



Tobacco Use

NEARLY ONE IN SIX AMERICAN ADULTS CURRENTLY SMOKE CIGARETTES



In 2014, the CDC reported that an estimated 40 million adults in the United States currently smoke cigarettes. Tobacco use remains the leading preventable cause of premature death in the United States, accounting for more than 480,000 deaths each year. In Livingston County, 124 people were diagnosed and 98 people died from lung cancer in 2012. Furthermore, 88 Livingston County residents died of chronic obstructive pulmonary disease (COPD) in 2014.

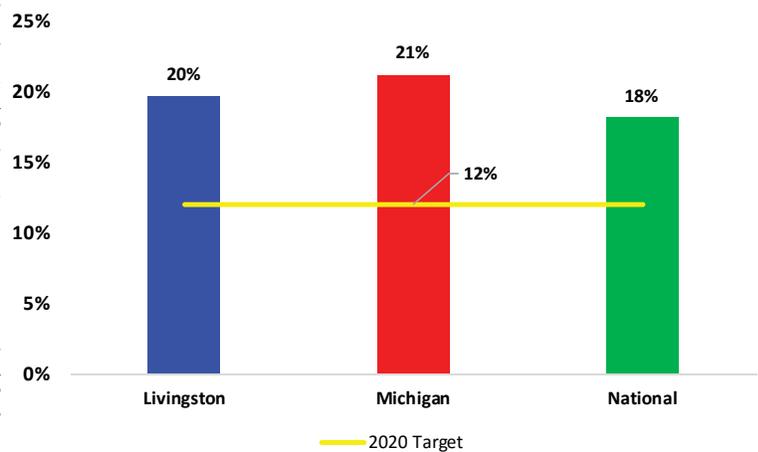
Tobacco use is an important modifiable health risk factor. Smoking and chewing tobacco contributes to the development of many kinds of chronic conditions, including cancers, respiratory diseases, and cardiovascular diseases. Comparable behaviors associated with smokeless tobacco use such as chewing and hookah use also contribute to chronic diseases and premature death. In addition, secondhand smoke exposure increases risk for chronic disease and premature death. While tobacco can be consumed in several different ways, cigarette smoking is the most popular form of tobacco use. This article will highlight the prevalence and consequences of tobacco use in Livingston County.

CURRENT SMOKERS:

Cigarette smoking levels vary by several demographic and socioeconomic factors such as sex, age, race, education and income. In 2014, an estimated 20 percent of Livingston County adults (29,244 residents) reported smoking cigarettes on a regular basis.* While this is comparable to the rate of current smokers in the State of Michigan (21 percent), the national average is marginally lower (18 percent).

Current smoking decreased with both increasing age and household income level in Livingston County. According to the nationwide Healthy People goals, the target rate for current smoking is set at 12 percent by the year 2020. In order to meet this target, the current smoking prevalence among Livingston County adults will need to decrease by eight percentage points.

Current Smokers, 2014



*Current smokers are defined as persons who reported smoking at least 100 cigarettes during their lifetime and who, at the time they participated in a survey about this topic, reported smoking every day or some days.





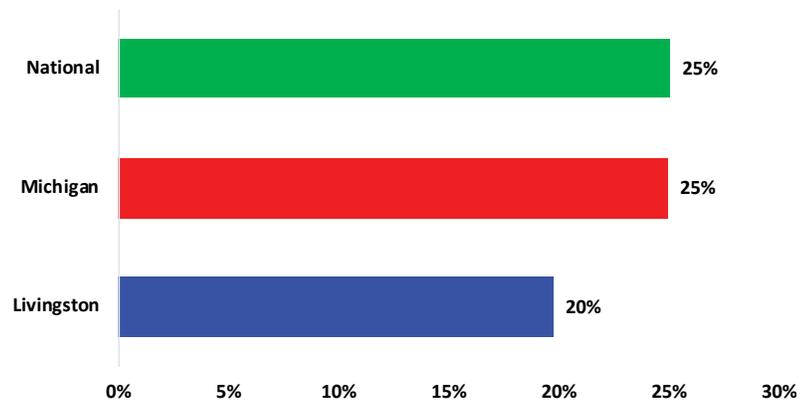
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SECONDHAND SMOKE:

Exposure to secondhand smoke increases the risk of lung cancer and other health conditions. Tobacco smoke contains over 4,000 chemicals, including 250 which are known to be harmful to humans. Among adults who have never smoked, secondhand smoke exposure causes an estimated 34,000 heart disease deaths and 7,300 lung cancer deaths within the United States each year. There is no safe level of exposure to secondhand tobacco smoke.

In 2014, respondents were asked about their exposure to secondhand smoke in their home or car within the past seven days. About 20 percent of Livingston County adults (28,652 residents) reported having been exposed to secondhand smoke. This is lower than the rate of secondhand smoke exposure in Michigan and the United States, both reported at approximately 25 percent. Prevalence of reported secondhand smoke exposure decreased with both increasing age and household income level and was similar by gender.

