

Adult Tobacco Use

Key Findings

In 2005, under one-quarter (23%) of Sandusky County adults were current smokers and 25% were considered former smokers. In 2005, the American Cancer Society (ACS) stated that tobacco use is still the most preventable cause of disease and early death in the United States, accounting for approximately 435,000 premature deaths in 2000. ACS estimates that tobacco use will be linked to over 175,000 cancer deaths in 2005. (Source: Cancer Facts & Figures, American Cancer Society, 2005)

Adult Tobacco Use Behaviors

- ◆ The 2005 health assessment identified that just under one-fourth (23%) of Sandusky County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2004 BRFSS reported current smoker prevalence rates of 26% for Ohio and 21% for the U.S. One-fourth (25%) of Sandusky County adults indicated that they are former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). Adult current smokers in the survey population tended to belong to the following groups:
 - Those ages 19 to 29 (33% compared to 19% of those 30 and older)
 - Those with one or more children (28% compared to 18% of those without children)
 - Divorced adults (28% compared to 21% of married adults)
- ◆ Sandusky County adult current smokers smoked an average of 15 cigarettes per day.
- ◆ Just over half (54%) 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.
- ◆ 3% of Sandusky County adults reported using chewing tobacco or snuff and 17% have tried smokeless tobacco at some time in their life.
- ◆ 6% of adults use tobacco products other than cigarettes, such as cigars, pipes, bidis, kreteks, Black and Milds, or Swishers, increasing to 10% of males and 10% of current smokers.
- ◆ 24% of adults reported someone had smoked in their home in the past month, increasing to 38% of those with incomes less than \$25,000.

Tobacco Use and Health

- ❖ Tobacco use is the most preventable cause of death in the U.S.
- ❖ 87% of all lung cancers 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.
- ❖ The lung cancer mortality rates for current smokers are 15 times higher than for those who have never smoked.
- ❖ Tobacco use is also associated with cancer of the cervix, mouth, pharynx, esophagus, pancreas, 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, 2003 and 2002.)

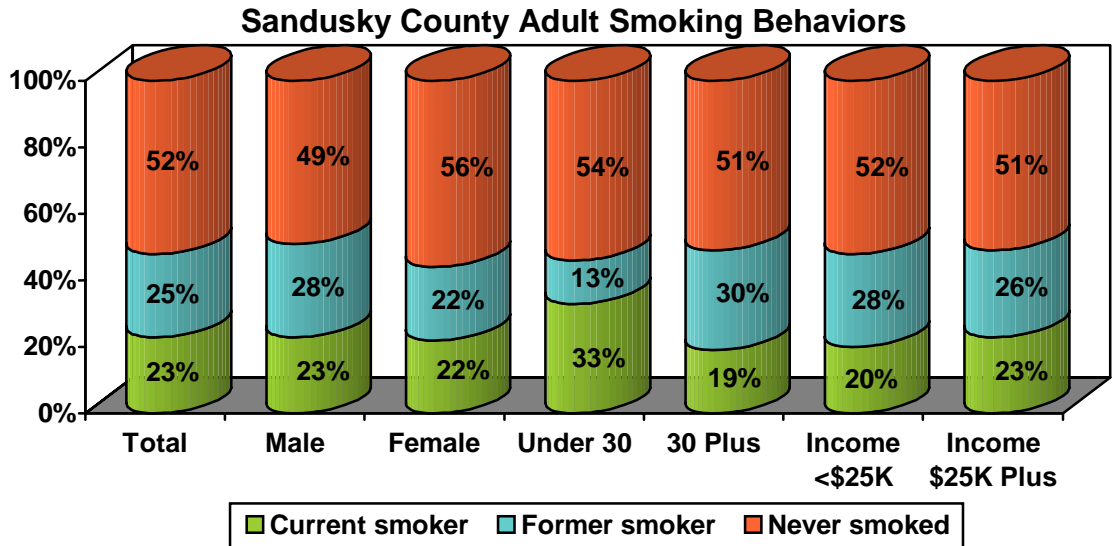
Some Health Benefits of Quitting Smoking

- ❖ 20 minutes after quitting smoking, the blood pressure drops to a level close to that before the last cigarette and the temperature of the hands and feet increases, returning to normal.
- ❖ 8 hours after quitting smoking, the carbon monoxide level in the blood drops to normal.
- ❖ One year after quitting, the risk for heart disease is reduced by 50%.
- ❖ Ten years after quitting, the risk of getting lung cancer is about the same as someone who never smoked.
- ❖ Fifteen years after quitting, your heart disease risk returns to near normal.

