

BRFSS Fact Sheet

Cigarette Smoking



Tennessee
Department of Health

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<http://state.tn.us/health>

Definition:

Current Smoker:

At least 100 lifetime cigarettes smoked and currently smokes every day or some days.

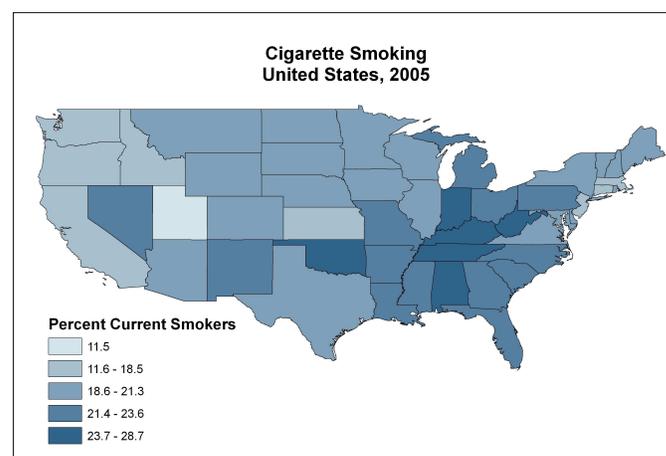
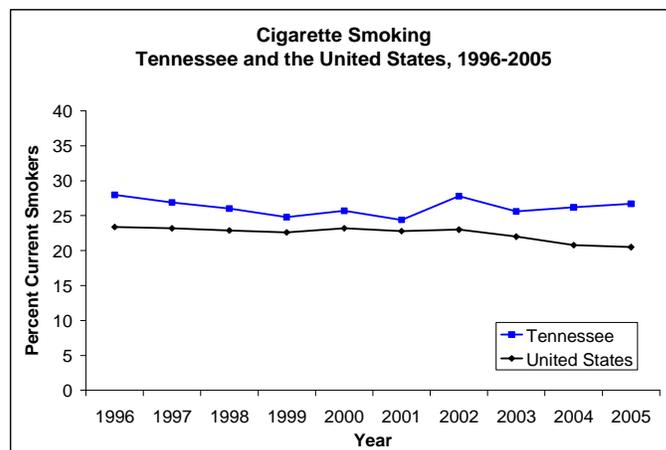
References:

1. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.
2. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Dept. of HHS, CDC, Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.
3. Centers for Disease Control and Prevention (www.cdc.gov/brfss) U.S. data includes DC and territories.

Prepared by the Tennessee Department of Health; Office of Policy, Planning and Assessment; Surveillance, Epidemiology and Evaluation section based on 2005 TN Behavioral Risk Factor Surveillance System data.

Smoking is a major risk factor for heart disease, stroke, and lung cancer, and is the single most preventable cause of disease and death in the United States.¹ Tobacco-related deaths number more than 430,000 per year among U.S. adults.¹ Smoking harms more than just the tobacco user – secondhand smoke causes disease and premature death in children and adults who do not smoke.² Smoking during pregnancy causes spontaneous abortions, low birth weight, and sudden infant death syndrome, and tobacco smoke triggers or worsens asthma and other respiratory conditions.¹ One of the Healthy People 2010 objectives is to reduce cigarette smoking by adults to 12%.¹ Reaching this goal and reducing all forms of tobacco use are important for increasing the quality and years of healthy life for all Tennesseans.

