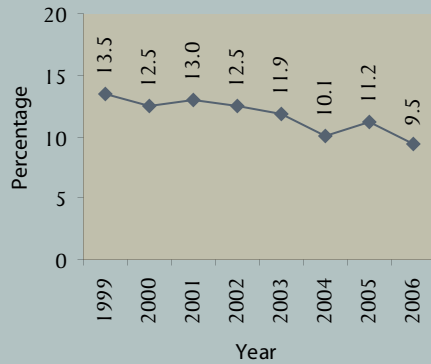


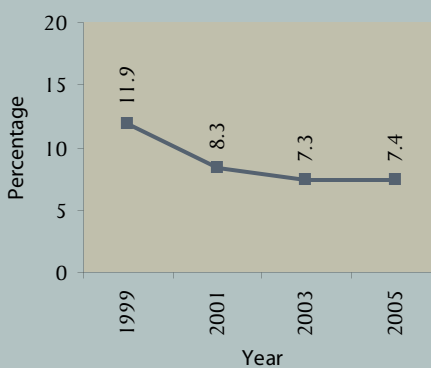
Tobacco Use in Utah

Figure 1.
Percent of Adults Who Report Current Cigarette Smoking, Utah 1999-2006 (Age-adjusted)



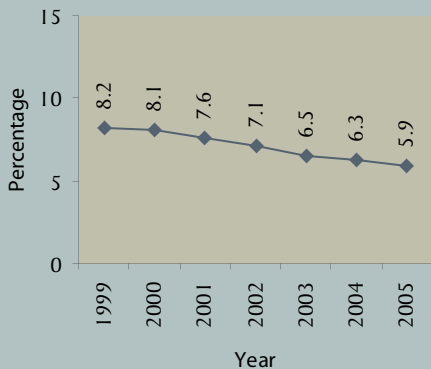
Source: Utah BRFSS¹

Figure 2.
Percent of High School Students Who Report Current Cigarette Smoking, Utah 1999-2005 (Odd Years)



Source: Utah YRBS¹⁰

Figure 3.
Percent of Pregnant Women Who Report Cigarette Smoking, Utah 1999-2005



Source: Utah Vital Statistics¹⁶

Smoking Rates and Health Consequences

Adult Tobacco Use

- In 2006, Utah's adult smoking rate was below 10% for the first time since Utah began to assess adult smoking in 1989 (Figure 1).¹
- Smoking disproportionately impacts Utahns with fewer years of formal education. The 2006 smoking rate for Utahns with less than a high school education was 17.1% compared to 3.2% for college-educated Utahns.¹

Youth Tobacco Use

- The 2005 Utah high school smoking rate of 7.4% was 68% lower than the national rate of 23.0%.¹⁰ Since 1999, high school smoking decreased by 38% (Figure 2).¹⁰
- Since the early 1990s, experimentation with smoking in high school declined by nearly 50%.¹⁰

Cigarette Smoking Among Pregnant Women

- Since 1999, smoking among pregnant women decreased by 28%. (Figure 3).¹⁶ Currently, 6% of Utah women smoke cigarettes during pregnancy.¹⁶
- Pregnant teens and pregnant women with less than a high school education continue to report smoking rates of 10% or higher.¹⁶

Exposure to Secondhand Smoke

- Since 2001, child exposure to secondhand smoke at home declined by 50% (from 6.0% in 2001 to 3.0% in 2006).¹³ As a result, nearly 20,000 fewer Utah children are at risk for secondhand smoke-related health problems.^{2,13} Children from low-income families are at higher risk for secondhand smoke exposure.¹³

Tobacco-related Disease and Death

- Smoking remains the leading cause of preventable death in the United States.¹⁷ In Utah, more than 1,100 adults die each year as a result of smoking.¹⁴
- Smoking causes about 90% of lung cancer deaths in men and 80% of deaths in women.¹⁸ Lung cancer is the leading cause of cancer-related death in Utah and the U.S. Utah's lung and bronchus cancer incidence has declined significantly since the early 1990s (Figure 5).¹⁹ Continuing declines in adult smoking are expected to lead to further reductions in lung cancer incidence.

Smoking-attributable Expenditures

- As a result of smoking, Utah incurs approximately \$273 million in direct medical expenses and \$257 million in lost productivity each year.¹⁴

Health Effects

- Diseases caused by smoking include bladder, esophageal, laryngeal, lung, oral, and throat cancers; cervical, kidney, pancreatic, and stomach cancers; aortic aneurysm; acute myeloid leukemia; cataracts; pneumonia; periodontitis; chronic lung disease; and coronary heart and cardiovascular disease.¹⁸
- Smoking during pregnancy can result in pre-term delivery, low birth weight, other obstetric complications, infant respiratory diseases, other infant illnesses, and infant death.¹⁸
- Children exposed to secondhand smoke are at increased risk for sudden infant death syndrome, acute respiratory infections, ear problems, and more severe asthma.²⁰