

Tobacco Use and Environmental Smoke Exposure

Health Risks of Tobacco Smoke

Cigarette smoking is the leading cause of preventable morbidity and mortality in the United States.¹ These health consequences include smoking-related disease such as lung cancer, chronic obstructive lung disease, and coronary heart disease. The health consequences extend beyond smokers to non-smokers involuntarily exposed to environmental tobacco smoke or secondhand smoke. Each year, an estimated 3,000 lung cancer deaths and 62,000 deaths from coronary heart disease in adult non-smokers are attributed to secondhand smoke.²

Environmental (second hand) cigarette smoke is also a health risk for nonsmokers, especially infants and children. Studies have found associations between exposure to secondhand smoke and an increased risk of sudden infant death syndrome, low birth weight, chronic middle ear infections, lower respiratory tract infection such as bronchitis and pneumonia, increased prevalence of fluid in the middle ear, symptoms of upper respiratory tract irritation, and a small but significant reduction in lung function.³

National and State Prevalence of Tobacco Use

Current Smokers

In 2000, the nationwide Behavioral Risk Factor Surveillance System survey indicated that 23.3% of the population was currently smoking. In the state of Tennessee, 25.7% of 2,916 survey respondents reported being current smokers (95% confidence interval, 23.9 - 27.4).

Attempts to Quit Smoking

Nationwide, the 2000 BRFSS reported that 49.4% of current smokers tried to quit smoking for one day or longer during the past twelve months. In the state of Tennessee, 45.3% (95% confidence interval 40.7 - 49.8) of current smokers had quit smoking for one day or longer in the last year.

Healthy People 2010

Objectives in Healthy People 2010 concerning behaviors covered by the Community Health Survey are:

- Reduce tobacco use by adults to 12% of the population aged 18 and over.
- Increase smoking cessation attempts by adult smokers to 75%.
- Reduce the proportion of nonsmokers exposed to environmental tobacco smoke to 45%.

Description of Measures

To assess current cigarette smoking, respondents were asked, "Have you smoked at least 100 cigarettes in your entire life?" and "Do you now smoke cigarettes every day, some days, or not at all?" Current smokers were defined as those who reported having

smoked 100 or more cigarettes during their lifetime and who also currently smoke every day or some days. Current smokers were asked if they had been advised to quit by a doctor or health professional, if they planned to quit, and if they had quit for a day or more in the past year.

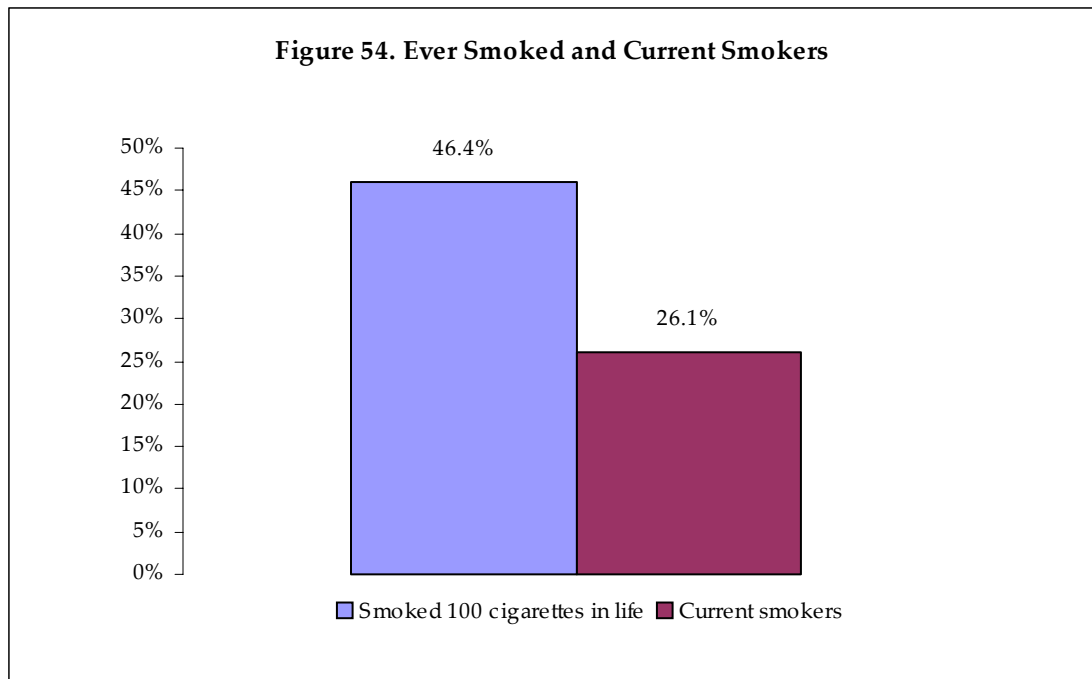
All survey respondents were also asked if they used smokeless tobacco products, such as chewing tobacco or snuff.

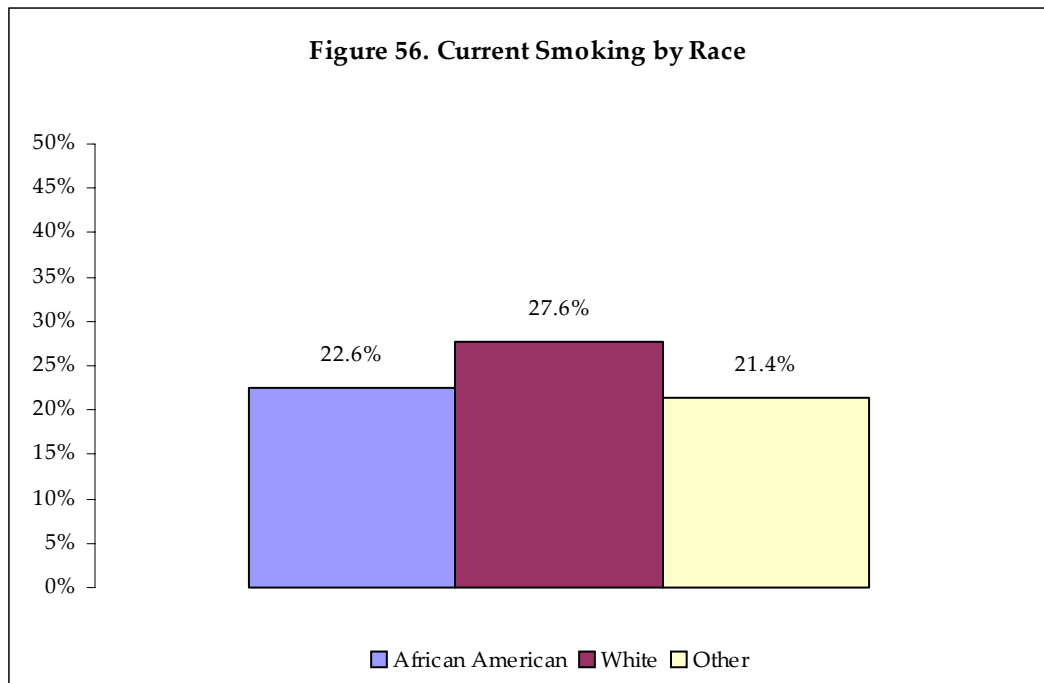
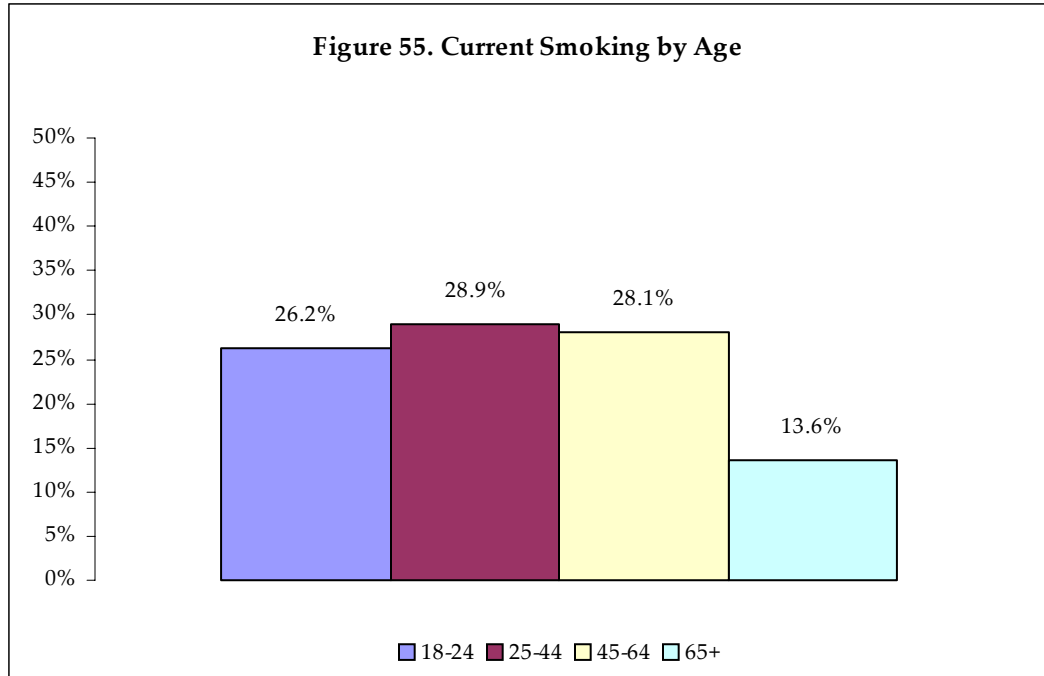
To assess exposure to second hand smoke, respondents were asked, "In the past 30 days have you been exposed to second hand smoke?"