Second-hand Smoke Exposure, 2012-2014

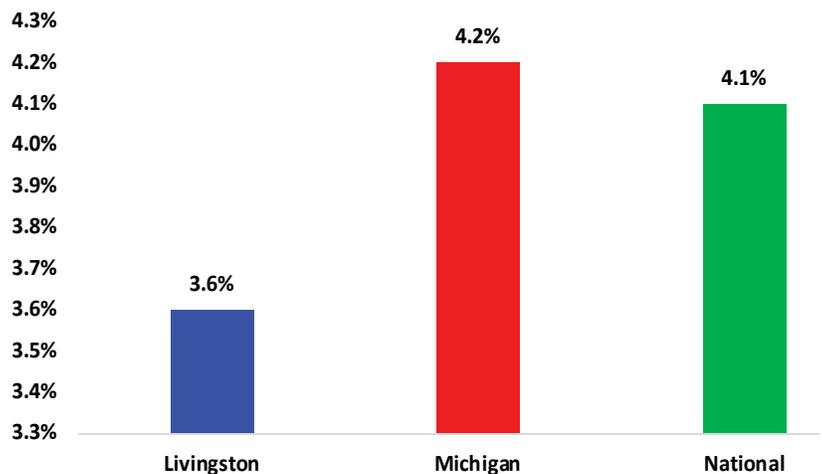


SMOKELESS TOBACCO:

Many smokeless tobacco products contain cancer-causing chemicals and are associated with diseases of the mouth. Smokeless tobacco contains nicotine, which is highly addictive and may increase the likelihood of individuals to become cigarette smokers.

In 2014, approximately 4 percent of respondents reported using a smokeless tobacco product either every day or some days at the local, state, and national level. Younger individuals in Livingston County were more likely than their counterparts to use smokeless tobacco. Males were also more likely to use smokeless tobacco than women.

Smokeless Tobacco Use, 2014



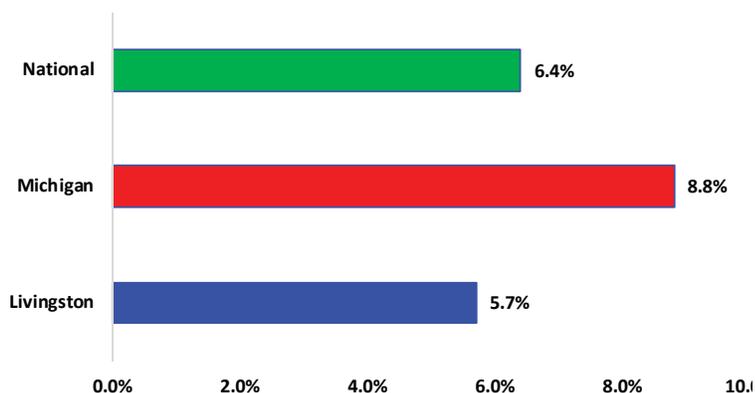


Tobacco Use

COPD:

Chronic Obstructive Pulmonary Disease (COPD), or Chronic Lower Respiratory Disease (CLRD), is a group of lung diseases that block airflow. This is an increasingly common condition and is the third leading cause of death in the United States. Emphysema and chronic bronchitis are the most common conditions that make up COPD and create irreversible damage to the lungs. Symptoms include shortness of breath, wheezing or a chronic cough. The condition is usually caused by cigarette smoking, accounting for as many as 8 out of 10 COPD-related deaths.

COPD Prevalence, 2014

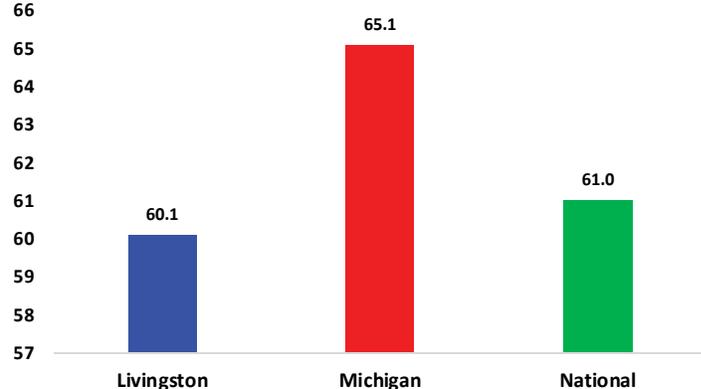


In 2014, an estimated six percent (6%) of Livingston County adults reported ever being told they have COPD, emphysema, or chronic bronchitis. This is slightly below the Michigan rate of nine percent (9%), and equivalent to the U.S. median prevalence of 6.4%. The prevalence of COPD increased with age and decreased with increasing household income level.

LUNG CANCER:

Cigarette smoking can cause cancer almost anywhere in the body and is most prevalently associated with lung cancer. Lung cancer is the leading cancer killer in both men and women in the United States, with an estimated 221,200 new cases in 2015, and representing about 13 percent of all cancer diagnoses. It has been estimated that active smoking is responsible for close to 90 percent of all lung cancer cases.

Lung Cancer Incidence, Age-Adjusted Rates per 100,000, 2011-2012



Men who smoke are 23 times more likely to develop lung cancer when compared to never smokers, while women are 13 times more likely to develop lung cancer when compared to never smokers. While the previously reported number of lung cancer deaths appears modest, the age-adjusted rate for newly diagnosed cases of lung cancer among Livingston County adults was 60.1 in 2012. This is lower than the Michigan rate of 65.1 within the same year and comparable with the national rate of 61 in 2011.

If you would like more information or to leave feedback, please visit: <https://www.surveymonkey.com/r/LivHealthFeedback>

Sources: 2014 Livingston BRFSS, 2012-2014 Michigan BRFSS, 2014 MiBRFSS, Healthy People 2020, WHO Framework Convention on Tobacco Control, American Lung Association, Centers for Disease Control and Prevention (CDC), 2012 Morbidity and Mortality Weekly Report (MMWR), 2011 Michigan Department of Community Health (MDCH)

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