

The Chattanooga-  
Hamilton County  
Health Department



Tobacco Use  
Prevention Program  
(423) 209-8008

[http://health.hamiltontn.org/  
CHS/TobaccoPrevention.htm](http://health.hamiltontn.org/CHS/TobaccoPrevention.htm)

## At a Glance

### Percent of Smokers in 2007:

- 22.6% Hamilton
- 24.3% TN
- 19.8% U.S.

### Sources:

Centers for Disease  
Control and Prevention,  
Behavioral Risk Factor  
Surveillance Survey  
(BRFSS) and Youth Risk  
Behavior Survey  
(YRBS).

Hamilton County  
BRFSS, 2004, 2007.

Tennessee  
Department of Health .

Hamilton County YRBS  
2002.

Tennessee Department  
of Education YRBS.

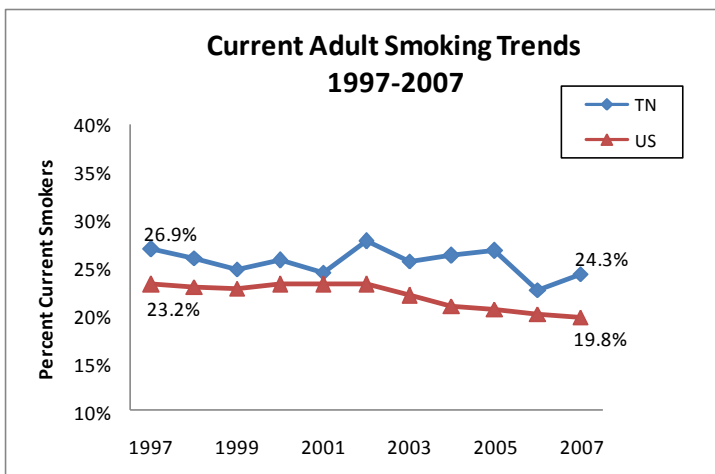
# Tobacco Use in Hamilton County

## The Dangers of Cigarette Smoking

Smoking is a major risk factor for heart disease, stroke, and lung cancer. Smoking is the single most preventable cause of death in the U.S.

In Tennessee, approximately 24% of adults smoke and 26% of high school students smoke. The average health care costs in TN caused directly by smoking total over \$2.15 billion.

Smoking harms more than just the tobacco user. In Tennessee, approximately 1,200 premature deaths occur each year because of secondhand smoke.



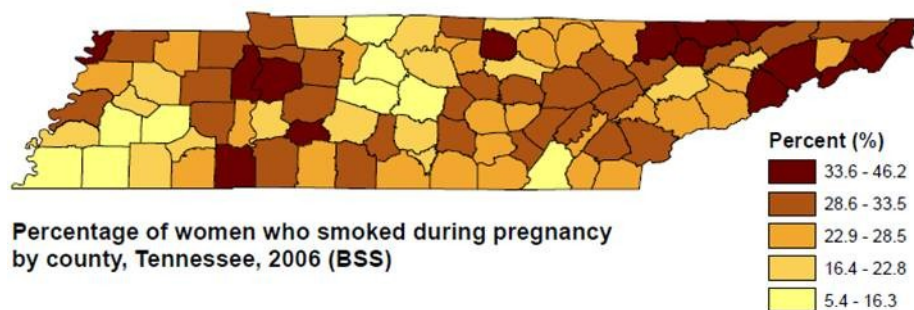
Although smoking is overall decreasing in the U.S., we have not met our target goal. One of the *Healthy People 2010* objectives is to reduce cigarette smoking by adults to 12%.

Reaching this goal and reducing all forms of tobacco use are important for increasing the quality and years of healthy life for all Tennesseans.

## Smoking and Pregnancy

Smoking during pregnancy is a risk factor for spontaneous abortions, low birth weight, and Sudden Infant Death Syndrome. From 2004-2007, of the babies under age 1 who died, 59% of their mothers smoked during pregnancy.

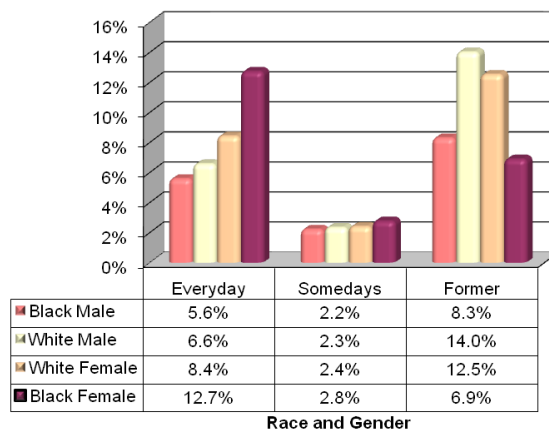
In 2006, approximately **16%** of pregnant women smoked during pregnancy in Hamilton County, with **19.2%** in TN.