Results

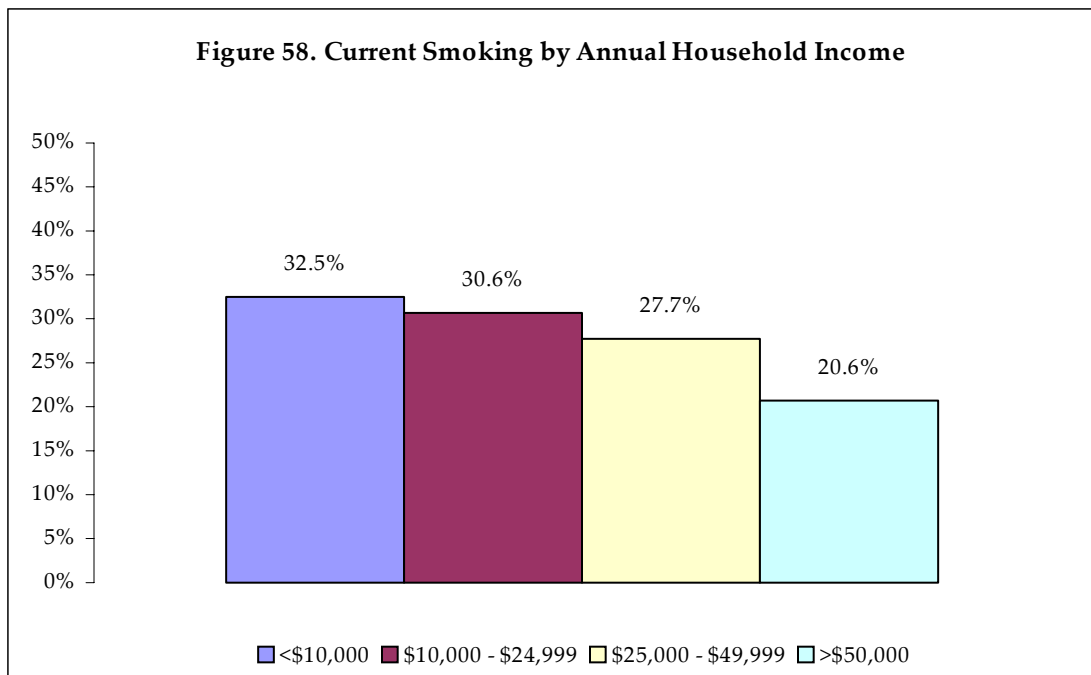
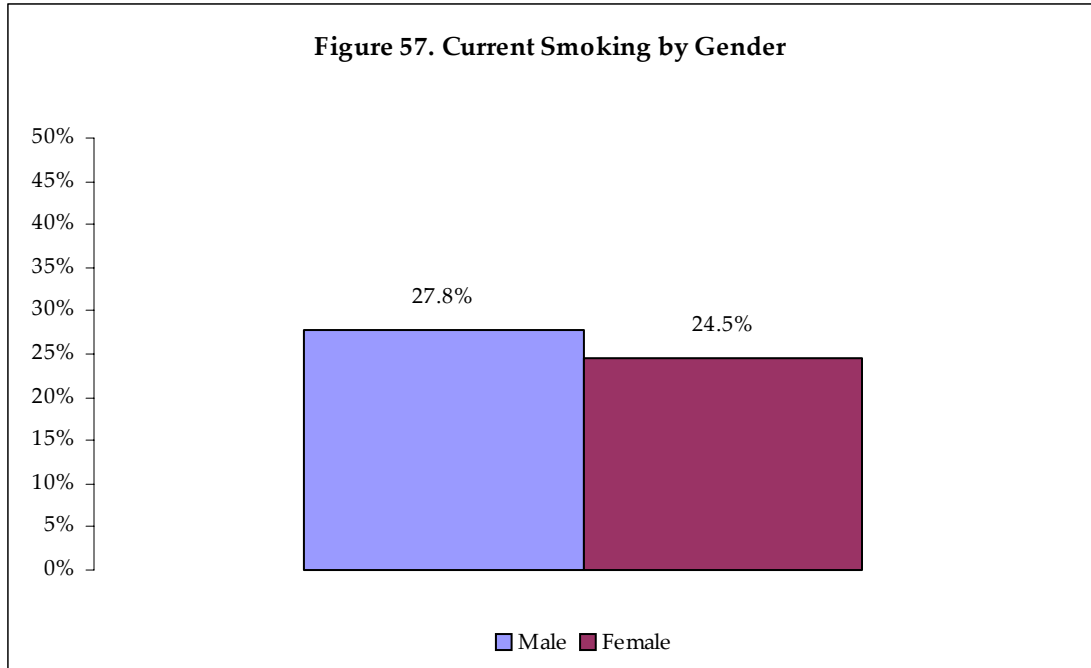
Current Smoking

- In Nashville and Davidson County, 46.4% (95% confidence interval, 45.3 - 47.5) of respondents had smoked at least 100 cigarettes in their entire life.
- Of the respondents who had smoked 100 or more cigarettes, 44.2% (95% confidence interval 42.5 - 45.9) smoked everyday, and 12.2% (95% confidence interval 11.1 - 13.3) smoked some days. A total of 26.1% of respondents in Nashville were current smokers. (Figure 54)
- Adults age 65 and over were roughly half as likely to be current smokers as those under 65. There was no substantial difference between the three younger age groups. (Figure 55)
- White respondents were more likely to smoke than either African Americans or Others. (Figure 56)

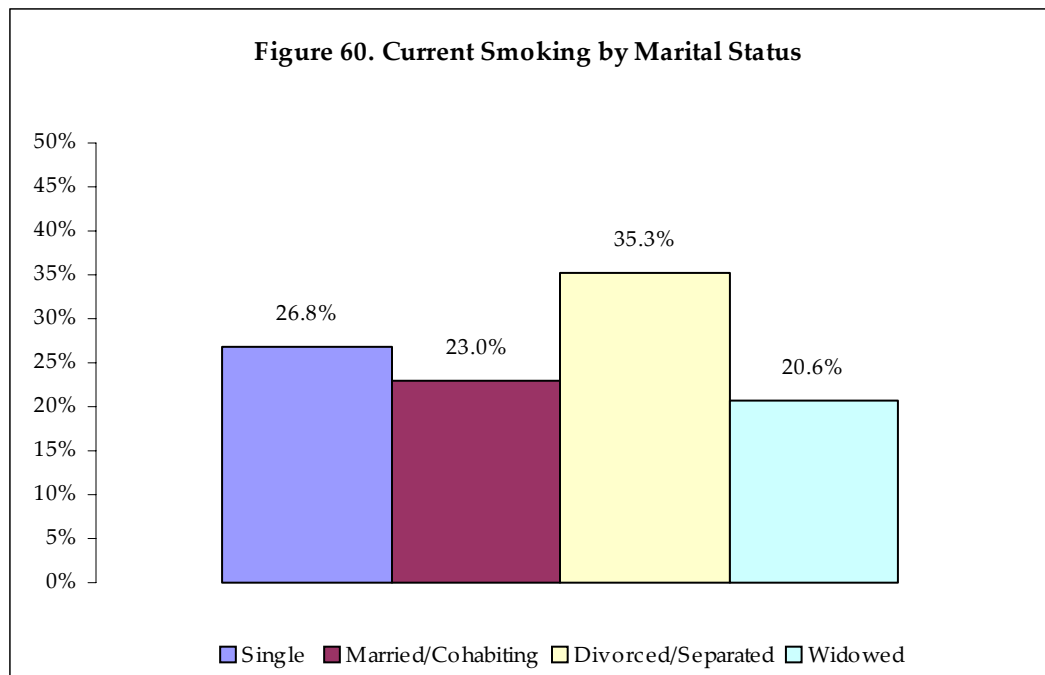
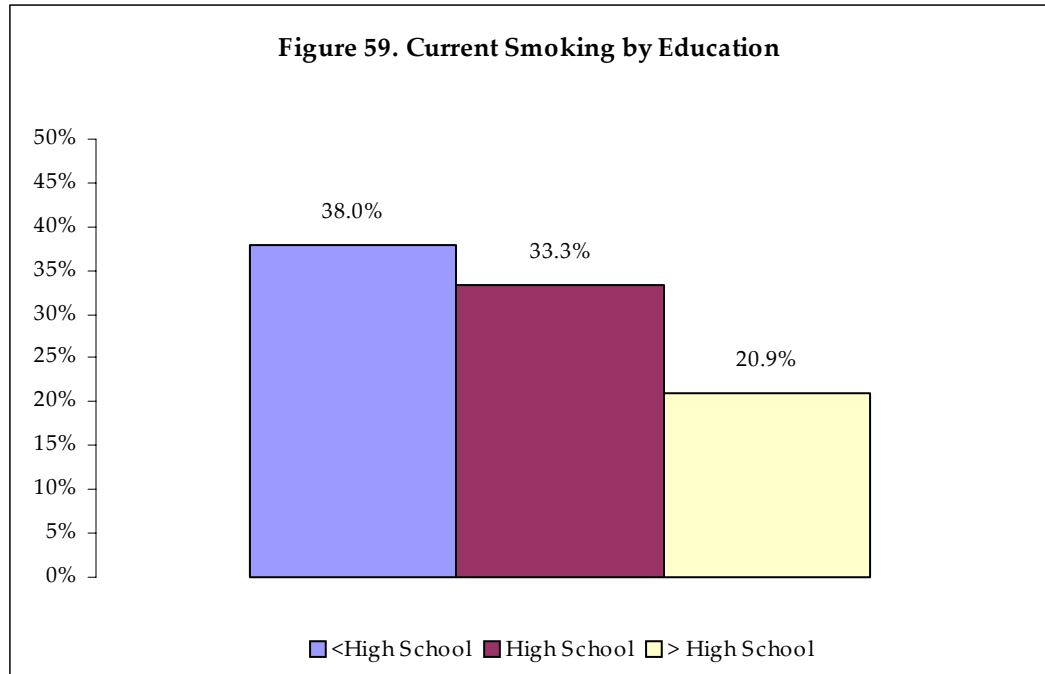