(Source: The Nat'l Women's Health Info Center, project of the U.S. Dept. of Health and Human Services, Office on Women's Health, www.4woman.gov)

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The following graph shows the percentage of Sandusky County adults who used tobacco. Examples of how to interpret the information include: 23% of all Sandusky County adults were current smokers, 25% of all adults were former smokers, 52% had never smoked, 23% of males were current smokers, and 22% of females were current smokers.



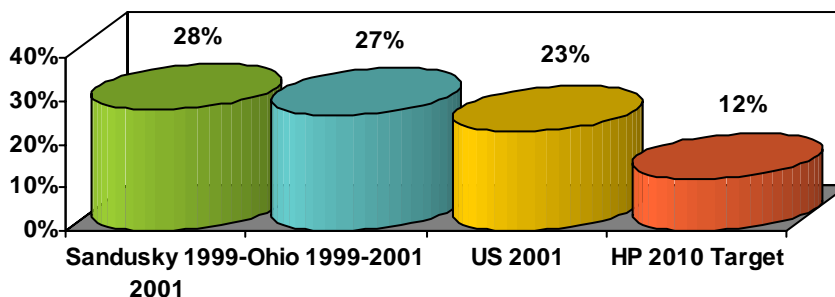
*Respondents were asked:
 "Have you smoked at least 100 cigarettes in your entire life?
 If yes, do you now smoke cigarettes everyday, some days or not at all?"*

Adult Tobacco Use

The following graphs show the adult cigarette smoking rates and the Sandusky County, Ohio, and U.S. 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:

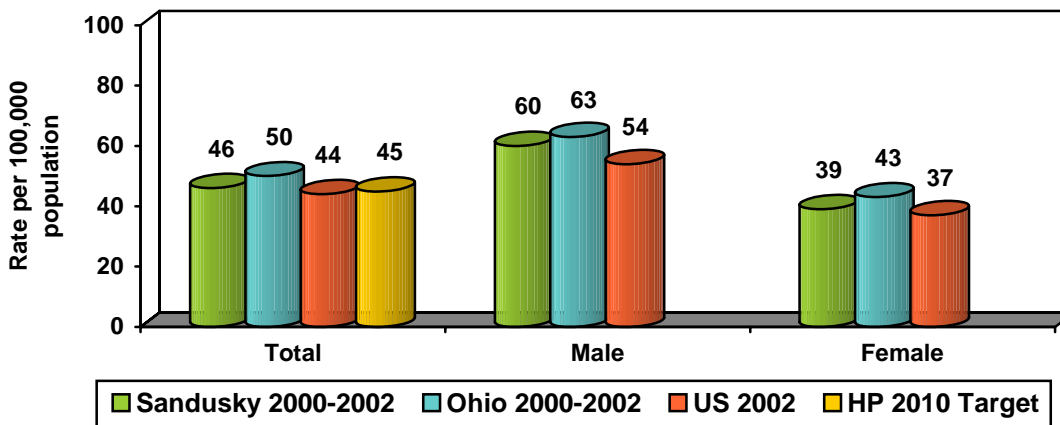
- ◆ From 2000-2002, large disparities in chronic lower respiratory disease mortality rates existed by gender in Sandusky County and the nation.
- ◆ Sandusky County adult cigarette smoking rates were higher than the rates for the U.S. and Ohio, as well as the Healthy People 2010 Goal.
- ◆ From 2000-2002, Sandusky County's age-adjusted mortality rates for Chronic Lower Respiratory Disease and Trachea, Bronchus, and Lung Cancer were lower than Ohio, but higher than both the U.S. and the Healthy People 2010 Goal rates.
- ◆ Large rate disparities also existed by gender for Sandusky County trachea, bronchus, and lung cancer age-adjusted mortality rates. The 2000-2002 male rate of 73 deaths per 100,000 population was almost twice the female rate of 38.
- ◆ The percentage of mothers who smoked during pregnancy in Sandusky County was higher than the Ohio rates for all years reported. Smoking during pregnancy is the leading cause of pregnancy loss.

