

SURVEILLANCE UPDATE



N.C. Tobacco Prevention Control Branch N.C. State Center for Health Statistics

October 2007

WHO'S STILL SMOKING IN NORTH CAROLINA?

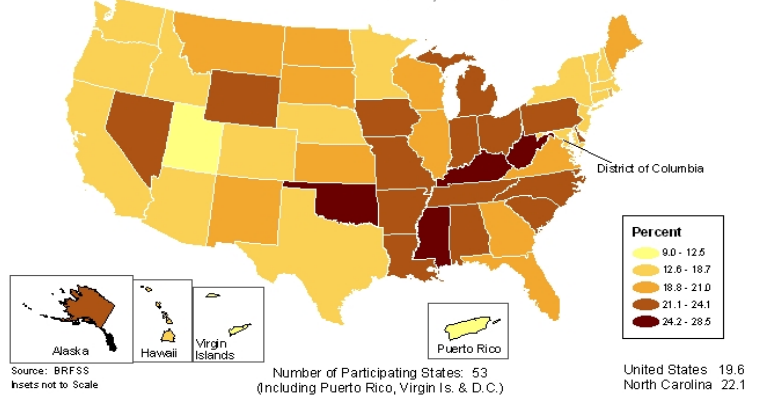


Tobacco use is the single leading cause of preventable illness and

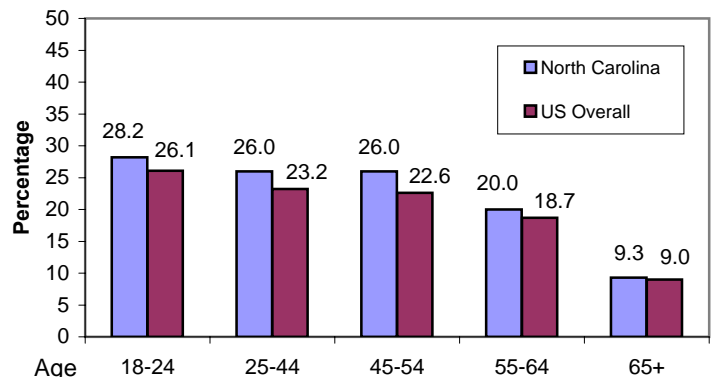
death in the United States. Each year, more than 430,000 Americans die prematurely from smoking-related diseases. Today, nearly a quarter of U.S. adults and about a third of U.S. youth continue to smoke. In addition, smoking rates among young adults between the ages of 18 and 24 years have increased in recent years. The increases may be attributed to the aging of high school students whose smoking rates were high during the 1990s, or they may be an indication of increased initiation of smoking among young adults. Disparities in smoking also exist among people of different educational levels and racial and ethnic groups. Smoking prevalence is highest among those with lower educational attainment (9-11 years) and among American Indians/Alaskan Natives. If current patterns persist, nearly 25 million U.S. residents will die prematurely from a smoking-related disease.

Smoking trends in the past nine years have leveled off indicating a need for policy changes that encourage quitting and improved access to proven cessation interventions. In 2006, over 42 million non-institutionalized adults (ages 18 and older) in the United States reported smoking every day or some days (20.1%), including 23.5 million men (22.2%) and 22 million women (18.4%). During 2006, over 1.5 million (22.1%) adult smokers lived in North Carolina.

Current Cigarette Smokers
United States, 2006



Prevalence of current cigarette* smoking among adults in North Carolina, by age group: Behavioral Risk Factor Surveillance System, 2006



Weighted to provide estimates representative of adult non-institutionalized population;* Persons aged 18 years or older who reported having smoked 100 or more cigarettes and who reported smoking every day or some days

THE GREAT AMERICAN SMOKEOUT

The American Cancer Society (ACS) hosts the 31st annual Great American Smokeout on Thursday, November 15, 2007, to help smokers quit tobacco use for at least 24 hours, with the hope that smokers will then be able to quit completely. Smokers should use the Great American Smokeout as a call to action to see their physicians and use the effective treatments available to help them convert their quit attempt into successful long-term cessation. For the Great American Smokeout, ACS staff and volunteers provide smoking cessation and smoking prevention activities for people of all ages at the local ACS offices. Additional information is available from ACS:

800-227-2345 or www.cancer.org

Cessation Quitlines for North Carolina: 800-Quit-Now

Cont.,

Also available is a fax referral system whereby health care providers or others working with tobacco users can determine if the tobacco user wants to make a quit attempt within 30 days, then get consent for the quitline to make the initial call.

