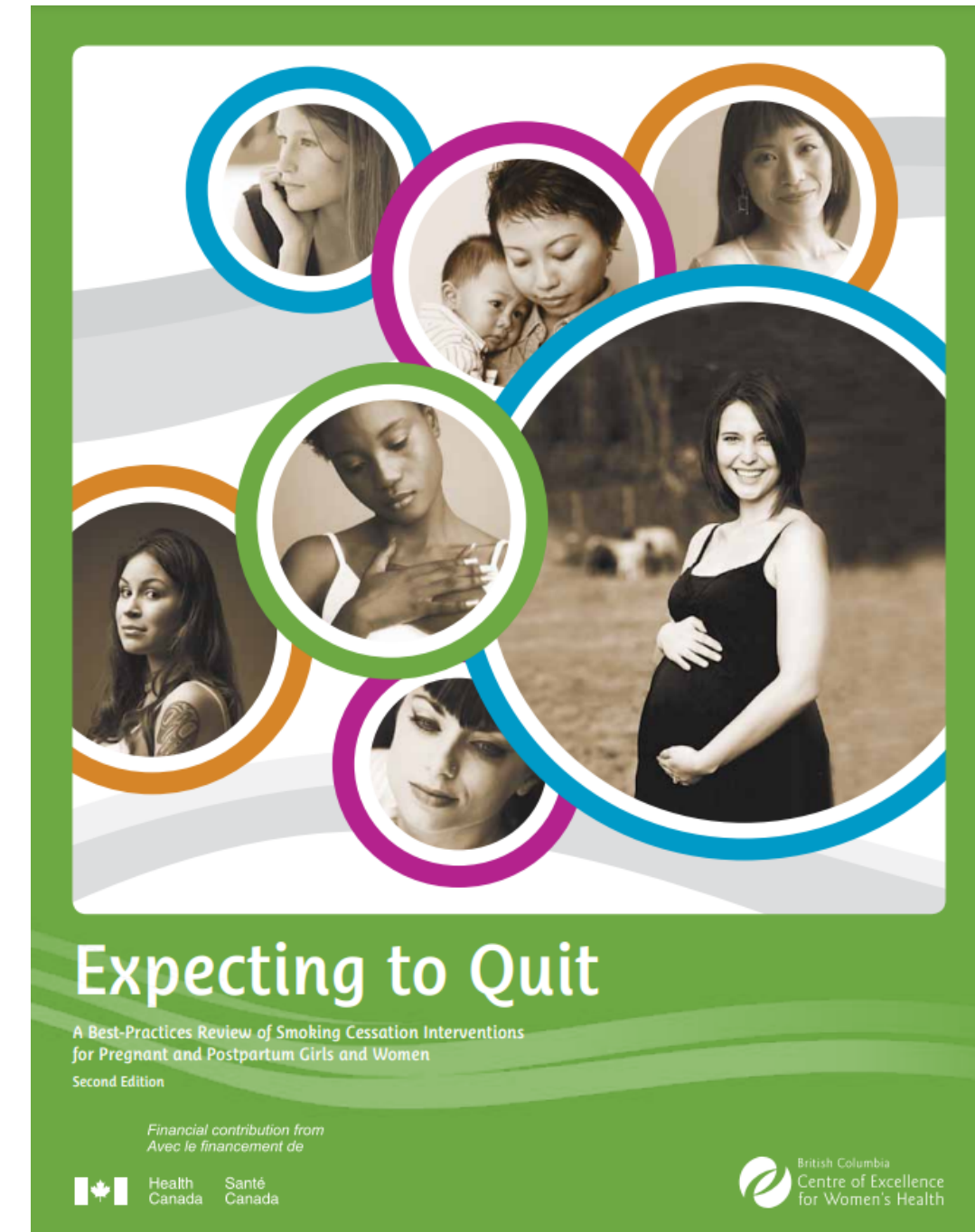
- women's centric or fetus- centric approaches