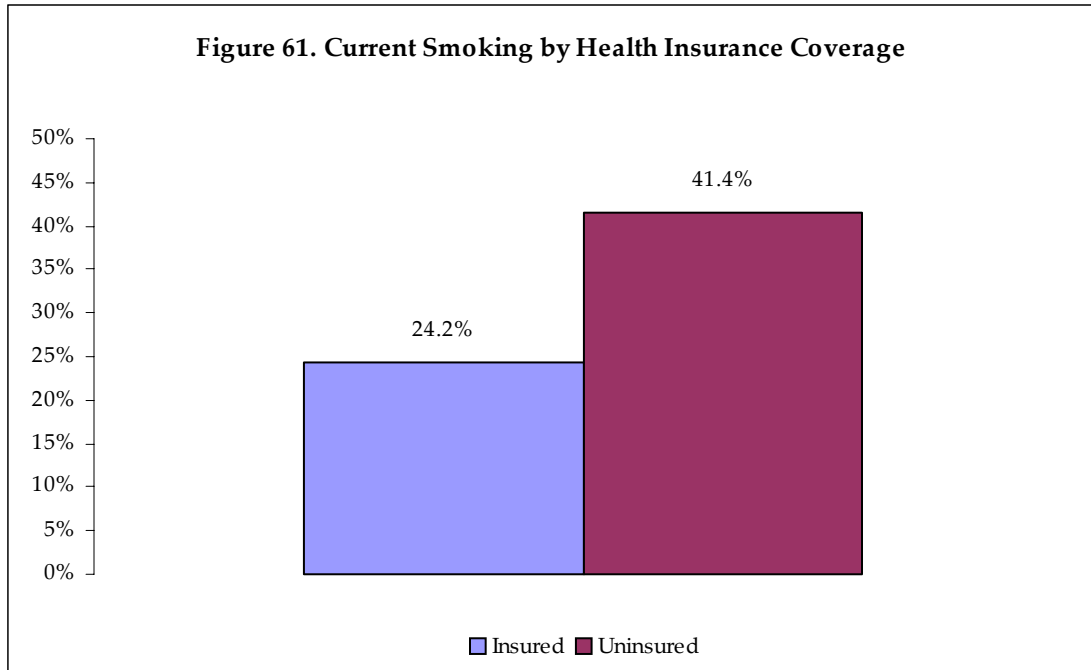
- Men were more likely than women to be current smokers (Figure 57)
- Those with household incomes of \$50,000 or more were less likely to currently smoke than those with lower household incomes. Differences between other income levels were not significant. (Figure 58)



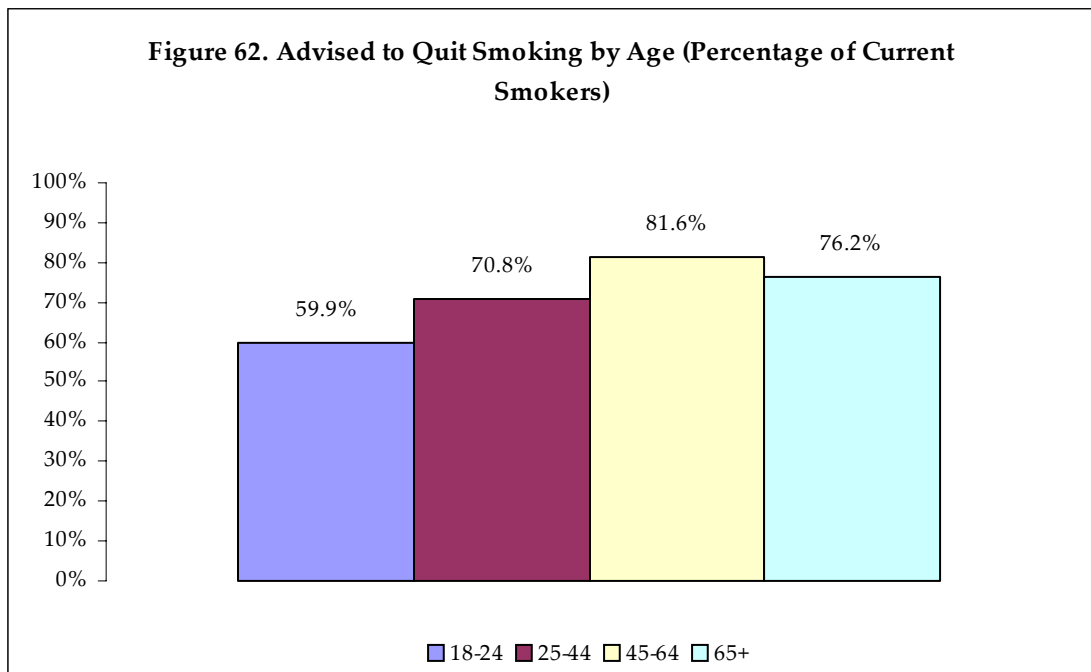
- Persons with education past high school were less likely than those with a high school diploma or less, to be current smokers. The difference between high school graduates and non-graduates was not significant. (Figure 59)
- Divorced persons were more likely to be current smokers than any other marital status. (Figure 60)



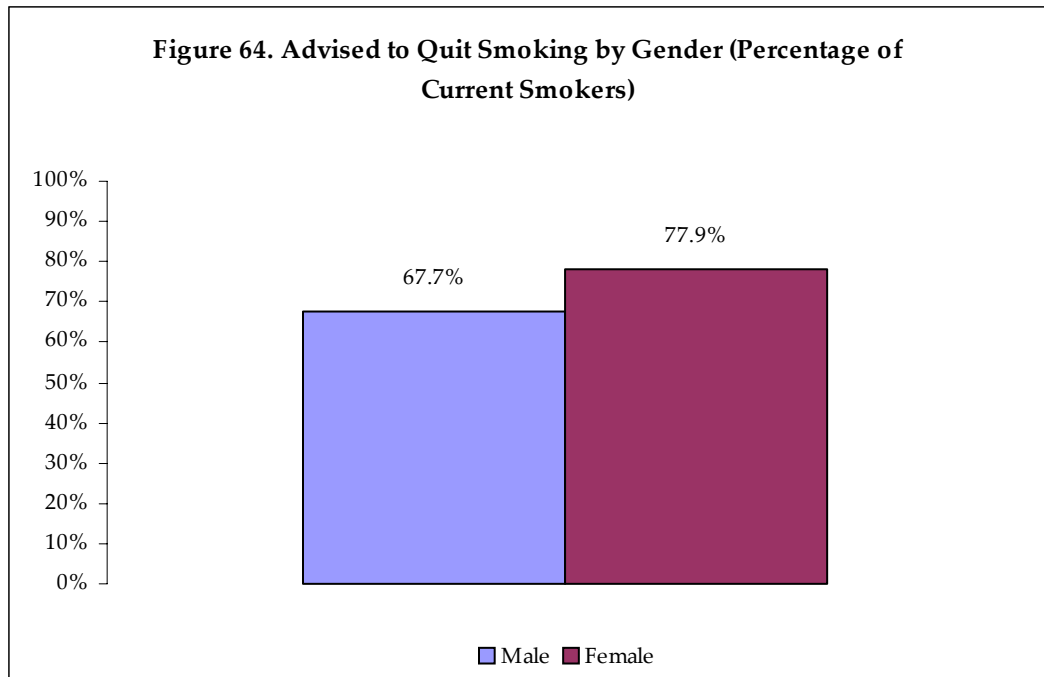
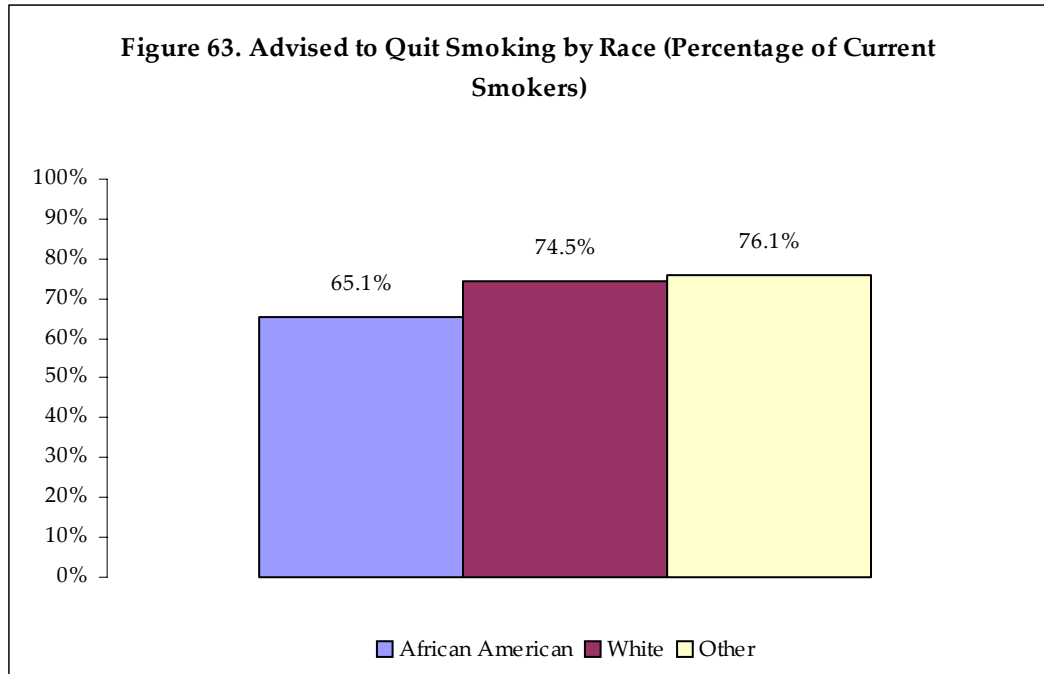
- Uninsured persons were almost twice as likely as insured persons to be current smokers. (Figure 61)



