

Tobacco Use

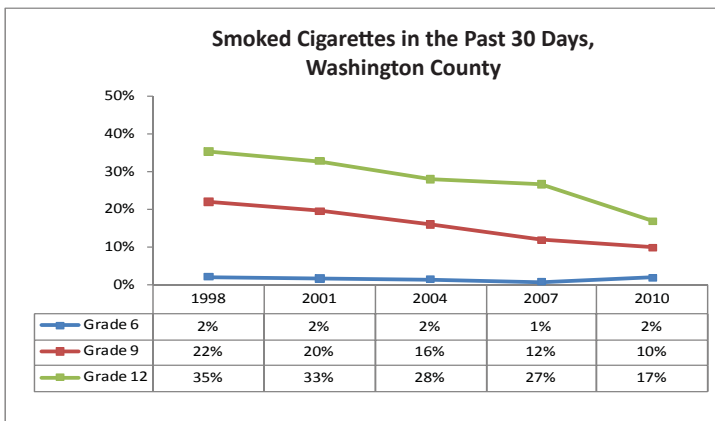
Tobacco use, including cigarettes, cigars and smokeless tobacco, is the single leading preventable cause of death in the U.S., resulting in 443,000 premature deaths every year. For every person who dies from a smoking-related disease, 20 more people suffer with at least one serious illness from smoking.¹ Smoking causes cancer, heart disease, stroke, and lung diseases (including emphysema, bronchitis, and chronic airway obstruction).²

Despite a gradual decline in tobacco use among youth and adults in Washington County in recent years, smoking rates continue to pose a serious health threat to those who use tobacco and to those affected by second-hand smoke. Of particular concern is a slight increase in recent years in the smoking rate during pregnancy in Washington County (see Pregnancy and Birth Health Data Profile).

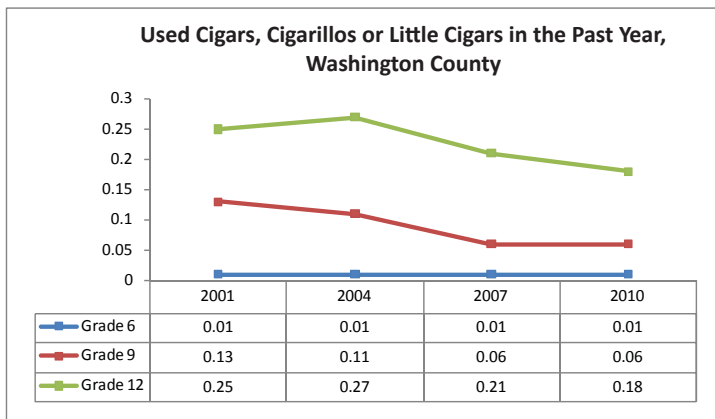
Key Trends

- In 2010, the percent of youth in grades nine and twelve smoking cigarettes was at the lowest level ever reported in the history of the Minnesota Student Survey which has been conducted every three years since in 1989.
- Use of cigars, cigarillos and little cigars has declined steadily among 9th and 12th graders since 1998. Yet, over one in four 12th grade males report using them in the past year.
- The smoking rate among adults in the county and the state decreased over the past decade.

Youth Tobacco Use



Source: Minnesota Student Survey Interagency Team



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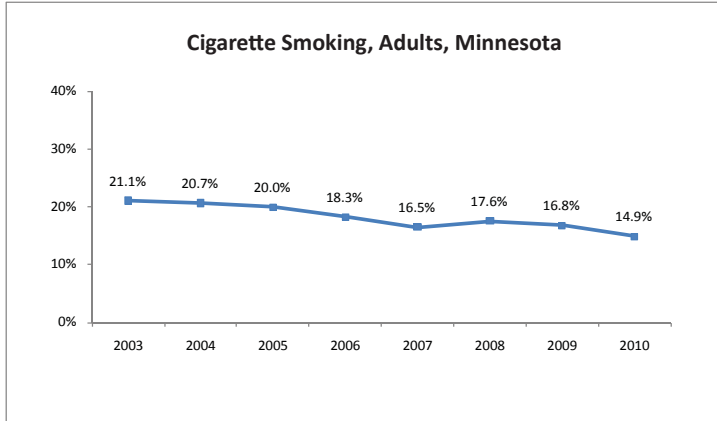
Students Smoking Cigarettes in Past Month

- Among 9th and 12th graders, cigarette smoking continued a downward trend from 1998 to 2010.
- For 9th graders, one in ten students reported smoking in the past 30 days in 2010.
- In 2010, 17% of 12th graders reported smoking in the past 30 days, compared with 35% in 1998.
- The 6th grade smoking rate has remained steady at 2% over the past decade.

