

Adult Tobacco Use

Key Findings

In 2008, 18% of Auglaize County adults were current smokers and 22% were considered former smokers. In 2007, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of disease and early death in the United States, accounting for approximately 438,000 premature deaths each year from 1997-2001. ACS estimated that tobacco use would be linked to approximately 168,000 cancer deaths in 2007. (Source: Cancer Facts & Figures, American Cancer Society, 2007)

Adult Tobacco Use Behaviors

- ◆ The 2008 health assessment identified that less than one-fifth (18%) of Auglaize County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2007 BRFSS reported current smoker prevalence rates of 23% for Ohio and 20% for the U.S. Under one-quarter (22%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- ◆ Over one-quarter (28%) of those under the age of 30 were smokers.
- ◆ About one-quarter (24%) of those with incomes less than \$25,000 were smokers compared to 15% of those with higher incomes.
- ◆ Two-fifths (40%) of those who rate their general health as fair or poor were smokers.
- ◆ Over one-third (35%) of divorced adults were smokers compared to 16% of married adults.
- ◆ About one in five (21%) of those with children were smokers compared to 16% of those without children.
- ◆ 44% of the current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- ◆ 5% of Auglaize County adults reported using chewing tobacco or snuff. 4% used it every day.

Tobacco Use and Health

- ◆ Tobacco use is the most preventable cause of death in the U.S.
- ◆ 87% of all lung cancers deaths and at least 30% of all cancer deaths in the U.S. can be attributed to smoking.
- ◆ Each year in the U.S., secondhand smoke may be responsible for approximately 3,000 lung cancer deaths in adults who do not smoke themselves.
- ◆ When compared to non-smokers, the risk of developing lung cancer is 23 times higher in male smokers and 13 times higher in females.
- ◆ Tobacco use is also associated with at least 15 types of cancer such as cervical, mouth, pharyngeal, esophageal, pancreatic, kidney and bladder.
- ◆ Tobacco use contributes to heart disease, stroke, bronchitis, emphysema, COPD, chronic sinusitis, severity of colds, pneumonia and low birth weight in infants.

(Source: Cancer Facts & Figures, American Cancer Society, 2007)

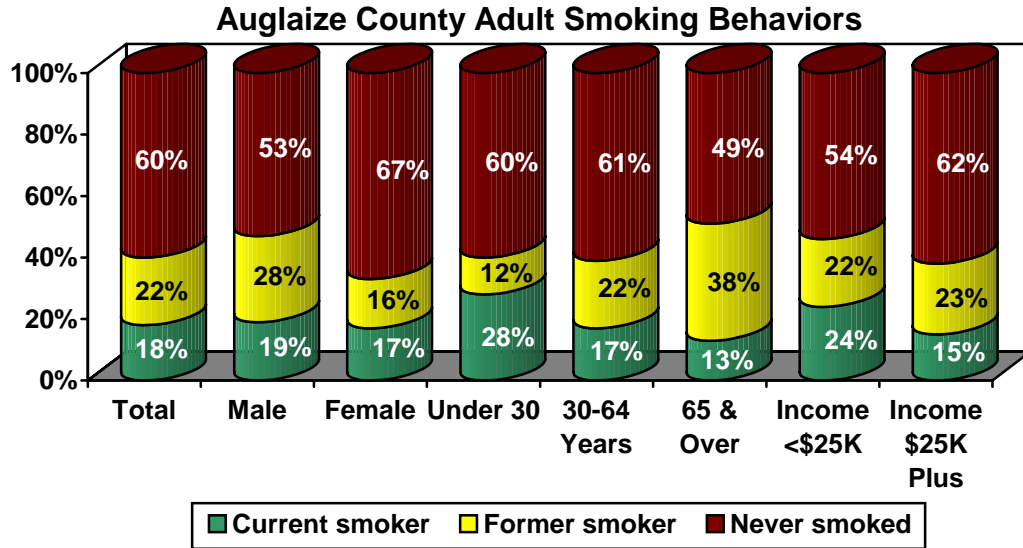
The Health Benefits of Quitting Smoking

- ◆ Compared to smokers, the stroke risk is reduced to that of a person who never smoked after 5 to 15 years of not smoking.
- ◆ 5 years after quitting, the risk for mouth, throat and esophageal cancer is reduced by half.
- ◆ Quitting smoking reduces your risk of laryngeal cancer.
- ◆ After 1 year of quitting smoking, the risk of coronary heart disease is half and after 15 years of quitting, you have the same risk of a person who never smoked.
- ◆ The risk of getting lung cancer is reduced by up to half after quitting smoking for 10 years.
- ◆ The risk of having a low birth weight baby returns to normal if you quit smoking before pregnancy or during the first trimester.