Healthy People 2010 Objectives & Cigarette Smoking Rates



(Source: CDC, and ODH Information Warehouse)

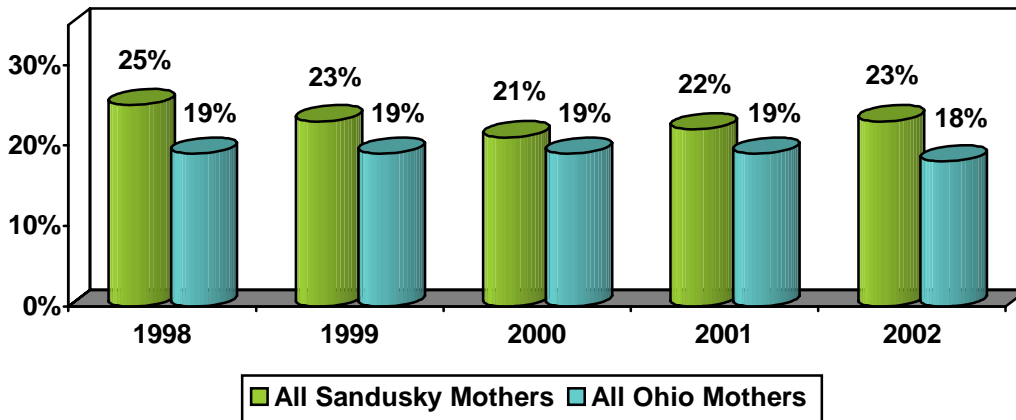
Age-Adjusted Mortality Rates for Chronic Lower Respiratory Diseases (Formerly COPD)



(Source: ODH Information Warehouse, CDC: NCHS Publications and Information, Table 41)

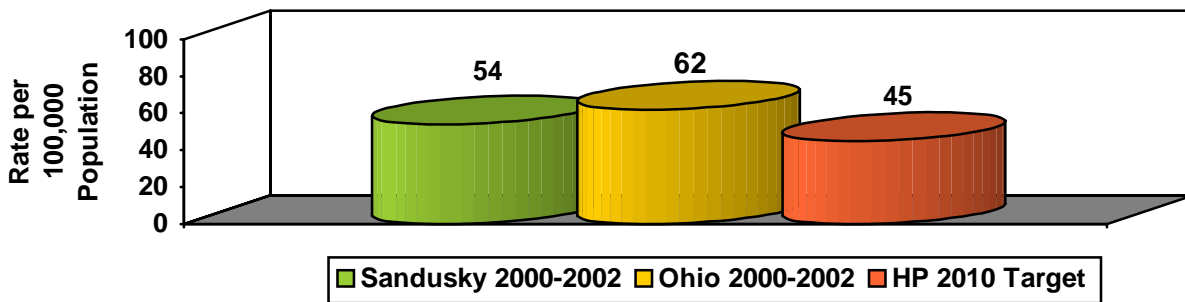
Adult Tobacco Use

Births to Mothers Who Smoked During Pregnancy



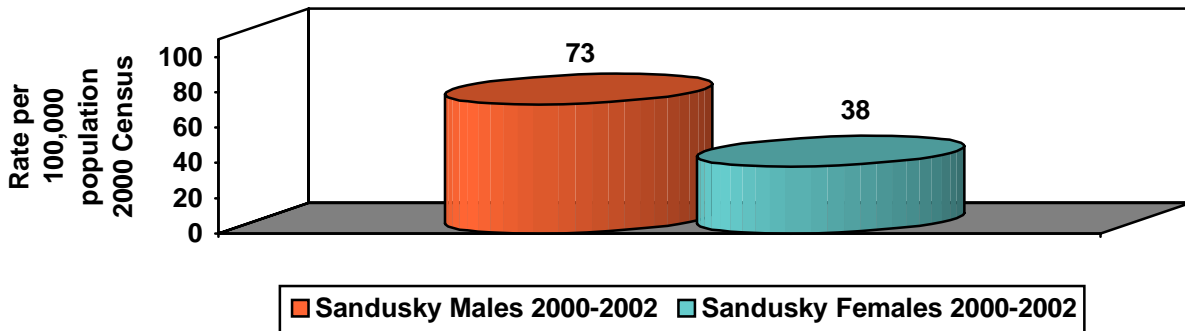
(Source: ODH Births, Vital Statistics Annual Birth Summaries by Year, 1998-2002)

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



(Source: ODH Information Warehouse, updated 9-29-04)

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



(Source: ODH Information Warehouse, updated 9-29-04)