Chronic Disease Risks & Outcomes

**Tobacco Use**

**Public Health Importance:**

Smoking is toxic to your health and the health of others. Cigarette smoking harms nearly every organ system within the body and can cause several chronic diseases including cancer, heart disease, stroke, diabetes, and chronic lower respiratory diseases. Each year smoking claims the lives of more than 480,000 Americans, including 41,000 Americans who die due to secondhand smoke exposure (CDC, 2018). Smoking also reduces the quality and length of one’s life. Smokers can expect to die, on average, 10 years before non-smokers. By quitting, smokers can add back quality years to their life.

*Behavioral Risk Factor Surveillance System (BRFSS), 2016-2017*

**Social Determinants of Health:**

Social, environmental, psychological, and genetic factors all influence cigarette use. However, the social environment, such as peer and family approval of tobacco use, may be a person’s strongest motivation to start and continue smoking. The accessibility of tobacco and exposure to tobacco ads also influence one’s decision. Often, communities of lower socioeconomic status are targeted more heavily by tobacco marketing. All of these factors negatively influence a person’s decision to use tobacco.

**Across the Nation**

<table>
<thead>
<tr>
<th></th>
<th>Montgomery</th>
<th>Ohio</th>
<th>United States</th>
<th>HP 2020 Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Smoker</td>
<td>22.6%</td>
<td>21.8%</td>
<td>17.1%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Smokeless Tobacco</td>
<td>4.0%</td>
<td>4.9%</td>
<td>4.1%</td>
<td>0.2%</td>
</tr>
</tbody>
</table>

1Behavioral Risk Factor Surveillance System (BRFSS), 2016-2017

2Behavioral Risk Factor Surveillance System (BRFSS), 2017

**Key Finding:**

► 25% of adults have tried e-cigarettes and 5% currently use e-cigarettes.

**E-Cigarette Status Among Adults**

**Montgomery County, 2016-2017**

Source: Behavioral Risk Factor Surveillance System (BRFSS)

**E-Cigarette Status Among Youth**

Ohio, 2014

Source: Ohio Youth Tobacco Survey

**Each Year**

Smoking Claims the Lives of More Than 480,000 Americans.