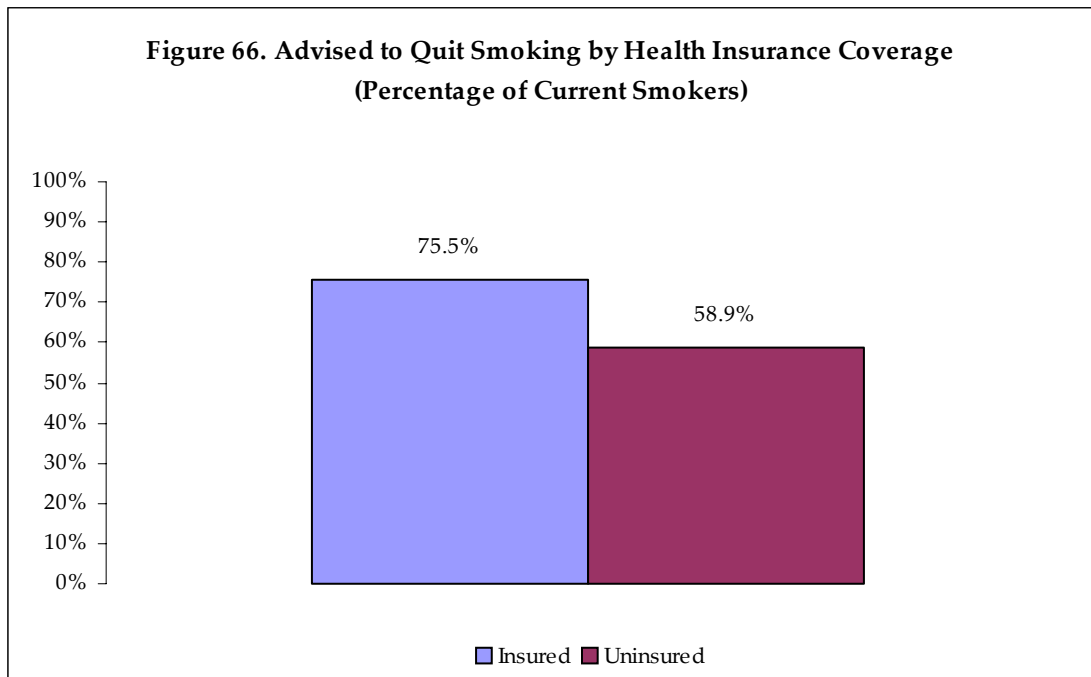
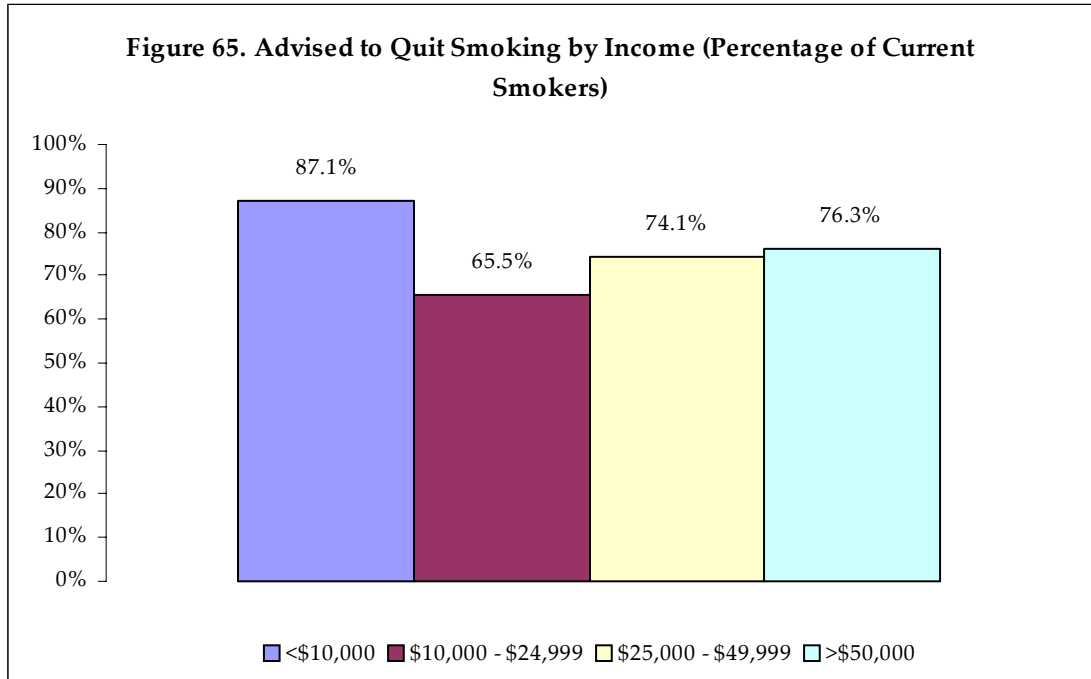
- Nearly three quarters (72.7%, 95% confidence interval 70.9 - 75.1) of current smokers had been advised to quit smoking by a doctor or other health professional.
- Older smokers were more likely than younger ones to have been advised to quit smoking. (Figure 62)



- African Americans were less likely than either Whites or Others to have been advised to quit smoking. (Figure 63)
- Male smokers were more likely than females to have been advised to quit smoking. (Figure 64)

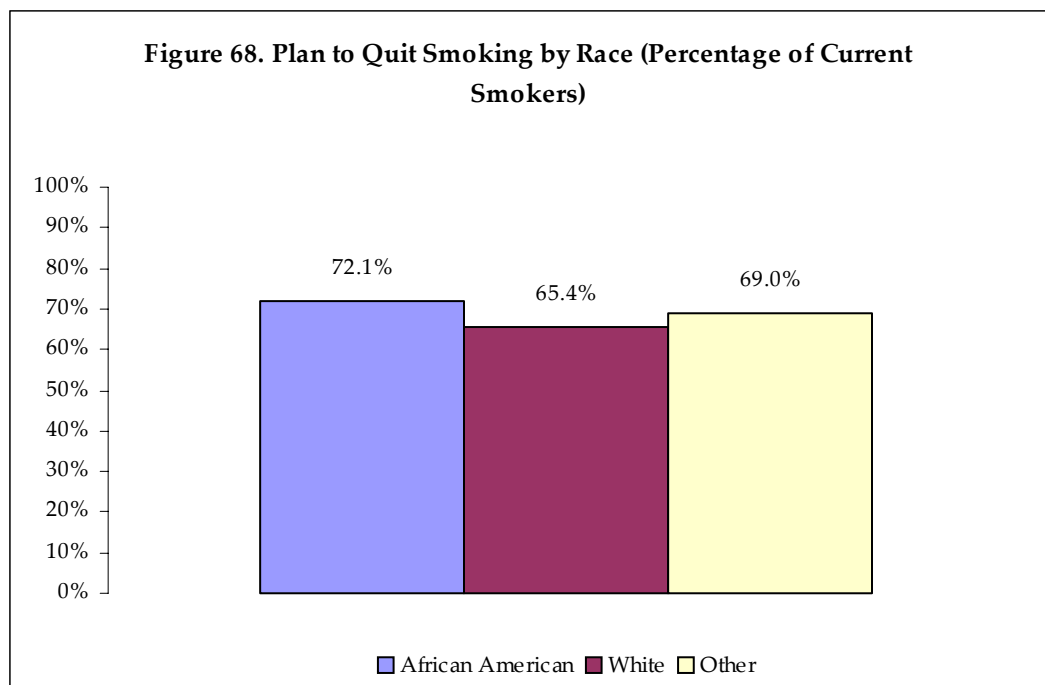
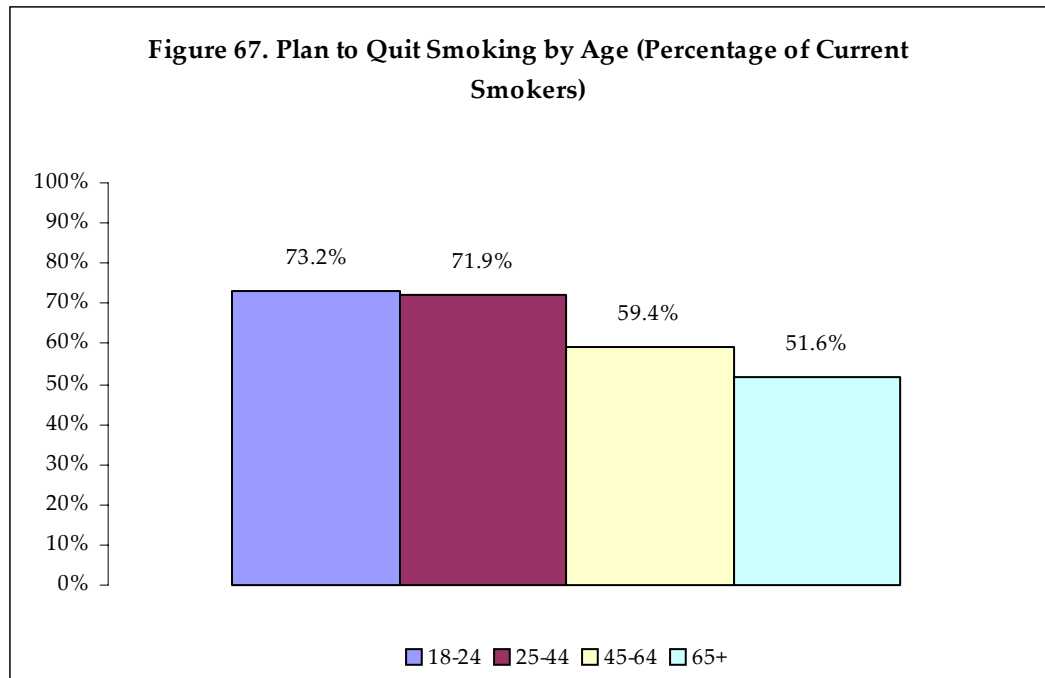


