The Health Consequences of Smoking: 50 Years of Progress
A Report of the Surgeon General

1964

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2014
Figure 2.1  Adult* per capita cigarette consumption and major smoking and health events, United States, 1900–2012


Adults ≥18 years of age as reported annually by the Census Bureau.
The Toll of Smoking
(Does Not include the Added Toll of Secondhand Smoke)

More Than 480,000 U.S. Deaths Attributable Each Year to Cigarette Smoking*

- Lung Cancer 137,989 (29%)
- Ischemic Heart Disease 133,300 (28%)
- Chronic Obstructive Pulmonary Disease 100,600 (21%)
- Other Diagnoses 56,800 (10%)
- Stroke 15,300 (4%)
- Other Cancers 36,000 (8%)
Smoking Damages Nearly Every Part of the Body

Cancers
- Oropharynx
- Larynx
- Esophagus
- Trachea, bronchus, and lung
- Acute myeloid leukemia
- Stomach
- Liver
- Pancreas
- Kidney and ureter
- Cervix
- Bladder
- Colorectal

Chronic Diseases
- Stroke
- Blindness, cataracts, age-related macular degeneration
- Congenital defects—maternal smoking: orofacial clefts
- Periodontitis
- Aortic aneurysm, early abdominal aortic atherosclerosis in young adults
- Coronary heart disease
- Pneumonia
- Atherosclerotic peripheral vascular disease
- Chronic obstructive pulmonary disease, tuberculosis, asthma, and other respiratory effects
- Diabetes
- Reproductive effects in women (including reduced fertility)
- Hip fractures
- Ectopic pregnancy
- Male sexual function—erectile dysfunction
- Rheumatoid arthritis
- Immune function
- Overall diminished health

There is No Safe Level of Secondhand Smoke Exposure

**Children**
- Middle ear disease
- Respiratory symptoms, impaired lung function
- Lower respiratory illness
- Sudden infant death syndrome

**Adults**
- Stroke
- Nasal irritation
- Lung cancer
- Coronary heart disease

Reproductive effects in women: low birth weight
The Burden of Tobacco Use and Secondhand Smoke Exposure in NC

Tobacco use is the #1 cause of preventable death in North Carolina (and the U.S.).

Smoking causes more deaths each year than these causes combined:
- Alcohol
- AIDS
- Homicides
- Suicides
-Illegal Drugs
- Smoking

For every death, 30 sick or disabled.

1 in 5 Deaths in NC due to tobacco use.

Smoking costs North Carolina $3.81 billion per year in health care costs.

Including $931 million in Medicaid costs.

There is an additional annual cost of $293 million from health problems due to secondhand smoke.
Who is Still Using Tobacco?

I miss my lung, Bob.

“Mind if I smoke?”

“Care if I die?”

I really need to quit.
Population Data on Tobacco Use

19.1% of NC adults are smokers (2014)
LOW SOCIOECONOMIC STATUS = Higher risk for smoking

**US**

<table>
<thead>
<tr>
<th>Income Status</th>
<th>Current Smoking Prevalence (%)</th>
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</thead>
<tbody>
<tr>
<td>Below poverty level</td>
<td>26.3</td>
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<tr>
<td>At or above poverty level</td>
<td>15.2</td>
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</table>

**NC**

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Current Smoking Prevalence (%)</th>
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</thead>
<tbody>
<tr>
<td>Less than high school</td>
<td>22.9</td>
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<tr>
<td>GED</td>
<td>43.0</td>
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<tr>
<td>High school graduate</td>
<td>21.7</td>
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<tr>
<td>Some college</td>
<td>19.7</td>
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<tr>
<td>Associate degree</td>
<td>17.1</td>
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<tr>
<td>Undergraduate degree</td>
<td>7.9</td>
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<tr>
<td>Postgraduate degree</td>
<td>5.4</td>
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</tbody>
</table>

**Smoking Prevalence by Household Income**

- Less than $15,000: 31.3%
- $15,000-$24,999: 26.5%
- $25,000-$34,999: 22.9%
- $35,000-$49,999: 20.7%
- $50,000-$74,000: 17.1%
- $75,000+: 8.9%

**Education**

- Less than high school: 27.8%
- High school or GED: 23.6%
- Some post-high school: 19%
- College Graduate: 8.5%
Percentage of Smokers in North Carolina and the United States
BRFSS 2000-2014

Note: The BRFSS methodology changed in 2011 so we can not compare data from 2000-2010 to 2011-2012. We have showed this change by including a break in the trend line.

NC Middle & High School Current* Users of Any Tobacco Product: NC YTS, 1999-2015

**Addition of emerging products to Any Tobacco User variable started in 2011.
Among Youth, E-cigarette Use May Lead to Conventional Cigarette Use

- High school students who had never smoked but reported ever using e-cigarettes at baseline were 2.7 times more likely to start using combustible tobacco after 1 year compared with high school students who never used e-cigarettes

- U.S. adolescents and young adults who had never smoked but used e-cigarettes at baseline were 8.3 times more likely to progress to cigarette smoking after 1 year than nonusers of e-cigarettes

- An evidence-based telephone tobacco treatment service
- Consists of four treatment sessions
  - Special 10 treatment sessions and protocol for pregnant women
- Highly trained, professional Quit Coaches
- Available free to all North Carolina residents
- Accessible 24 hours a day, 7 days a week
- English, Spanish and interpretation service
- Integrated with an interactive web based tobacco treatment program
## QuitlineNC
### More Demand, Fewer Resources

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<thead>
<tr>
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<tbody>
<tr>
<td>State Appropriations</td>
<td>$2,828,965¹</td>
<td>$1,898,000</td>
<td>$1,200,000</td>
<td>$1,200,000</td>
<td>$1,100,000</td>
<td>$850,000</td>
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<td>Health and Wellness Trust Fund</td>
<td>$931,057</td>
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<tr>
<td>CDC Quitline Capacity Federal Grant²</td>
<td></td>
<td>$662,442</td>
<td>$449,995</td>
<td>$368,042</td>
<td>$498,048</td>
<td>$384,363</td>
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<td>CDC ARRA Grant³</td>
<td>$170,000</td>
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<td>HRSA Federal grant⁴</td>
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<td>$70,233</td>
<td>$30,000</td>
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<td>CDC PHHSBG Federal Grant⁵</td>
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<td>$103,422</td>
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<td>Medicaid FFP⁶</td>
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<td></td>
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<td>$100,000</td>
<td>$350,000</td>
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<tr>
<td>State Health Plan Receipts (Funds can only serve State Health Plan Members)</td>
<td>$899,997</td>
<td>$600,000</td>
<td>$941,336</td>
<td>$1,259,357</td>
<td>$959,902</td>
<td>$617,486</td>
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<tr>
<td><strong>TOTAL FUNDING</strong></td>
<td><strong>$4,830,019</strong></td>
<td><strong>$3,230,675</strong></td>
<td><strong>$2,621,331</strong></td>
<td><strong>$2,827,399</strong></td>
<td><strong>$2,761,372</strong></td>
<td><strong>$2,201,849</strong></td>
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<tr>
<td># of Tobacco Users Treated+</td>
<td>21,725</td>
<td>16,507</td>
<td>13,218</td>
<td>14,890</td>
<td>16,368</td>
<td>15,586 ++</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>(Reduced services to 2 weeks NRT, 4 calls)</td>
<td>(Reduced services to 2 weeks NRT, 4 calls)</td>
<td>(Reduced services to no NRT and 1 call for March-May)</td>
<td>(Based on reduced services continuing in SFY 16-17)</td>
</tr>
</tbody>
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For Further Information Contact:

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