



Tobacco Use Prevention Program
(423) 209-8008

<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.

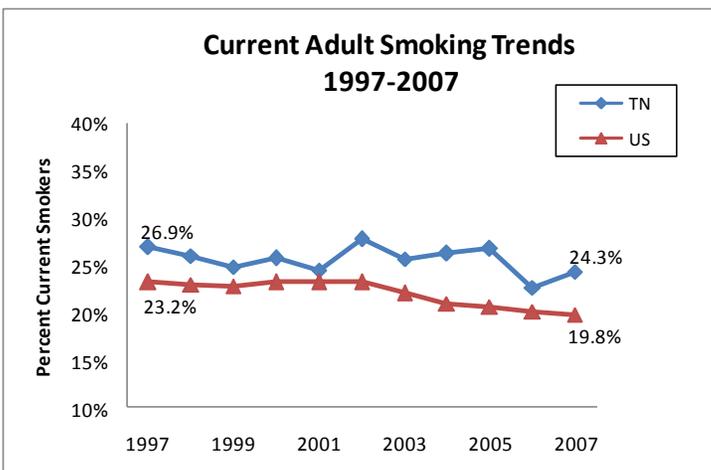
Tobacco Use in Hamilton County

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.



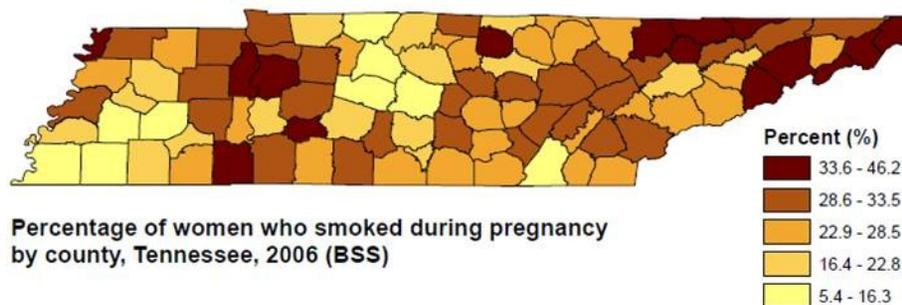
Although smoking is overall decreasing in the U.S., we have not met our target goal. One of the *Healthy People 2010* objectives is to reduce cigarette smoking by adults to 12%.

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.

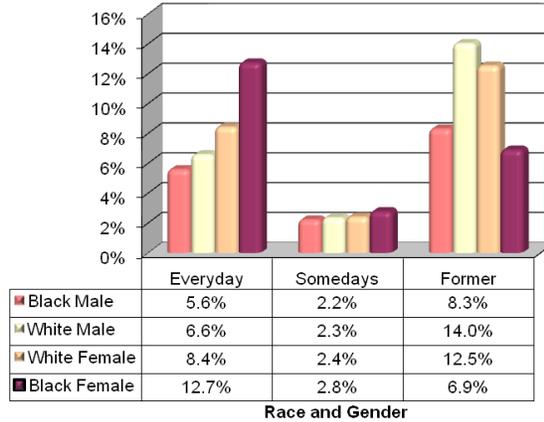
In 2006, approximately **16%** of pregnant women smoked during pregnancy in Hamilton County, with **19.2%** in TN.



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

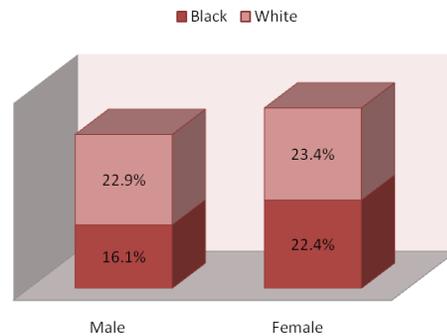


In Hamilton County, 23.3% of African Americans and 19.7% of white persons reported current tobacco use.