- Smokers with annual household incomes under \$10,000 were most likely to report having been advised to quit smoking. (Figure 65)
- Smokers with health insurance were more likely than uninsured smokers to have been advised to quit smoking.(Figure 66)

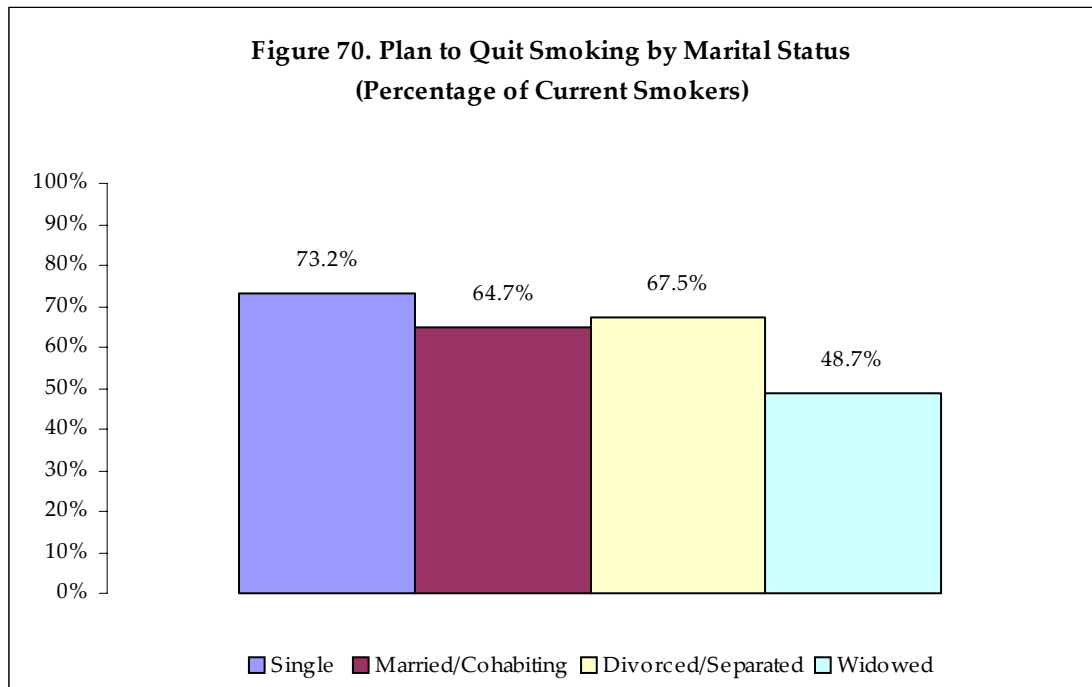
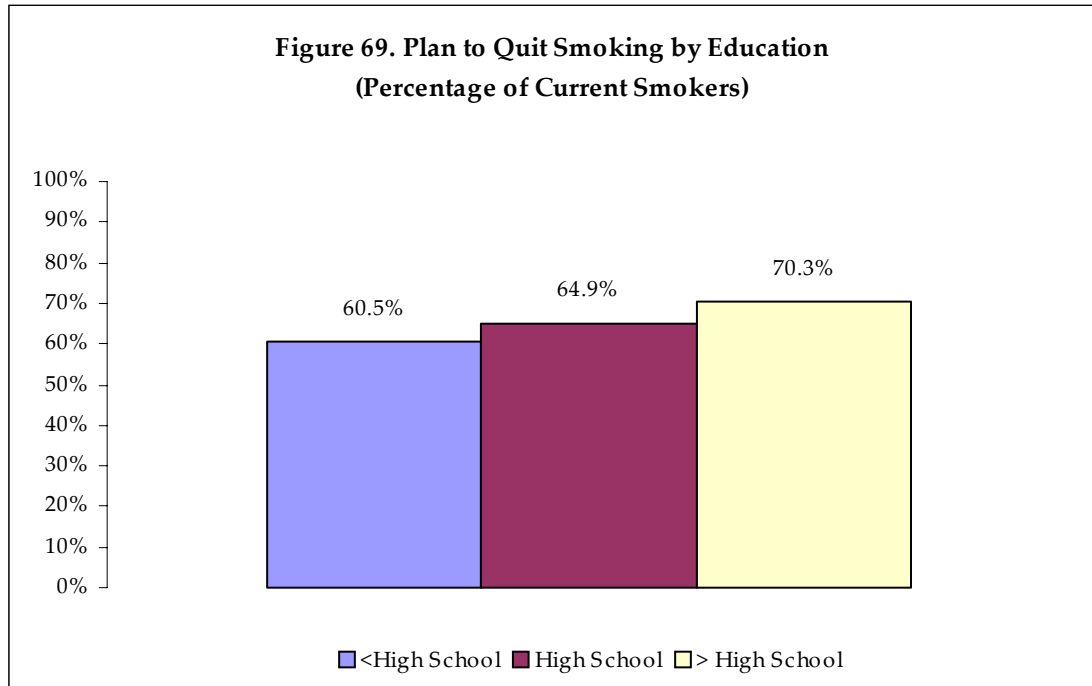


Plan to Quit

- Of current smokers, 66.9% (95% confidence interval, 64.9 – 69.1) said they planned to quit smoking.
- Younger smokers were more likely than older ones to say they planned to quit. (Figure 67)
- African American smokers were the most likely to say they planned to quit. White smokers were least likely. (Figure 68)

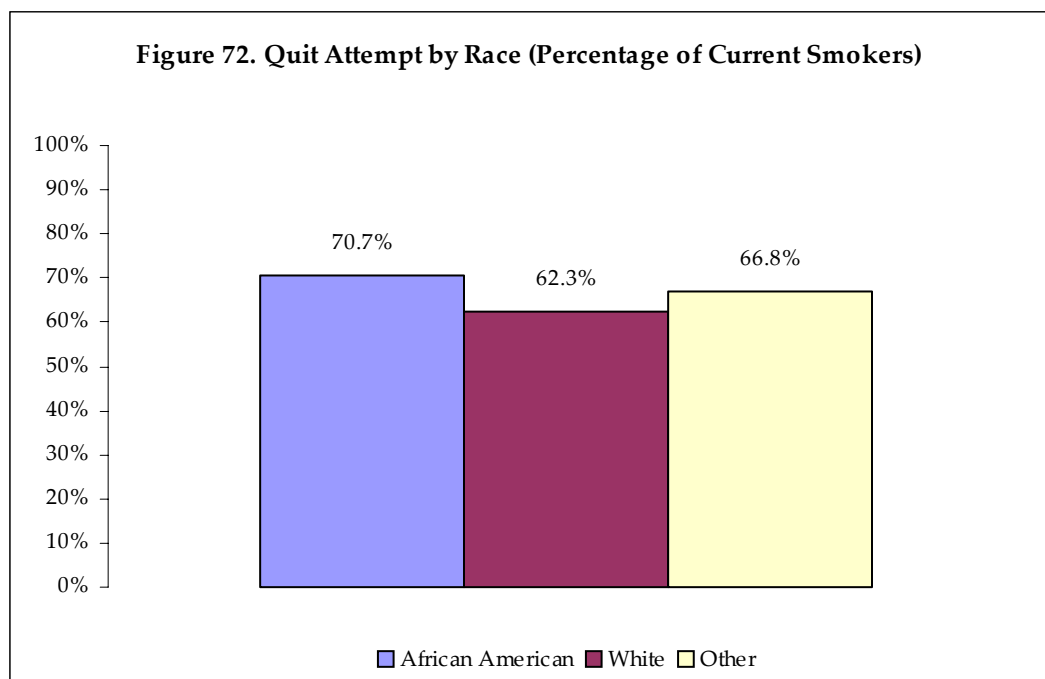
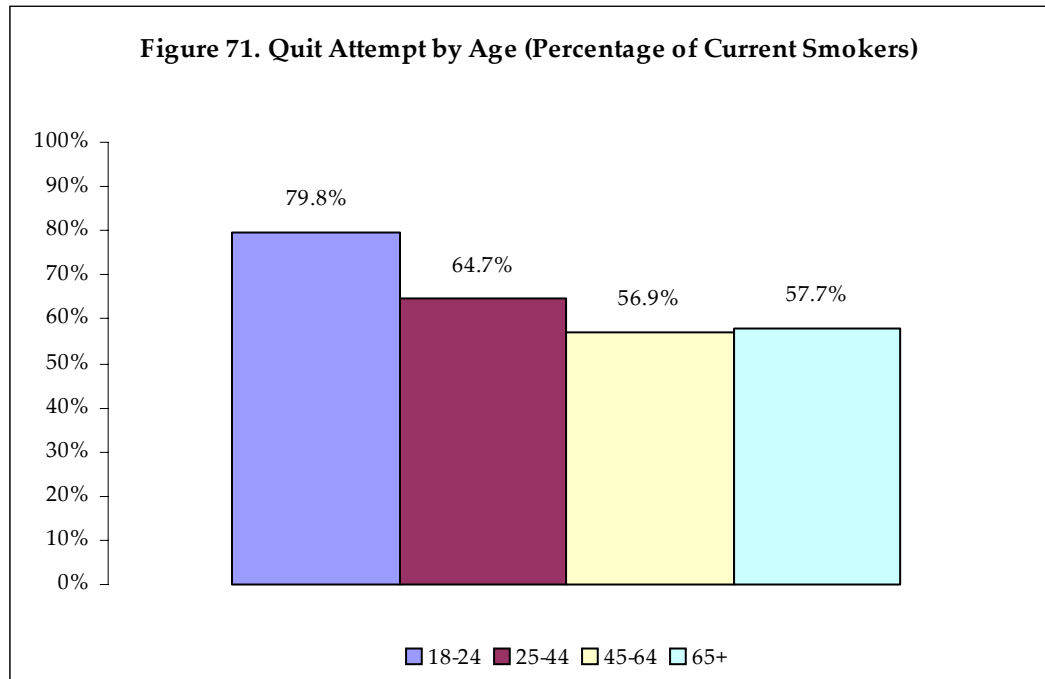