Post partum

- relapse prevention is essential

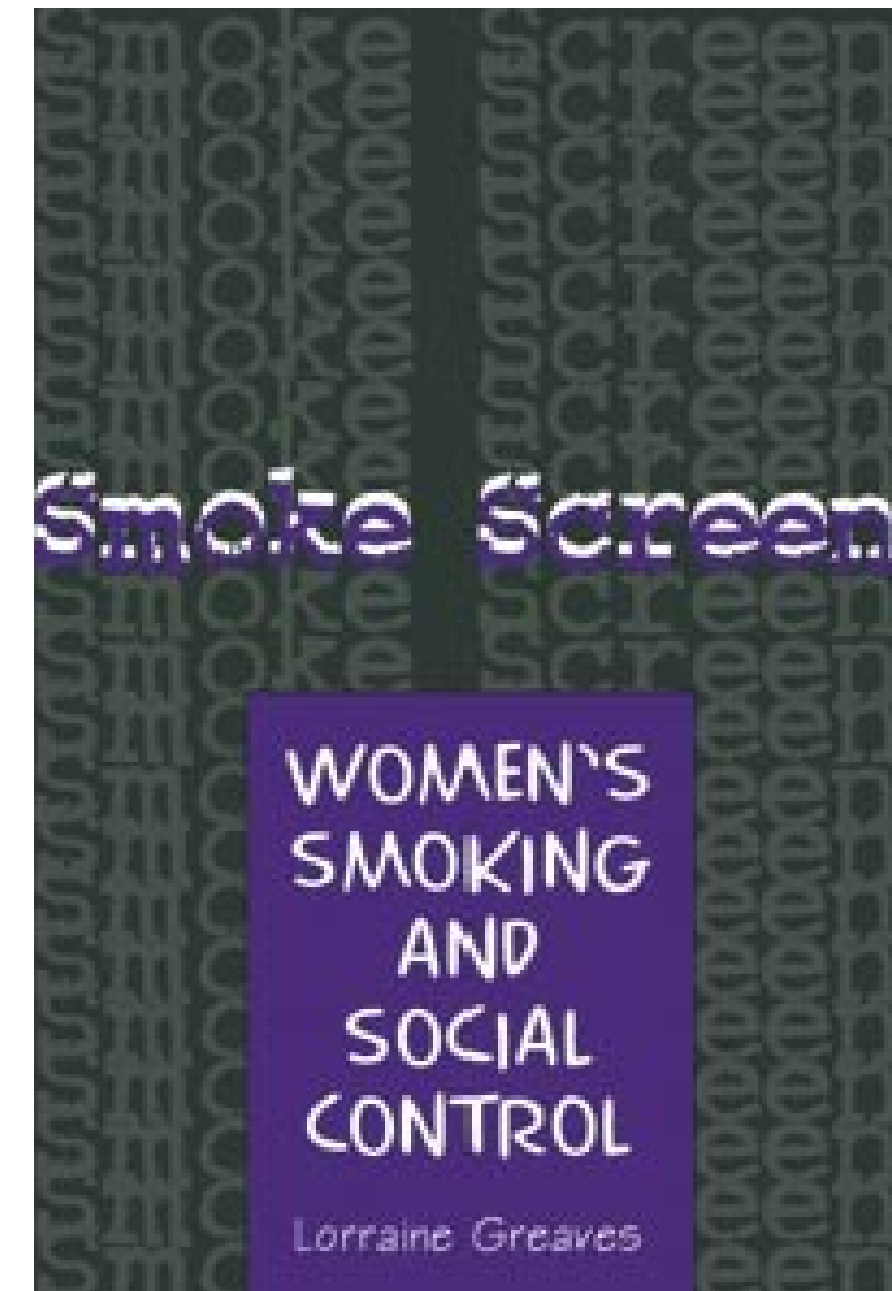
Breast feeding

- linked to maintenance of cessation



What does smoking mean to women?