## Smoking and Race

**Lung cancer is the leading cause of cancer death in Tennessee. Each year, nearly 5,000 cases of lung cancer are reported in Tennessee, about 24% higher than the U.S. rate.**

Percent smoking status by race and gender, Hamilton County BRFSS 2004

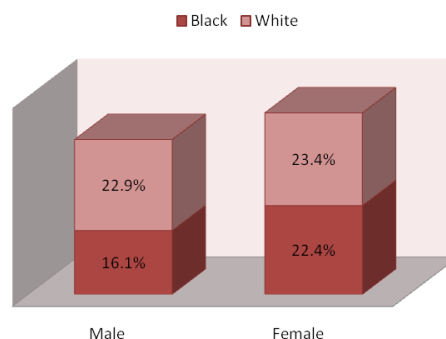


In Hamilton County, 23.3% of African Americans and 19.7% of white persons reported current tobacco use.

African American women report the highest percentage of smoking everyday.

The percentage of adults who have smoked at least 100 cigarettes in their lifetime is higher for females than males in both races.

Percent of Adults who have smoked at least 100 cigarettes, Hamilton County BRFSS 2004



## Youth and Smoking

Kick Butts Day Press Conference, 2007



Each day in the U.S., about 6,000 youth try smoking for the first time, and about one third become new regular, daily smokers.

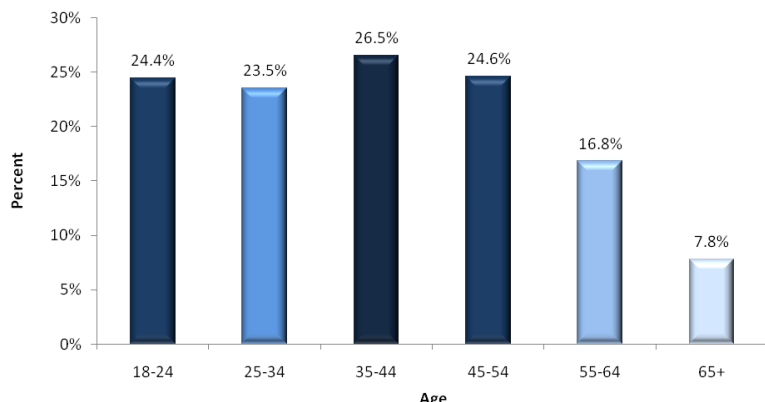
Smoking Prevalence Among Youth (9-12th grade)

Hamilton 2002	TN 2007	US 2007
27%	25.5%	20%

In Hamilton County, 20% of middle school youth have tried smoking, and 27% of high school youth are current smokers.

## Smoking by Age and Socioeconomic Status

Percent of current smokers by adult age, Hamilton County BRFSS 2004

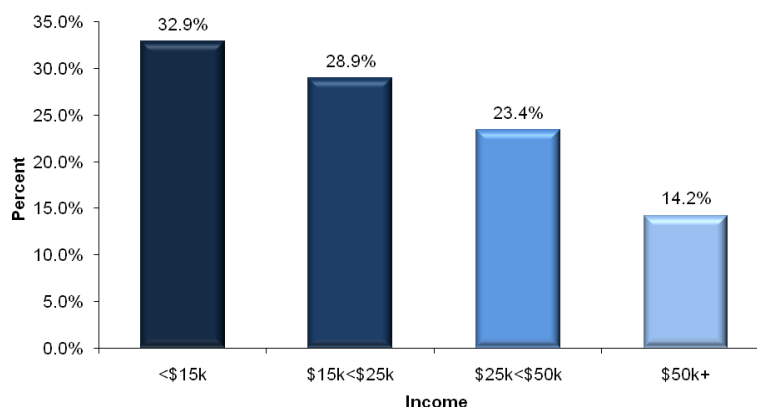


Over 25% of 34-44 year olds in Hamilton County are current smokers.

The prevalence of smoking decreases with increasing age, from 24.6% among 45-54 year olds to 7.8% in adults age 65 and older.

The prevalence of current cigarette smoking among those with an annual household income of less than \$15,000 (32.9%) is more than **double** than that of those with an annual income of \$50,000 or more (14.2%).

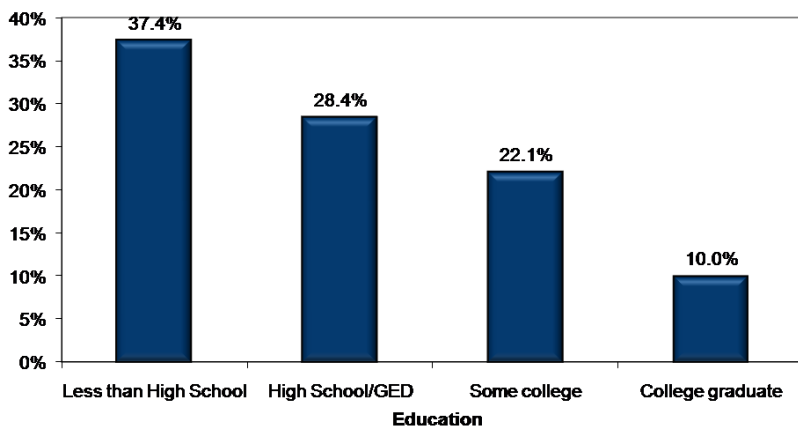
Percent of current adult smokers by income, Hamilton County BRFSS 2004



