

Health Behaviors: Adult Tobacco Use

Key Findings

In 2021, 10% of Wood County adults were current smokers, and 21% were considered former smokers. Eight percent (8%) of adults used e-cigarettes/vape pens in the past year. Fifty-eight percent (58%) of smokers reported trying to quit in the past year.

9,562 Wood County adults were current smokers.

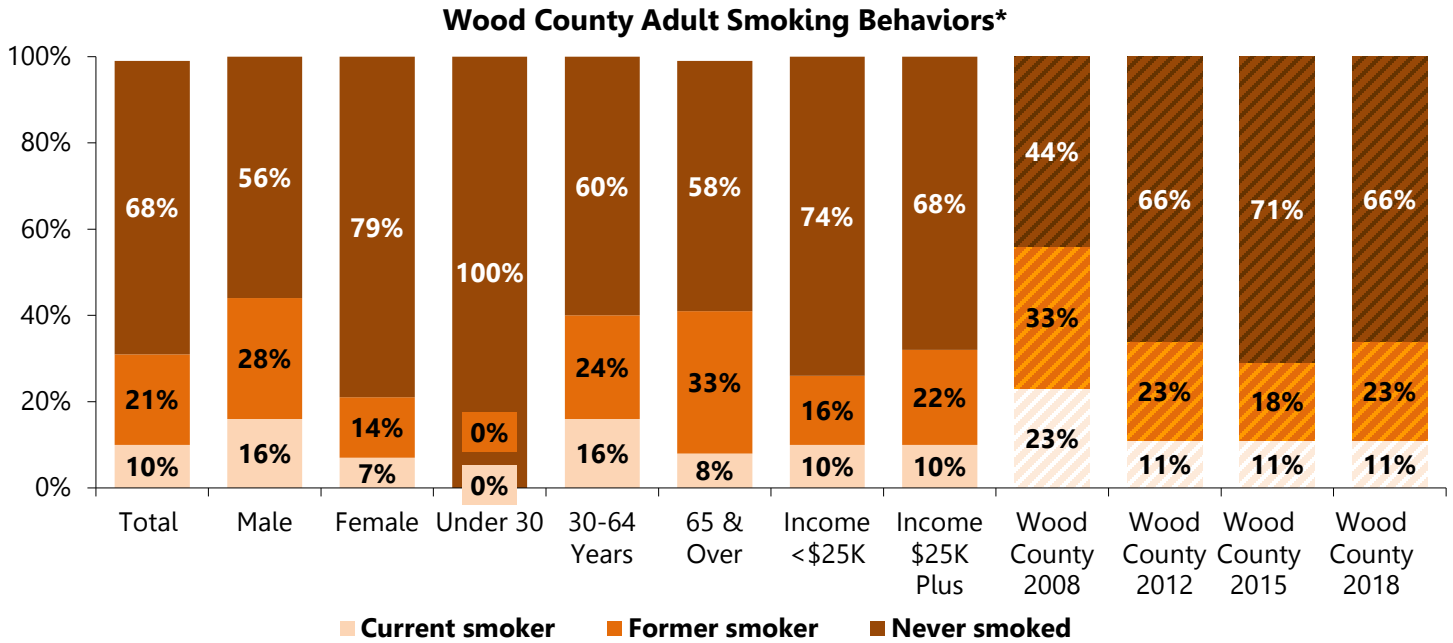
Adult Tobacco Use Behaviors

- Ten percent (10%) Wood County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days).
- More than one-fifth (21%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- Wood County adult smokers were more likely to:
 - Be a member of an unmarried couple (21%) or be separated (20%)
 - Have rated their overall health as fair (18%)
 - Be male (16%)
 - Be between the ages of 30-64 (16%)
- Adults used the following tobacco products in the past year: cigarettes (15%), e-cigarettes/vape pens (8%), cigars (6%), chewing tobacco/snuff (4%), pipes (3%), little cigars (2%), pouch (2%), and cigarillos (<1%).
- Wood County adults who used e-cigarettes/vape pens in the past year put the following in them: e-liquid or e-juice with nicotine (79%) and e-liquid with marijuana or THC (42%).
- During the past year, 58% of Wood County adult smokers reported that they stopped smoking for 1 day or longer because they were trying to quit smoking.

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Current smoker (currently smoke some or all days)	23%	11%	11%	11%	10%	21%	16%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	33%	23%	18%	23%	21%	24%	25%
Tried to quit smoking	52%	44%	59%	38%	58%	N/A	N/A

N/A- Not Available

The following graph shows the percentage of Wood County adults' smoking behaviors. An example of how to interpret the information include: 10% of all Wood County adults were current smokers, 21% of all adults were former smokers, and 68% had never smoked.