(Source: 2004 Surgeon General's Report – The Health Consequences of Smoking: The Benefits of Quitting)

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The following graph shows the percentage of Auglaize County adults who used tobacco. Examples of how to interpret the information include: 18% of all Auglaize County adults were current smokers, 22% of all adults were former smokers, 60% had never smoked, 19% of males were current smokers, and 17% of females were current smokers.



*Respondents were asked:
 "Have you smoked at least 100 cigarettes in your entire life?
 If yes, do you now smoke cigarettes everyday, some days or not at all?"*

Smoking and Tobacco Facts

- ❖ Tobacco use is the most preventable cause of death in the U.S.
- ❖ Approximately 38,000 deaths per year in the U.S. are from secondhand smoke exposure.
- ❖ Typically, smokers die 13 to 14 years earlier than non-smokers.
- ❖ Cigarette smoking is highest in prevalence among American Indians/Native Americans (32%), whites (21.9%), African Americans (21.5%), Hispanics (16.2%), and Asians (13.3%).
- ❖ Smoking costs over \$167 billion in lost productivity (\$92 billion) and health care expenses (\$75.7 billion) per year.
- ❖ In 2003, the cigarette industry spent more than \$41 million per day on advertising and promotional expenses.

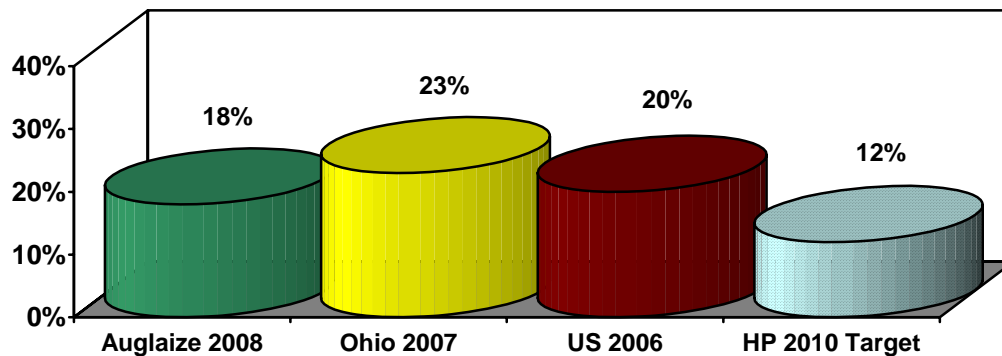
(Source: CDC: Fast Facts on Smoking and Tobacco Use)

Adult Tobacco Use

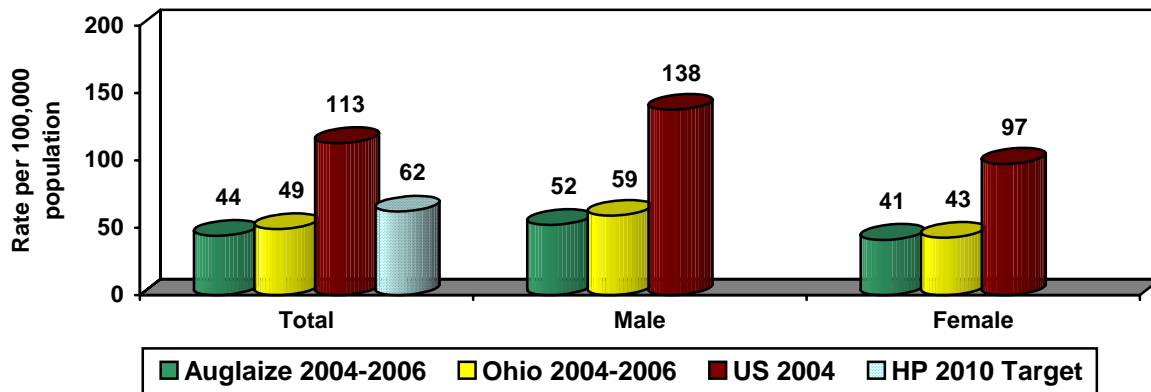
The following graphs show Auglaize County, Ohio, and U.S. adult cigarette smoking rates and age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD) and trachea, bronchus and lung cancers in comparison with the Healthy People 2010 objectives. The BRFSS rates shown for Ohio and the U.S. were for adults 18 years and older. These graphs show that:

- ◆ Auglaize County adult cigarette smoking rates were lower than the rates for Ohio and the U.S., and higher than the Healthy People 2010 Goal.
- ◆ From 2004-2006, Auglaize County's age-adjusted mortality rates for Chronic Lower Respiratory Disease was slightly lower than the Ohio rates. Both the rates met the Healthy People 2010 Goals.
- ◆ The percentage of mothers who smoked during pregnancy in Auglaize County fluctuated slightly from year to year, but was always higher than Ohio.
- ◆ Large rate disparities existed by gender for Auglaize County trachea, bronchus, and lung cancer age-adjusted mortality rates. The 2004-2006 male rate of 63 deaths per 100,000 population was almost double the female rate of 33.