- Respondents with education past high school were more likely to say they planned to quit smoking. (Figure 69)
- Divorced smokers were most likely to say they planned to quit, and widowed smokers were least likely. (Figure 70)



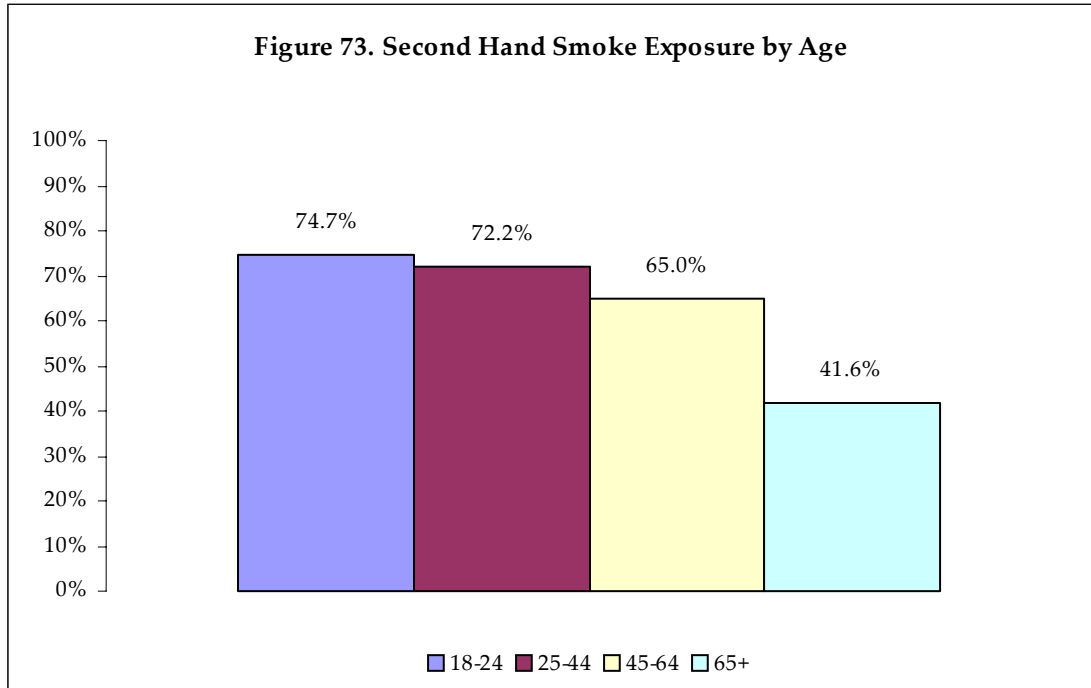
Attempted to Quit (Current smokers who reported they had quit smoking for a day or more in the past year)

- 64.2% (95% confidence interval 61.2 – 66.8) of current smokers said they had quit for a day or more in the past year.
- Current smokers 18-24 years of age were most likely to report an attempt to quit smoking, followed by those age 25-40. (Figure 71)
- African Americans were the most likely to report an attempt to quit in the past year. Whites were least likely. (Figure 72)

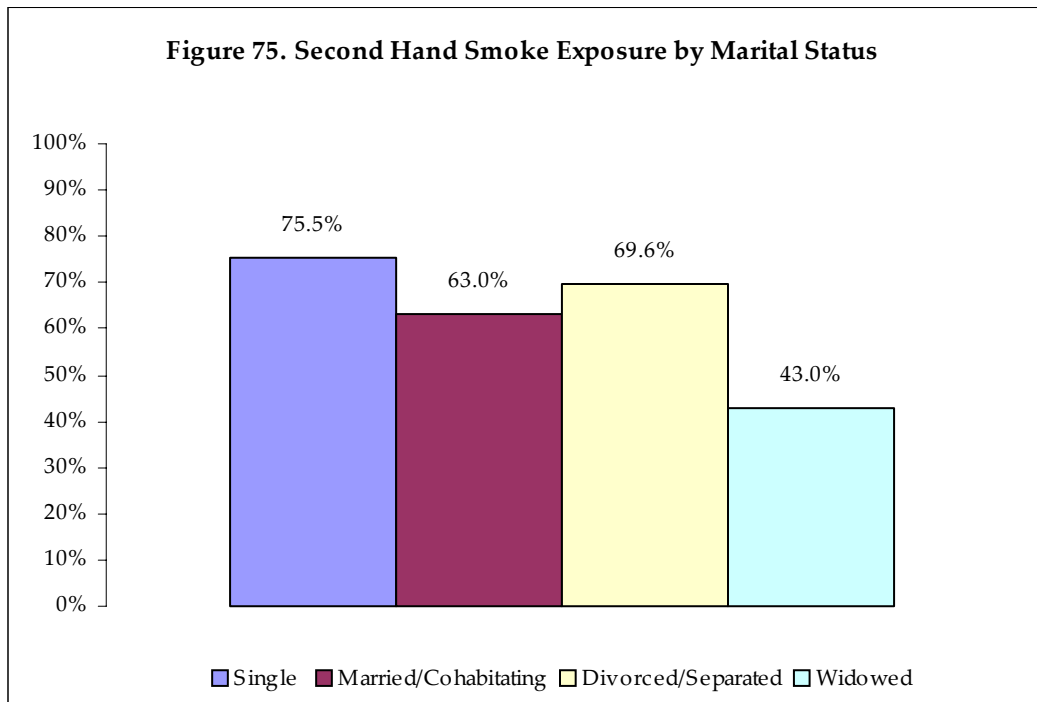
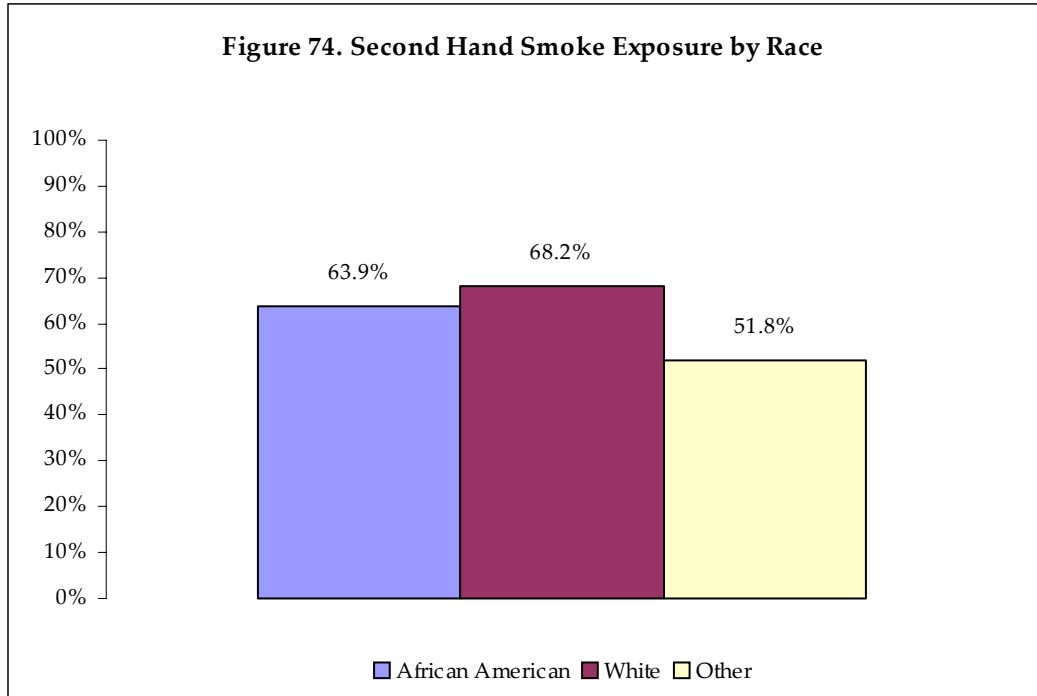