1. *Organizing Social Relations*
grease for social interactions
2. *Controlling Emotions*
suppressing negative emotions such as
anger, shame and fear
3. *Creating an Image*
following fashion, advertising, trends
4. *Dependency*
using cigarettes as friends, crutches and solace
5. *Identity Formation*
forming rituals, rites of passage, social cohesion



Gender specific intervention approaches

Seek

Seek sex and gender specific evidence for prevention and treatment

Adopt

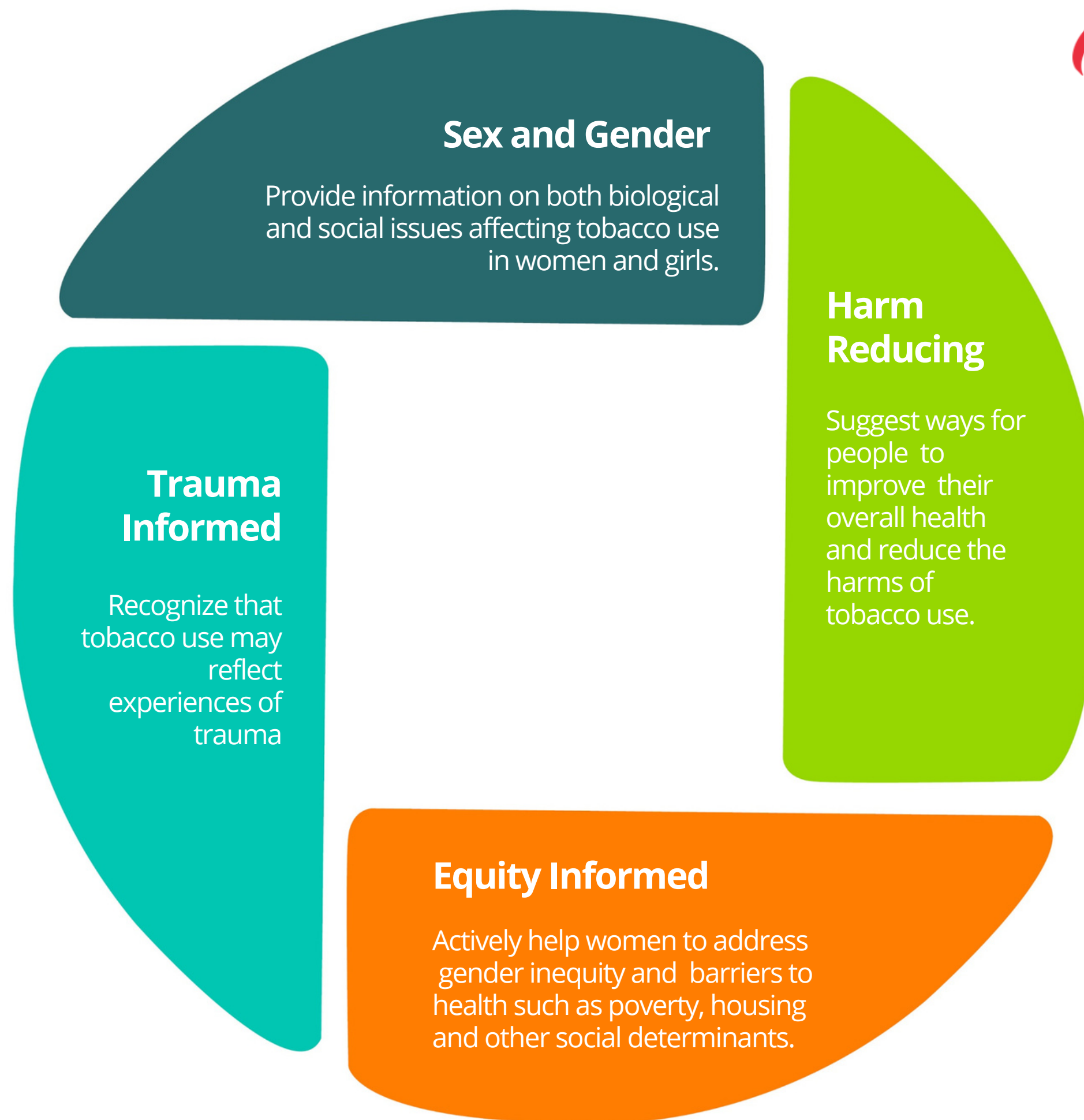
Adopt a trauma informed approach

Recognize

Recognize the social determinants of health

Integrate

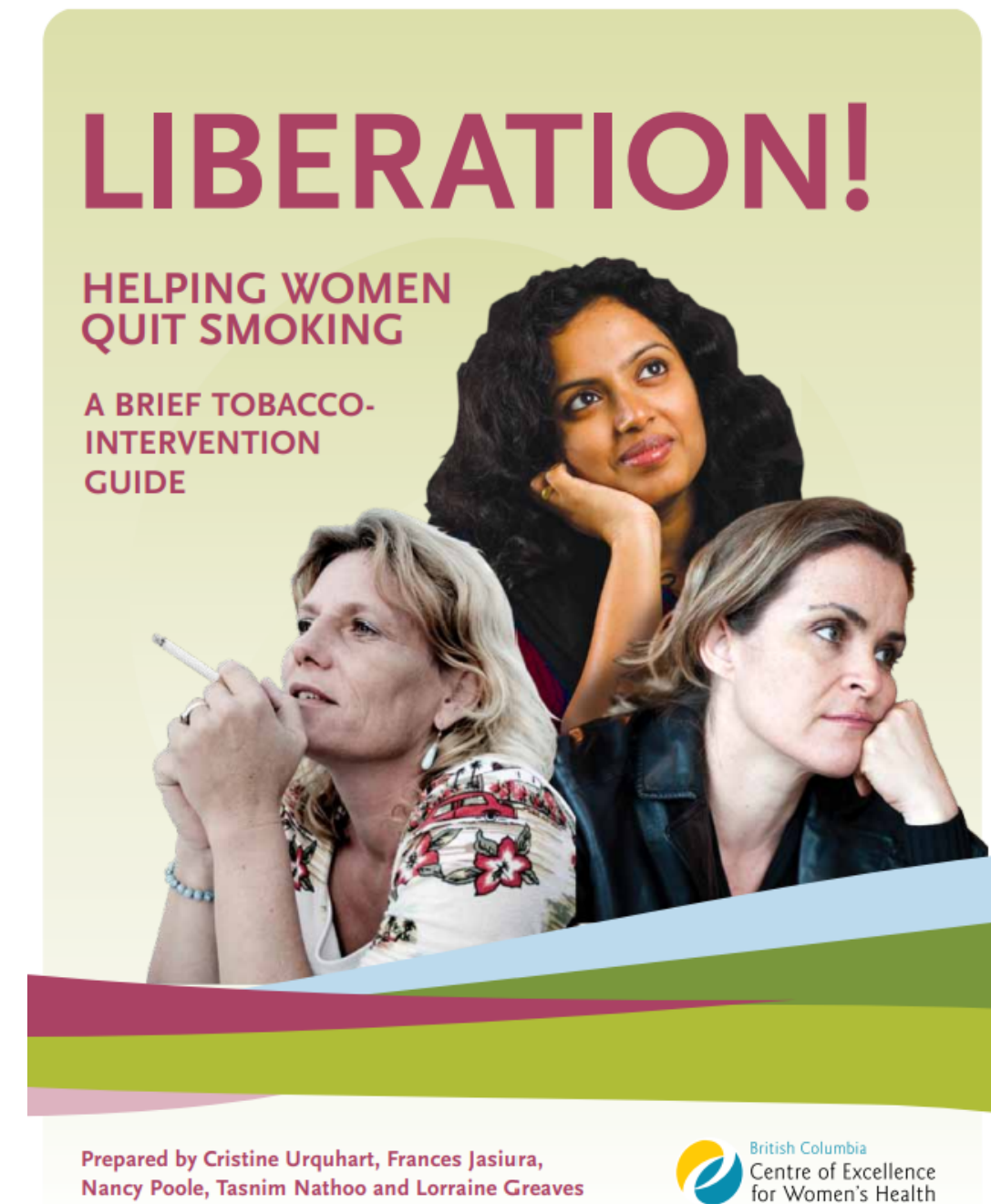
Integrate harm reduction into tobacco treatment



How does this work?