This evidence-based service is an effective resource to help North Carolinians of all ages quit the use of tobacco.

For more information on tobacco use prevention and control, please visit the CDC Office on Smoking and Health's Tobacco Information and Prevention Source page at www.cdc.gov/tobacco

References:

U.S. Department of Health and Human Services. Healthy People 2010. (Conference edition in two volumes). Washington (DC): U.S. Department of Health and Human Services; 2000. www.health.gov/healthypeople.

U.S. Department of Health and Human Services. Reducing Tobacco Use: A Report of the Surgeon General. Atlanta (GA):

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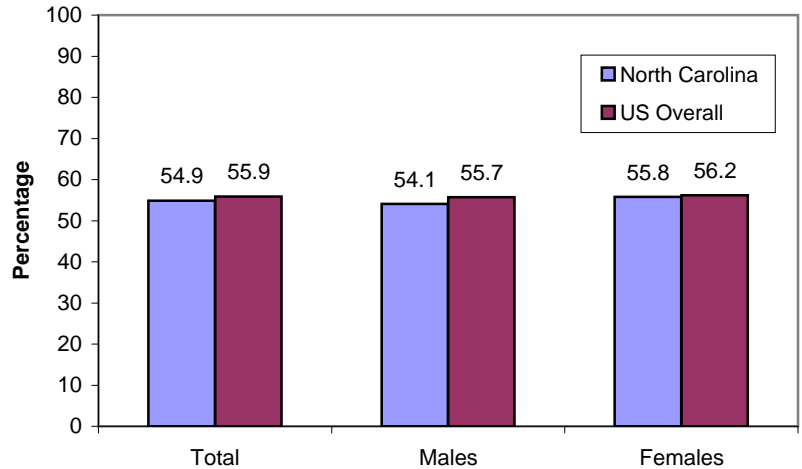
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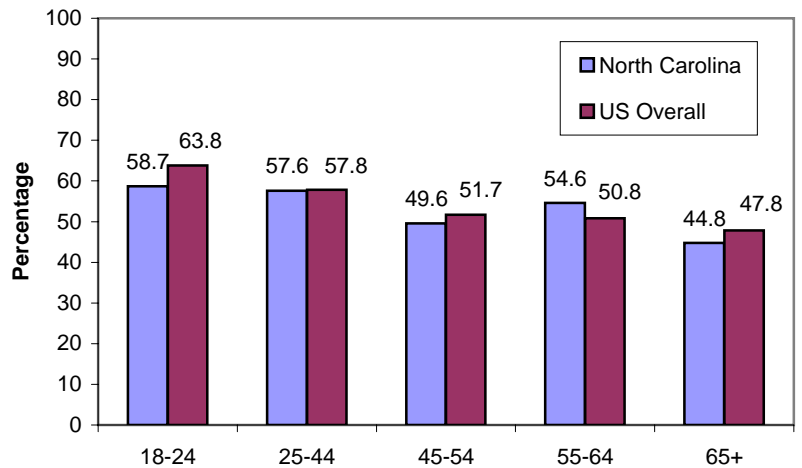


N.C. Behavioral Risk Factor Surveillance System (N.C. BRFSS) is available at:
www.schs.state.nc.us/SCHS/about/programs/brfss

Prevalence of quit smoking* for one day or longer in the past year among adults in North Carolina, by gender: Behavioral Risk Factor Surveillance System, 2006



Prevalence of quit smoking* for one day or longer in the past year among adults in North Carolina, by age group: Behavioral Risk Factors Surveillance System, 2006



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Smoking Cessation Rates for One Day or Longer in the Past Year, 2006