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

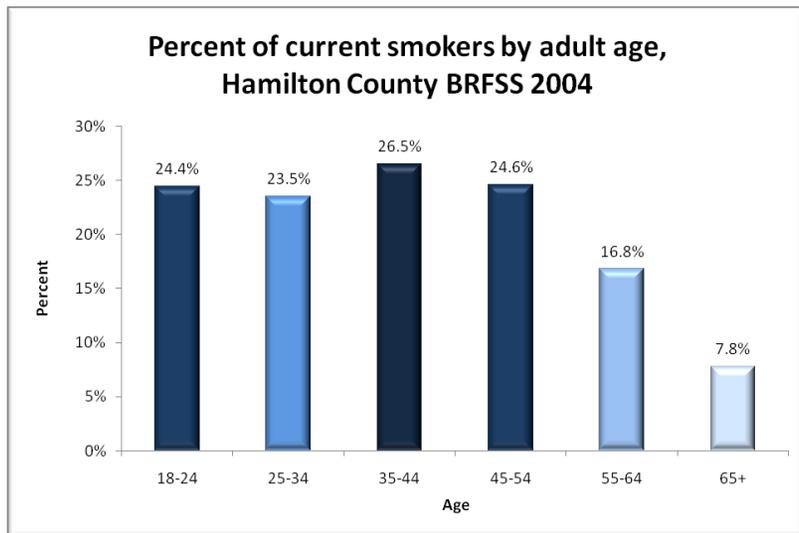
Each day in the U.S., about 6,000 youth try smoking for the first time, and about one third become new regular, daily smokers.

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

Smoking Prevalence Among Youth (9-12th grade)

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

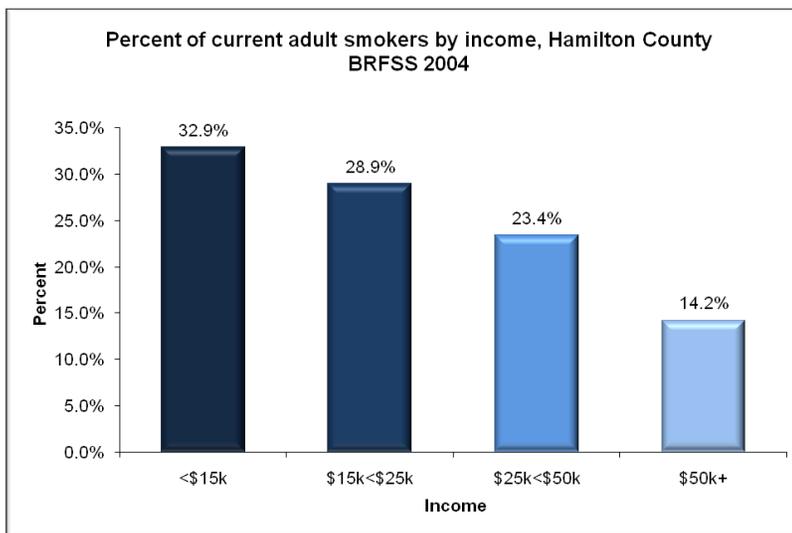
Smoking by Age and Socioeconomic Status



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

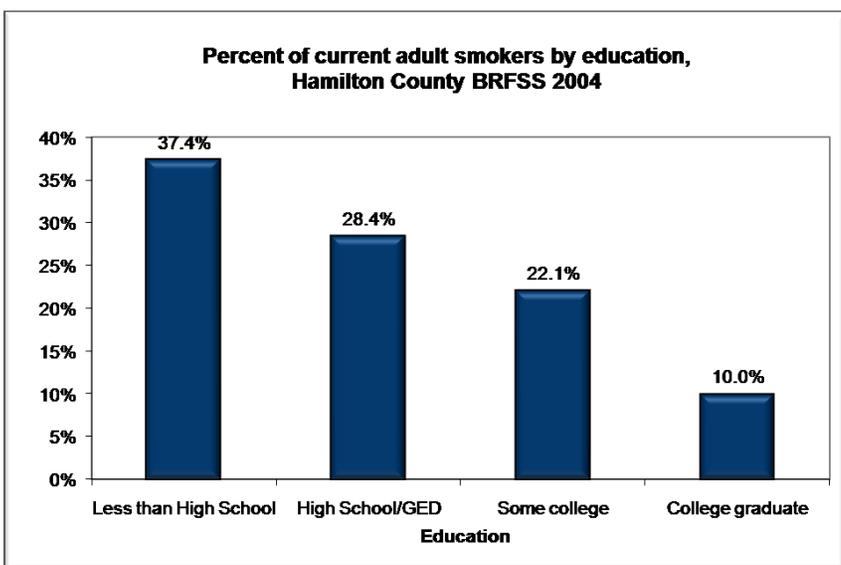
The prevalence of smoking decreases with increasing age, from 24.6% among 45-54 year olds to 7.8% in adults age 65 and older.