- Tailor your approach to women
- Build confidence and increase motivation
- Use decision tools, building on strengths
- Recognize the meanings of smoking
- Recognize connections to trauma
- Integrate social justice issues
- Provide holistic and comprehensive care

Engage, Guide, Plan



Quitting can be a long journey, and needs a plan

- Reduction or cessation?
- Relapses and rewards
- Fading and cravings
- Utilizing nicotine replacement therapy
- Steering away from e-cigarettes
- Referral to support for psycho/social issues
- Practical assistance for childcare, dealing with violence, making changes in housing
- Changing social circles, anticipating losses
- Adjusting identity from smoker to nonsmoker

Some questions to pose

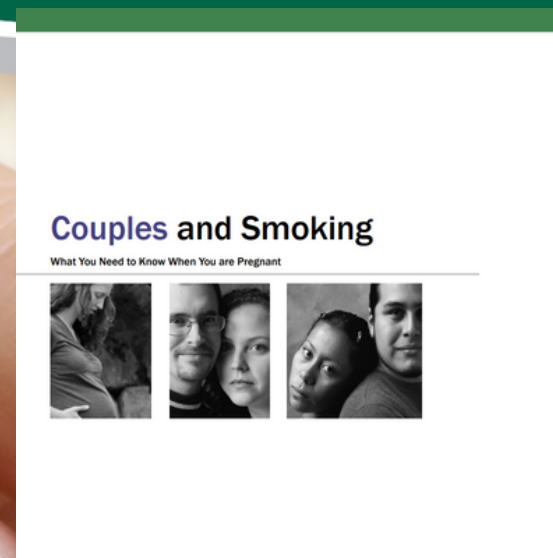
What would your life need to be like to be a non-smoker?

What would you gain, or lose?

What could get in the way?

What do you need?

Who can help?



**gender and tobacco
research program since
1997**

Resource list

Resources:

Centre of Excellence for Women's Health (2020). *Sex, Gender, Nicotine and Tobacco [factsheet]*.

Centre of Excellence for Women's Health (2019). *Sex, Gender & Vaping [factsheet]*.

Nathoo, T., Poole, N., & Greaves, L. (2013). *Women and Tobacco: A Casebook*. Vancouver, BC: British Columbia Centre of Excellence for Women's Health.

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Reports:

Urquhart, C., Jasiura, F., Poole, N., Nathoo, T., & Greaves, L. (2012) *Liberation! Helping Women Quit Smoking: A Brief Tobacco-Intervention Guide*. Vancouver, BC: British Columbia Centre of Excellence for Women's Health.

Greaves, L., Poole, N., Okoli, C. T. C., Hemsing, N., Qu, A., Bialystok, L., & O'Leary, R. (2011) *Expecting to Quit: A best practices review of smoking cessation interventions for pregnant and post-partum women (2nd ed.)*. Vancouver, BC: British Columbia Centre of Excellence for Women's Health.

Articles:

Greaves, L., Poole, N., Hemsing, N. (2019). *Tailored Intervention for Smoking Reduction and Cessation for Young and Socially Disadvantaged Women During Pregnancy*. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 48(1), 90-98.

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Greaves, L. and N. Hemsing. (2020), *Sex and Gender Interactions on the Use and Impact of Recreational Cannabis*. *International Journal of Environmental Research and Public Health*, 17(2).

Books:

Greaves, L., (1996), *Smoke Screen: Women's Smoking and Social Control*. Halifax, NS: Fernwood Publishing.



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INTERESTED IN JOINING OUR PROJECT?

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