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## TOBACCO FACTS for SCIOTO COUNTY

(updated 6/19/2019)

### Smoking Causes Early Death!

- Smoking is the **#1 cause of early preventable death** in the U.S. <sup>1</sup>
- About **1 in 3 cases of cancer** is caused by tobacco use. <sup>3</sup>
- Smokers are **4 times as likely to die of heart disease** than non-smokers. <sup>11</sup>
- Smokers are **25 times as likely to die of lung cancer** than non-smokers. <sup>11</sup>
- Smokers are **12 times as likely to die of COPD** than non-smokers. <sup>11</sup>
- Life expectancy for smokers is **at least 10 years shorter** than for non-smokers. <sup>1</sup>

### Scioto County has High Rates of Smoking and Cancer!

- **1 in 4 (25%) of adults in Scioto County smoke**, compared to 22% in Ohio and 17% in the U.S. <sup>4</sup>
- **Scioto County has a higher cancer incidence rate** (494.5 cases per 100,000 people) than Ohio (461.6) or the U.S. (439.2) <sup>3</sup>
- **Scioto County has a higher cancer mortality rate** (196.4 deaths per 100,000) than Ohio (178.9) or the U.S. (163.5) <sup>3</sup>

### Smoking Hurts Babies and Children!

- Smoking during pregnancy **increases risk for stillbirth, pre-term delivery, low birth weight, sudden infant death syndrome (SIDS), and cleft lip/cleft palate** <sup>11</sup>
- Tobacco smoke contains over **7000 chemicals**. Over **700 are toxic** and over **70 cause cancer**. <sup>12</sup>
- If you smoke around kids, they **can inhale the equivalent to 102 packs of cigarettes** by age 5. <sup>12</sup>
- Secondhand smoke causes more frequent and **severe asthma attacks, ear infections, bronchitis, and pneumonia** in children. <sup>12</sup>

### Tobacco Addiction Starts Early!

- On average, **Ohio children try smoking for the first time at age 12-1/2 years**. <sup>6</sup>
- Over **40% of Ohio high school students** have tried e-cigarettes. <sup>5</sup>
- Over **90% of adult smokers** started smoking before age 18. <sup>7</sup>

### Smoking Is Expensive!

- A 1-pack-a-day smoker in Scioto County spends over **\$2200/year** on cigarettes. Over 20 years, this adds up to **over \$44,000 !**
- **15% of Medicaid costs** are attributed to cigarette smoking. <sup>10</sup>
- **46% of working-age Ohio Medicaid enrollees** are current smokers. <sup>10</sup>
- Cutting smoking by just 1% per year could save Ohio taxpayers **\$60 million/year**. <sup>10</sup>

### Want to Quit? Help is Available!

- **Most adult smokers** (almost 7 in 10) say they want to quit. <sup>13</sup>
- Medicaid programs in Ohio **cover smoking-cessation medications**.

**Call the OHIO TOBACCO QUIT LINE AT 1-800-QUIT-NOW for free help!**

**For more information and sources of data, see these online resources.**

- <sup>1</sup> U.S. Centers for Disease Control and Prevention. Smoking and Tobacco Use: Tobacco-Related Mortality. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/tobacco\\_related\\_mortality/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/index.htm) Accessed June 13, 2019.
- <sup>2</sup> Ohio Department of Health. January 2019. Ohio Cancer Atlas 2019: Maps of Cancer Incidence, Mortality, Risk Factors and Social Determinants of Health by County. <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/ohio-cancer-incidence-surveillance-system/resources/ohio-cancer-atlas-2019>
- <sup>3</sup> Ohio Department of Health. July 2018. The Impact of Tobacco Use on Cancer in Ohio. <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/ohio-cancer-incidence-surveillance-system/resources/impact-of-tobacco-use-on-cancer-in-ohio>
- <sup>4</sup> U.S. Centers for Disease Control. April 5, 2019. Extinguishing the Tobacco Epidemic in Ohio. <https://www.cdc.gov/tobacco/about/osh/state-fact-sheets/ohio/index.html> Accessed June 13, 2019.
- <sup>5</sup> Ohio Department of Health Tobacco Program. Electronic Cigarette Use in Ohio Youth. <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/tobacco-use-prevention-and-cessation/media/e-cig-use-in-ohio-youth-> Accessed Jun3 13, 2019.
- <sup>6</sup> Ohio Department of Health. Augsut 22, 2018. Tobacco Data and Statistics: Youth Initiation of Tobacco Use. Data source: 2016 Ohio Youth Tobacco Survey. <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/tobacco-use-prevention-and-cessation/data/> Accessed June 13, 2019.
- <sup>7</sup> U.S. Department of Health and Human Services, Office of the Surgeon General. June 6, 2017. Surgeon General Fact Sheet: Preventing Tobacco Use Among Youths. <https://www.hhs.gov/surgeongeneral/reports-and-publications/tobacco/preventing-youth-tobacco-use-factsheet/index.html>
- <sup>8</sup> National Academy of Sciences Institute of Medicine. March 2015. Public Health Implications of Raising the Minimum Age of Legal Access to Tobacco Products. [http://www.nationalacademies.org/hmd/~media/Files/Report%20Files/2015/TobaccoMinAge/tobacco\\_minimum\\_age\\_report\\_brief.pdf](http://www.nationalacademies.org/hmd/~/media/Files/Report%20Files/2015/TobaccoMinAge/tobacco_minimum_age_report_brief.pdf)
- <sup>9</sup> National Academy of Sciences Institute of Medicine. March 12, 2015. Press Release: Raising Minimum Age to Buy Cigarettes to at Least 21 Would Reduce Smoking and Save Lives. <http://www8.nationalacademies.org/onpinews/newsitem.aspx?RecordID=18997>
- <sup>10</sup> Glantz, Stanton A. Estimation of 1-Year Changes in Medicaid Expenditures Associated With Reducing Cigarette Smoking Prevalence by 1%. April 12, 2019. JAMA Network Open. 2019; 2(4):e192307. <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2730483>
- <sup>11</sup> U.S. Centers for Disease Control. Jan. 17, 2018. Health Effects of Cigarette Smoking. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm) Accessed June 19, 2019.
- <sup>12</sup> U.S. Centers for Disease Control. Jan. 17, 2018. Secondhand Smoke (SHS) Facts. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm) Accessed June 19, 2019.
- <sup>13</sup> U.S. Centers for Disease Control. December 11, 2017. Quitting Smoking. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm) Accessed June 19, 2019.