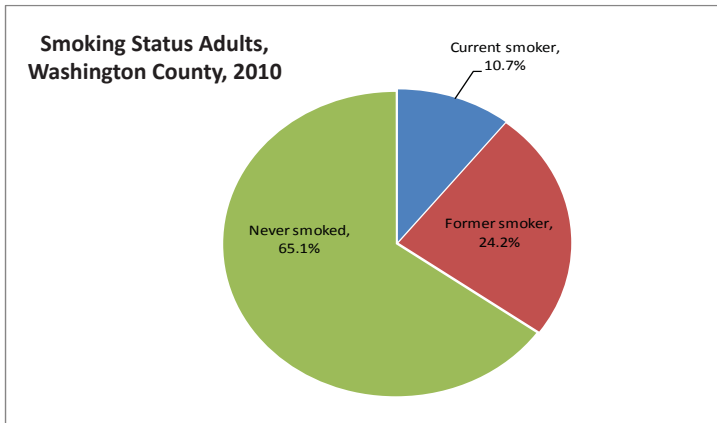
Student Use of Cigars, Cigarillos & Little Cigars

- For 9th and 12th graders, there has been a gradual decline in the percent who report using cigars, cigarillos and little cigars.
- In 2010, approximately 18% of 12th graders reported using cigars, cigarillos or little cigars in the past year.
- Males in 12th grade were the most prevalent users of cigars, cigarillos and little cigars in 2010, at 28% compared with 8% of females in the same grade.

Adult Tobacco Use



Source: Behavioral Risk Factor Surveillance Survey, CDC



Source: Metro Adult Health Survey, 2010

Adult Tobacco Use - Trends

- The adult smoking rate in Minnesota decreased from 21% in 2003 to less than 15% in 2010. This compares to a rate of 17.3% in the U.S. in 2010.
- Adults in the 18-24 age range in Minnesota have the highest current smoking rate among all age groups, at 21.8%.³
- Trend **estimates only** for Washington County indicate that the adult smoking rate has gradually declined over the past decade.

Adult Tobacco Use - 2010

- In 2010, approximately 10.7% of adults in Washington County reported they were current smokers. This compares with a metro area rate of 15.3% and a 2009 state rate of 16.8%.
- About 11% of adult females in the county smoke, compared to about 10% of adult males.
- The age group least likely to include current smokers is the 65-74 year olds at 4%, followed by the 75+ age group at 5%.
- Less than 1% of those with graduate or professional-level degrees are current smokers, compared to 21% for those with some college.
- Among current smokers, nearly 42% report smoking less than half a pack a day.
- However, nearly 20% of current smokers smoke one pack a day and nearly 12% smoke more than one pack a day.

Exposure to Secondhand Smoke⁴

- In 2010, 5.3% of adults in Washington County indicated that someone smoked regularly in their home.
- Slightly over 12% of adults in Washington County reported that someone has smoked in their car or another vehicle in the past week.
- Over 40% of adults in the county reported that someone smoked near them other than in their home, workplace or car. The most frequently sited places where secondhand smoke exposure occurred included a sidewalk or building entrance, a restaurant or bar's outdoor area, or a park or other outdoor recreational area.

Contact Information:

Questions about this and other Washington County Health Data Profiles can be directed to:

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Endnotes

¹Centers for Disease Control and Prevention. [Cigarette Smoking-Attributable Morbidity—United States, 2000](#). Morbidity and Mortality Weekly Report 2003;52(35):842-4 [accessed 2011 Mar 11].

²Centers for Disease Control and Prevention. [Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 2000–2004](#). Morbidity and Mortality Weekly Report 2008;57(45):1226-8 [accessed 2011 Mar 11].

³Tobacco Use in Minnesota: 2010 Update. Minneapolis, MN: ClearWay Minnesota SM and Minnesota Department of Health; February 2010.

⁴Metro Adult Health Survey, 2010.