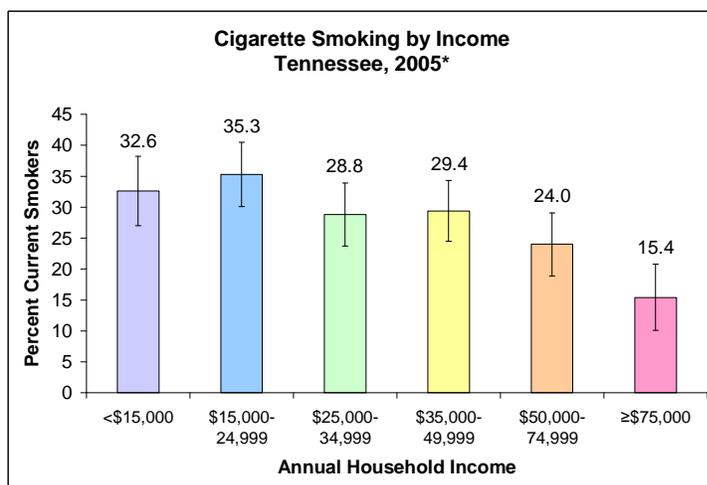
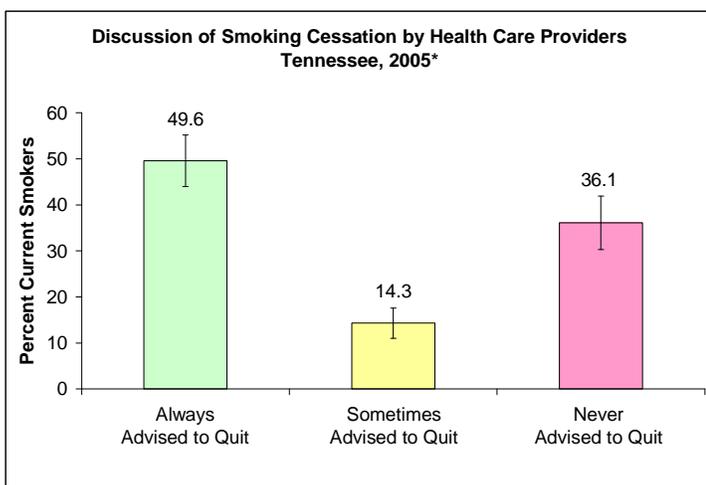
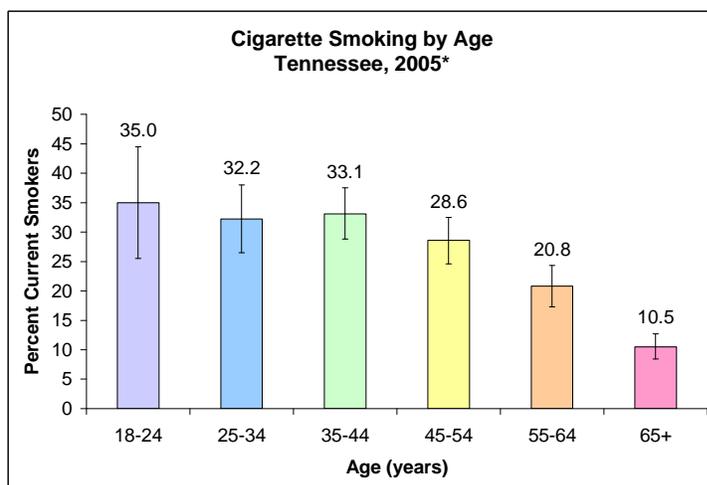
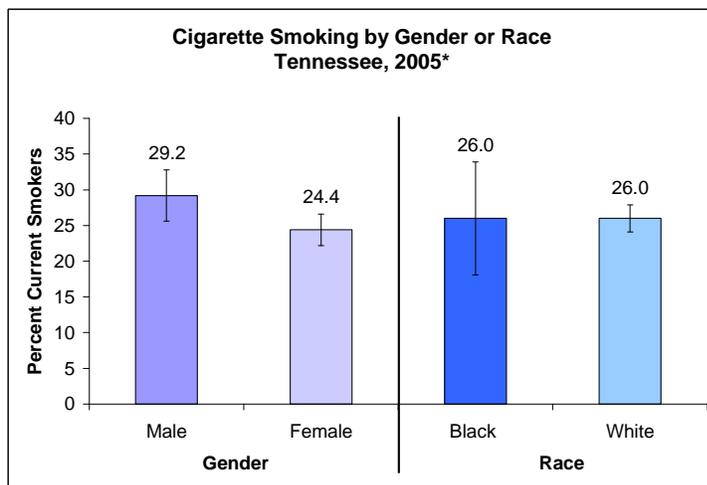
- In 2005, 26.7% of adults in Tennessee reported being a current cigarette smoker, compared to 20.5% for the United States.³ Among all 50 states, the percentage of current smokers ranged from 11.5% in Utah to 28.7% in Kentucky.³ Compared to other states, Tennessee had the 3rd highest percentage of current smokers.
- Current cigarette smoking among Tennessee adults did not decrease substantially between 1996 (28.0% ± 1.8)* and 2005 (26.7 ± 2.1).
- The percentage of current smokers was higher among males (29.2%) than among females (24.4%). 19.4% (± 14.8) of women who reported being pregnant were also current cigarette smokers.
- The prevalence of smoking was the same for blacks and for whites (26.0% for each group).
- The prevalence of smoking decreased with increasing age, from 35.0% in 18-24 year olds to 10.5% in those 65 years and older.
- Adults with less than a high school education (39.8% ± 5.9) had the highest prevalence of smoking. As education level increased the percentage of current smokers decreased: high school graduate or GED 32.7% (± 4.2), some post-high school 26.3% (± 3.7), and college graduate 13.1% (± 2.6).



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- The prevalence of current cigarette smoking among those with an annual household income of less than \$15,000 (32.6%) was approximately double that of those with an annual income of \$75,000 or more (15.4%).
- Approximately half of all current smokers (55.5% ± 4.7) reported that they stopped smoking for at least one day or longer during the past 12 months because they were trying to quit smoking.
- Among smokers who had seen a health care provider in the past 12 months, 49.6% reported being advised to quit smoking at every health care encounter. 14.3% reported being advised to quit at some, but not all, health care encounters and 36.1% reported never being advised to quit.
- Among smokers who had been advised by a health care provider to quit smoking, 63.3% (± 5.4) reported that medications to assist with quitting were never recommended or discussed, and 62.8% (± 5.7) reported that methods and strategies to assist with quitting were never recommended or discussed.



*The number above each column indicates the percent value for that column. Error bars represent 95% confidence intervals, as do ranges for percentages given in the text.