***“Tobacco is the single most preventable cause of death in the nation.”***

***-Jay Collum,  
Chattanooga-  
Hamilton  
County Health  
Department.***

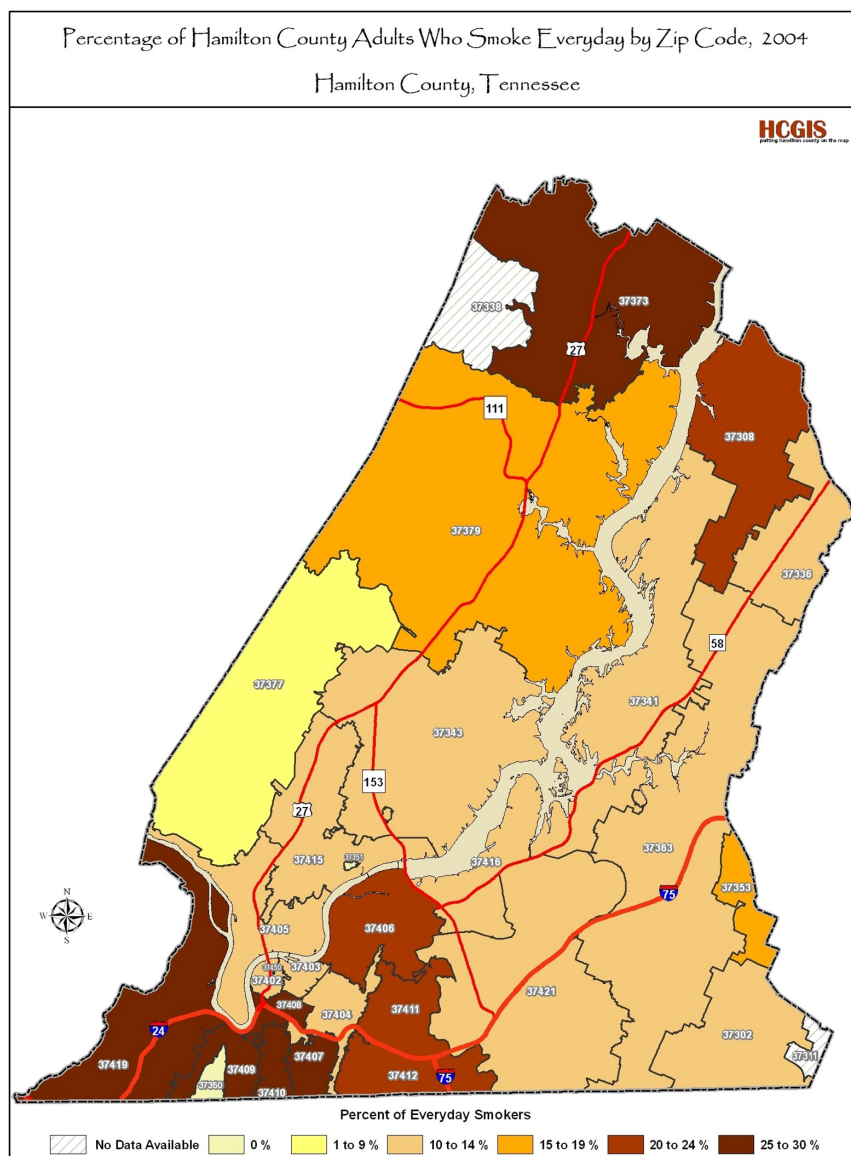
Percent of current adult smokers by education, Hamilton County BRFSS 2004



Adults with **less than a high school education** (37.4%) had the highest prevalence of smoking.

As education level increased the percentage of current smokers decreased.

# Where is smoking most prevalent?



*“A lot of people don’t know there’s effective help out there that really works- if they just try.”*

*-Jay Collum*

## Resources for Help

The **Tobacco Education Program** at the Chattanooga-Hamilton County Health Department works to prevent tobacco use among youth, promote quitting among adults, decrease secondhand smoke exposure, and facilitate policy change.

A local volunteer coalition, Smoke Free Chattanooga, actively seeks these same goals. For information about the Smoke Free

Chattanooga, or about other local resources for quitting support, call 423-209-8008.

### QUITLINE

Provided by the Tennessee Department of Health, the QuitLine offers free, personalized support to stop the use of tobacco products, including cigarettes and chewing tobacco. The program can be reached toll-free at 1-800-QUIT-NOW (1-800-784-8669).

SMOKE  
FREE  
CHATTANOOGA

When smokers call the toll-free line, they are matched to a quit coach who works with the individual over the phone to develop a personalized quit plan. Callers also receive a free information kit on how to deal with cravings and other challenges.