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%).



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

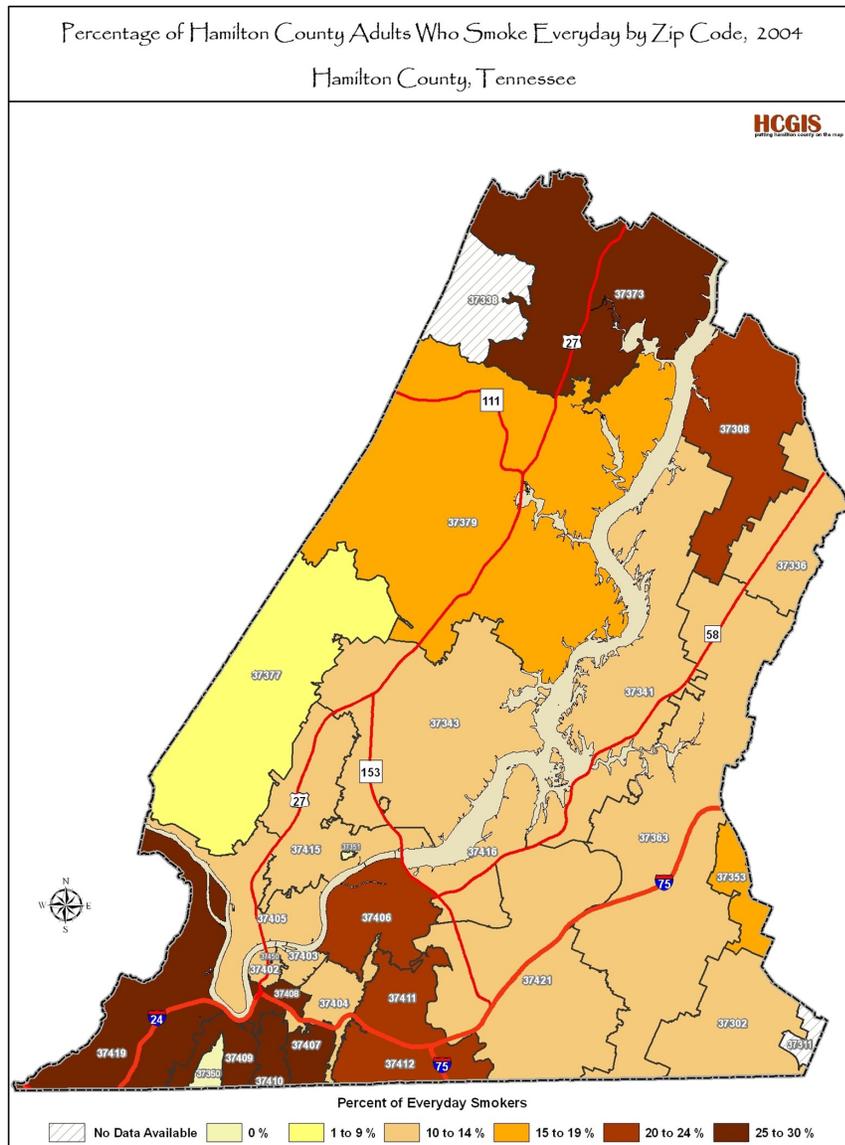
*-Jay Collum,
Chattanooga-Hamilton County Health Department.*



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.