Second Hand Smoke Exposure

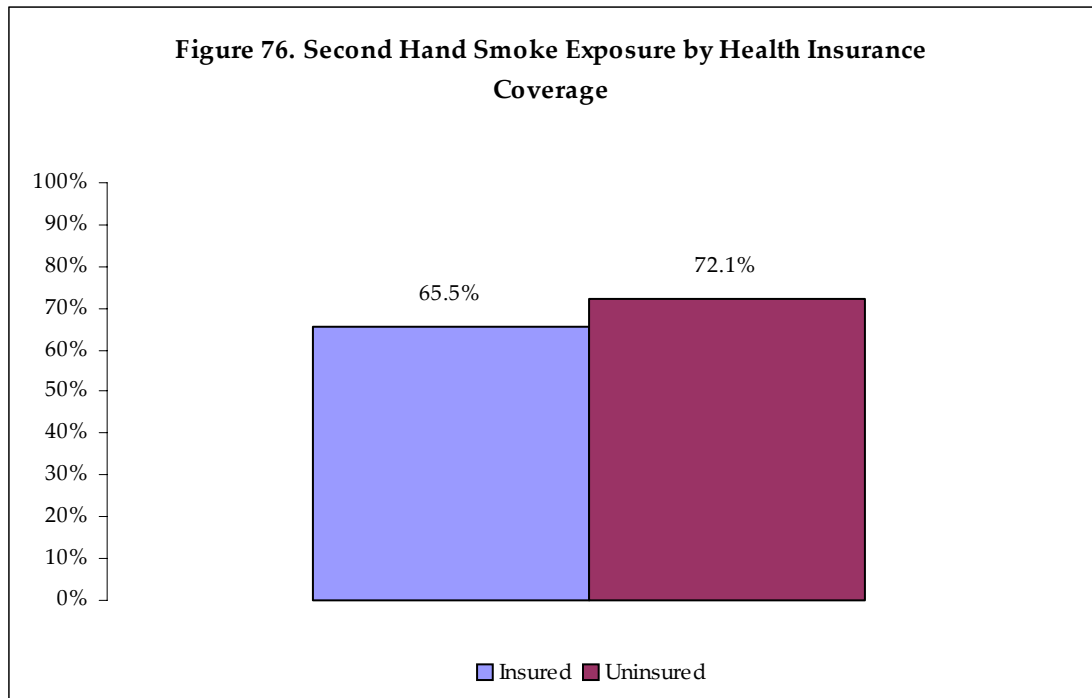
- 66.2% (95% confidence interval 65.2 – 67.2) of all respondents said they had been exposed to second hand smoke in the past 30 days.
- Nonsmokers reported having been exposed to environmental tobacco smoke at a rate of 59.4% (95% confidence interval, 58.1 - 60.7).
- Respondents age 65 and over were least likely to report second hand smoke exposure in the past 30 days. (Figure 73)



- Whites were more likely than African Americans or Other races to report second hand smoke exposure. (Figure 74)
- Single (never married) respondents were most likely to report being exposed to second hand smoke. (Figure 75)

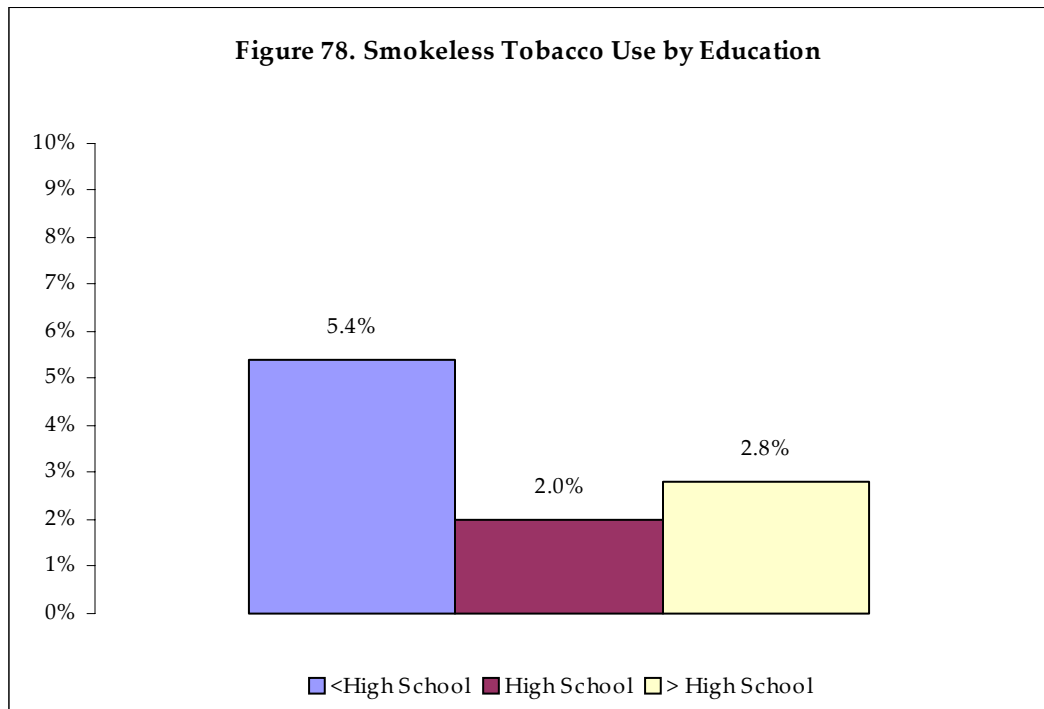
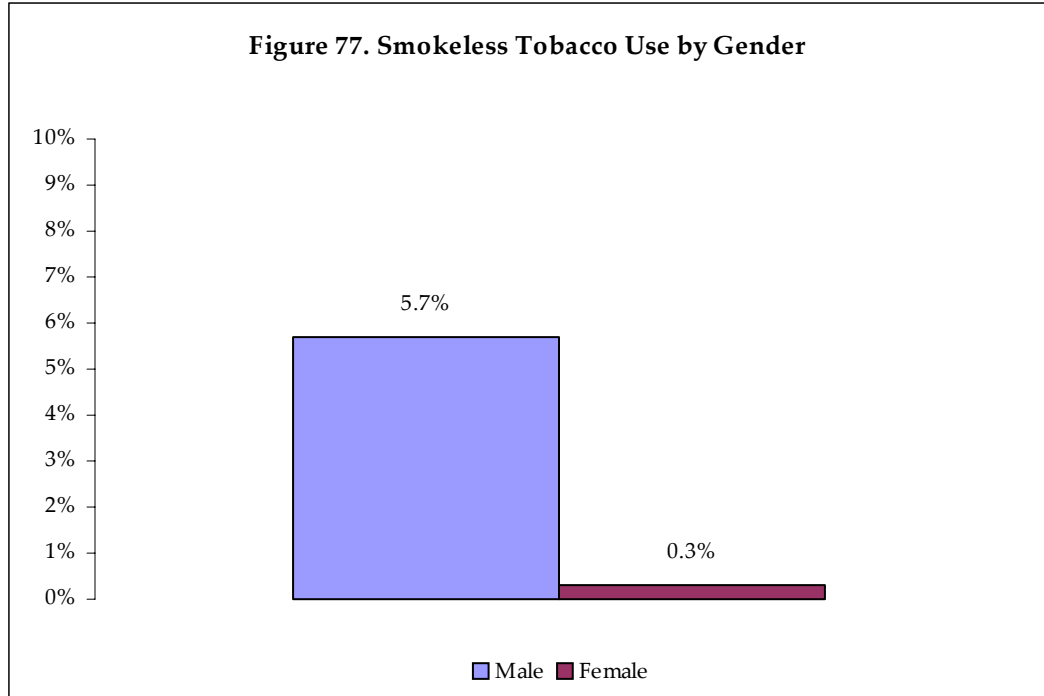


- Uninsured respondents were more likely than those with health insurance to report second hand smoke exposure. (Figure 76)