Healthy People 2010 Objectives & Cigarette Smoking Rates



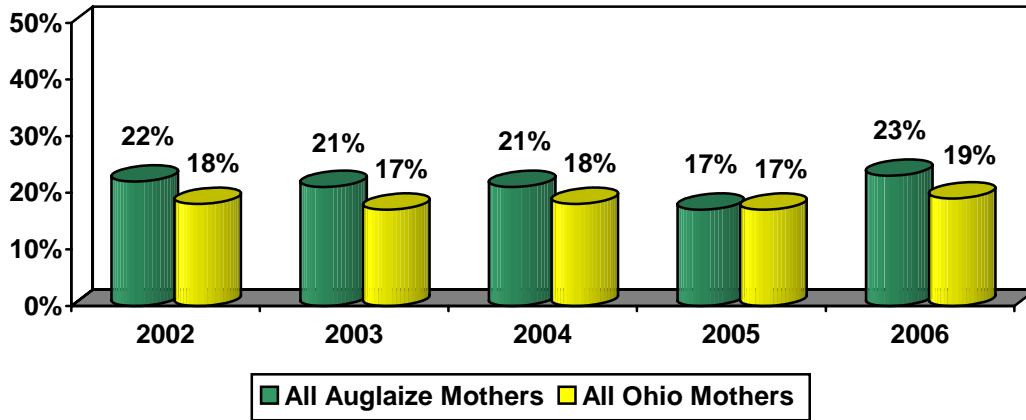
Age-Adjusted Mortality Rates for Chronic Lower Respiratory Diseases (Formerly COPD)



*(Source: BRFSS, ODH Information Warehouse and HP2010)
HP2010 does not report different goals by gender.*

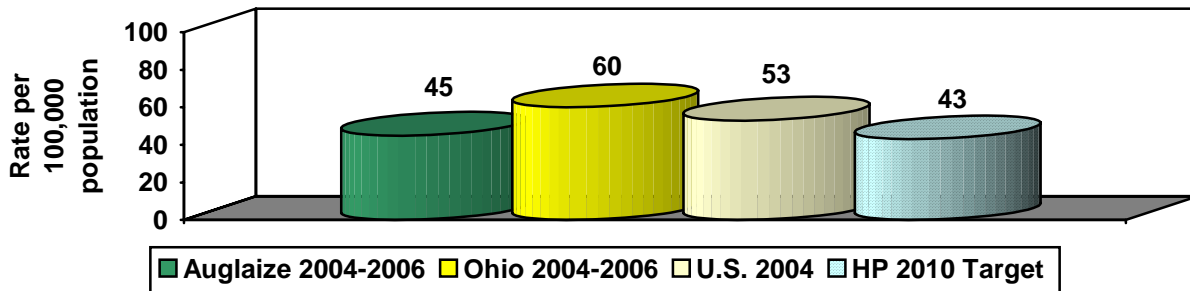
Adult Tobacco Use

Births to Mothers Who Smoked During Pregnancy



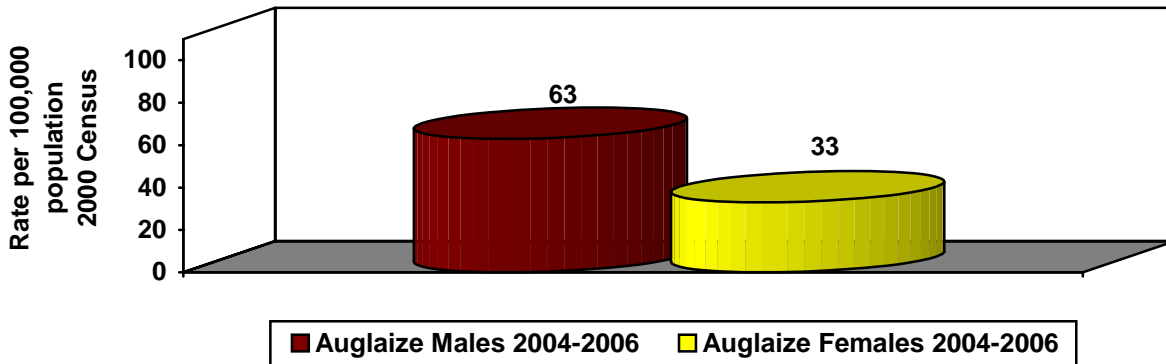
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 2002-2006)

Age-Adjusted Mortality Rates for Trachea, Bronchus & Lung Cancer



(Source: Healthy People 2010, ODH Information Warehouse, updated 12-5-07)

Age-Adjusted Mortality Rates by Gender for Trachea, Bronchus & Lung Cancer



(Source: ODH Information Warehouse, updated 12-5-07)