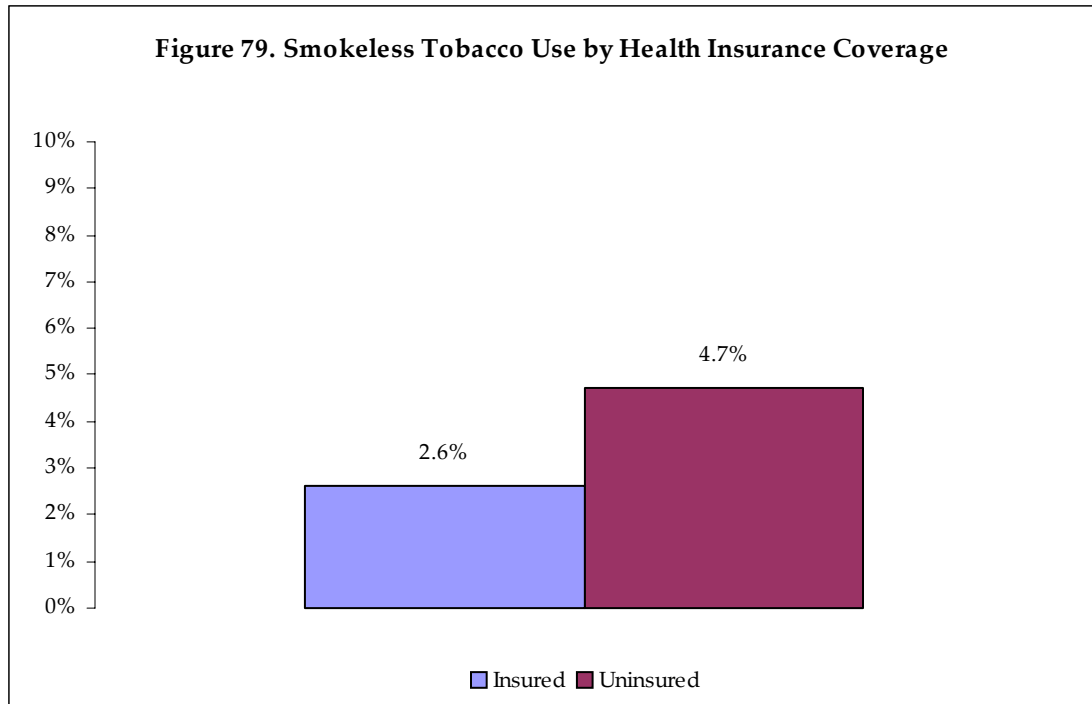


Smokeless Tobacco

- Less than three percent (2.9%, 95% confidence interval, 2.5 - 3.2) of survey respondents said they used some form of smokeless tobacco (snuff, chewing tobacco, etc.).
- Smokeless tobacco users are most likely to be males. Ninety-five percent of smokeless tobacco users were male. Only 0.3% (95% confidence interval, 0.0 - 0.5) of female respondents used smokeless tobacco, compared to 5.7% (95% confidence interval, 4.8 - 6.6) of males. (Figure 77)
- Respondents with less than a high school education were most likely to use smokeless tobacco products. (Figure 78)



- Uninsured respondents were more likely to use smokeless tobacco than those with health insurance. (Figure 79)



References

1. Tobacco Use Among US Racial/Ethnic Minority Groups – African Americans, American Indians and Alaska Natives, Asian Americans and Pacific Islanders, and Hispanics: A report of the Surgeon General. *MMWR Mortality and Morbidity Weekly Report Recommendations and Reports* October 9, 1998 47 (RR-18); 1-16.
2. State-Specific Prevalence of Current Cigarette Smoking Among Adults, and Policies and Attitudes About Secondhand Smoke, United States, 2000. *Morbidity and Mortality Weekly Report* 50(49): 1101-07.
3. Blizzard, L., Ponsonby, A., Dweyer, T., Venn, A., Cockrane, J. (2003). Parental Smoking and Infant Respiratory Infection: How important is not smoking in the same room with the baby? *American Journal of Public Health* 93 (3): 482-488.

Table 7a. Tobacco Use Characteristics: Current Smokers, Advised to Quit, and Plan to Quit. Results of the 2001 Community Health Behavior Survey in Davidson County, Tennessee Weighted by Council District (95% Confidence Interval)

<i>Demographics</i>	<u>Current Smokers</u>	<u>Advised to Quit</u>	<u>Plan to Quit</u>
<u>Total</u>	26.1% (25.1 - 27.0)	72.7% (70.9-75.1)	66.8% (64.9-69.1)
<u>Age</u>			
18-24	26.2% (22.7 - 29.6)	59.9% (52.5-67.5)	73.2% (65.9-80.1)
25-44	28.9% (27.3 - 30.4)	70.8% (68.1-73.9)	71.9% (68.9-75.1)
45-64	28.1% (26.2 - 30.1)	81.6% (78.9-85.1)	59.4% (54.7-63.3)
65+	13.6% (11.7 - 15.4)	76.2% (69.3-82.6)	51.6% (43.8-60.1)
<u>Race</u>			
African American	22.6% (20.6 - 24.6)	65.1% (60.3-69.7)	72.1% (67.4-76.6)
White	27.6% (26.4 - 28.8)	74.5% (72.7-77.2)	65.4% (62.4-67.6)
Other	21.4% (15.9 - 27.0)	76.1% (63.1-88.9)	69.0% (54.5-83.5)
<u>Sex</u>			
Male	27.8% (26.1 - 29.5)	67.7% (65.3-70.7)	66.3% (63.1-68.9)
Female	24.5% (23.2 - 25.7)	77.9% (75.1-80.9)	67.7% (64.5-71.5)
<u>Income</u>			
< \$10,000	32.5% (27.1 - 37.9)	87.1% (80.4-93.6)	69.1% (59.4-78.6)
\$10,000 - \$24,999	30.6% (28.5 - 32.8)	65.5% (61.9-70.1)	66.1% (61.7-70.3)
\$25,000 - \$49,999	27.7% (25.9 - 29.4)	74.1% (70.7-77.3)	68.1% (64.4-71.7)
> \$50,000	20.6% (18.7 - 22.5)	76.3% (71.6-80.4)	70.1% (65.1-74.9)
<u>Education</u>			
< High School	38.0% (34.8 - 41.2)	71.8% (66.9-77.1)	60.5% (54.3-65.7)
High School	33.3% (31.2 - 35.4)	71.5% (67.4-74.6)	64.9% (61.1-68.9)
> High School	20.9% (19.7 - 22.1)	74.2% (70.7-77.3)	70.4% (69.9-73.1)
<u>Marital Status</u>			
Single	26.8% (25.2 - 28.3)	64.2% (59.7-68.3)	73.2% (69.4-77.1)
Married/Cohabiting	23.0% (20.7 - 25.2)	73.9% (70.2-77.8)	64.7% (61.2-68.2)
Divorced/Separated	35.3% (33.2 - 37.4)	80.3% (76.5-83.5)	67.5% (63.3-71.7)
Widowed	20.6% (17.9 - 23.4)	77.3% (70.3-83.7)	48.7% (40.7-56.6)
<u>Insurance Coverage</u>			
Insured	24.2% (23.2 - 25.3)	75.5% (72.6-77.4)	67.4% (64.1-69.9)
Uninsured	41.4% (38.7 - 44.1)	58.9% (53.9-64.1)	65.2% (60.2-69.8)

Table 7b. Tobacco Use Characteristics: Quit One Day or More in Past Year, Use Smokeless Tobacco, and Exposed to Second Hand Smoke in the Past Month. Results of the 2001 Community Health Behavior Survey in Davidson County, Tennessee Weighted by Council District (95% Confidence Interval)

<i>Demographics</i>	<u>Quit One Day or More in Past Year</u>	<u>Use Smokeless Tobacco</u>	<u>Exposed to Second Hand Smoke in the Past Month</u>
<u>Total</u>	64.2% (61.2-66.8)	2.9% (2.5 - 3.2)	66.2% (65.2 - 67.2)
<u>Age</u>			
18-24	79.8% (73.8-86.1)	2.7% (1.4 - 3.9)	74.7% (71.3 - 78.1)
25-44	64.7% (61.9-68.1)	3.3% (2.7 - 3.9)	72.2% (70.7 - 73.8)
45-64	56.9% (52.9-61.0)	2.0% (1.4 - 2.6)	65.0% (62.9 - 67.1)
65+	57.7% (50.3-65.7)	3.4% (2.4 - 4.4)	41.6% (38.9 - 44.3)
<u>Race</u>			
African American	70.7% (66.5-75.5)	2.2% (1.5 - 2.9)	63.9% (61.6 - 66.2)
White	62.3% (59.5-64.5)	2.9% (2.5 - 3.4)	68.2% (67.0 - 69.5)
Other	66.8% (52.8-81.2)	4.5% (1.7 - 7.3)	51.8% (45.1 - 58.6)
<u>Gender</u>			
Male	62.9% (60.2-65.8)	5.7% (4.8 - 6.6)	69.1% (63.4 - 70.9)
Female	65.5% (62.6-69.4)	0.3% (0.0 - 0.5)	63.5% (62.2 - 64.9)
<u>Income</u>			
<\$10,000	60.9% (51.4-70.6)	4.2% (1.9 - 6.5)	63.2% (57.7 - 68.8)
\$10,000-\$24,999	67.1% (62.9-71.1)	2.3% (1.6 - 3.0)	66.0% (63.8 - 68.2)
\$25,000-\$49,999	65.0% (61.4-68.6)	2.9% (2.3 - 3.6)	69.9% (68.2 - 71.7)
\$50,000 or more	62.5% (57.9-68.1)	2.9% (2.1 - 3.7)	67.0% (64.8 - 69.2)
<u>Education</u>			
< High School	59.7% (54.5-65.5)	5.4% (3.9 - 6.9)	65.7% (62.5 - 68.8)
High School	63.4% (60.2-67.8)	2.0% (1.4 - 2.7)	66.3% (64.2 - 68.4)
> High School	66.2% (62.9-69.1)	2.8% (2.3 - 3.3)	66.3% (64.9 - 67.7)
<u>Marital Status</u>			
Single	72.5% (69.0-77.0)	2.8% (2.2 - 3.4)	75.5% (73.9 - 77.0)
Married/Cohabiting	59.8% (55.9-64.3)	3.2% (2.3 - 4.1)	63.0% (60.4 - 65.5)
Divorced/Separated	63.3% (59.4-66.6)	2.8% (2.1 - 3.5)	69.6% (67.6 - 71.7)
Widowed	53.5% (46.1-61.9)	1.5% (0.7 - 2.3)	43.0% (39.6 - 46.3)
<u>Insurance Coverage</u>			
Insured	64.6% (62.1-67.9)	2.6% (2.2 - 3.0)	65.5% (64.3 - 66.6)
Uninsured	61.8% (58.0-66.0)	4.7% (3.5 - 5.8)	72.1% (69.6 - 74.6)