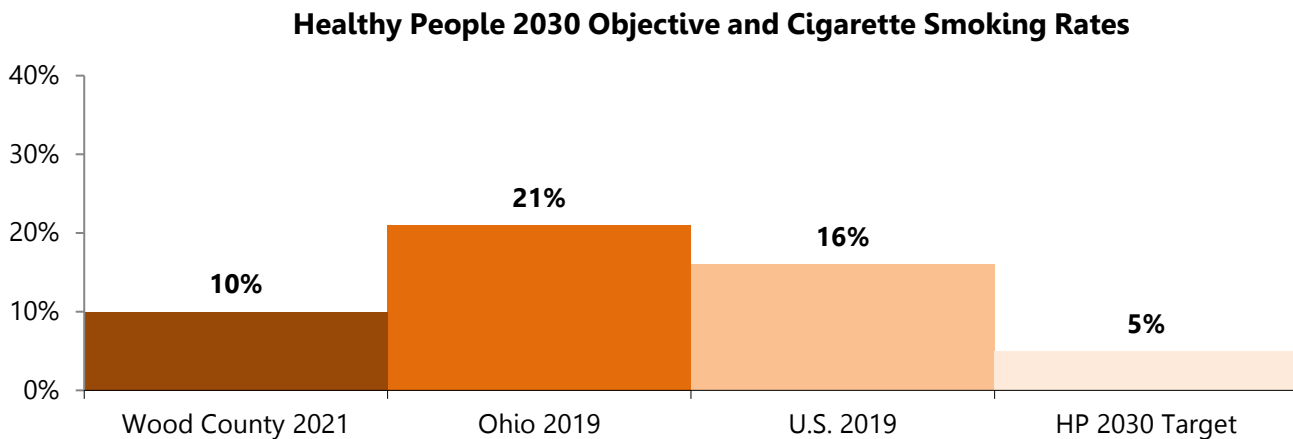


*Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life? If yes, do you now smoke cigarettes every day, some days or not at all?"

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows Wood County, Ohio, and U.S. adult cigarette smoking rates. The graph shows:

- The Wood County adult cigarette smoking rate was lower than the Ohio and U.S. rate, but higher than the Healthy People 2030 target objective.

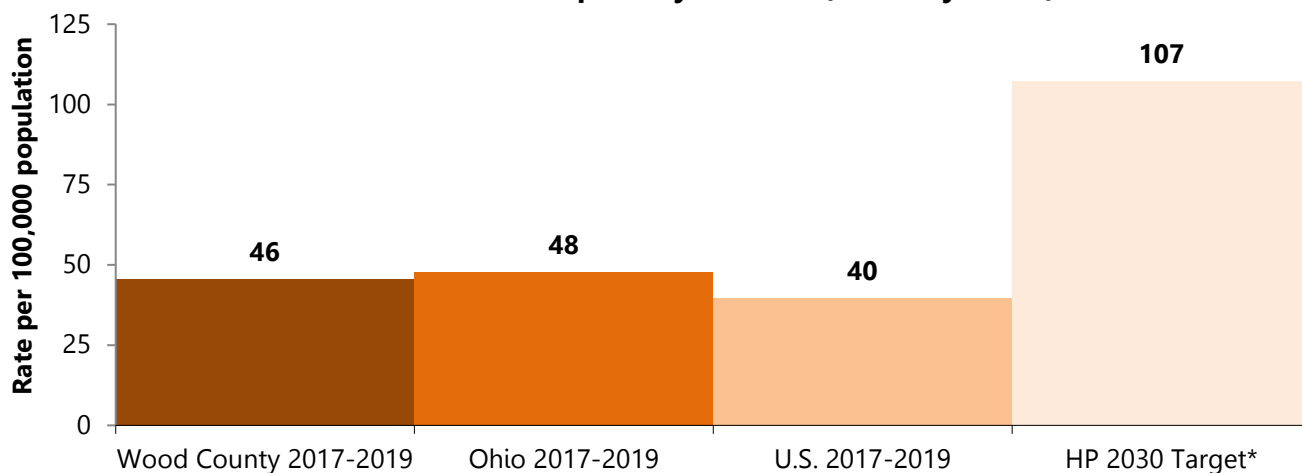


(Source: 2021 Wood County Health Assessment, 2019 BRFSS and Healthy People 2030)

The following graphs show Wood County, Ohio, and U.S. age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD), as well as for lung and bronchus cancer, in comparison with the Healthy People 2030 objective. These graphs show:

- From 2017-2019, Wood County's age-adjusted mortality rate for chronic lower respiratory disease was lower than the Ohio rate and the Healthy People 2030 target objective rate.
- Wood County's age-adjusted mortality rate for lung and bronchus cancer was lower than the Ohio rate, but higher than the U.S. rate and the Healthy People 2030 target objective rate.

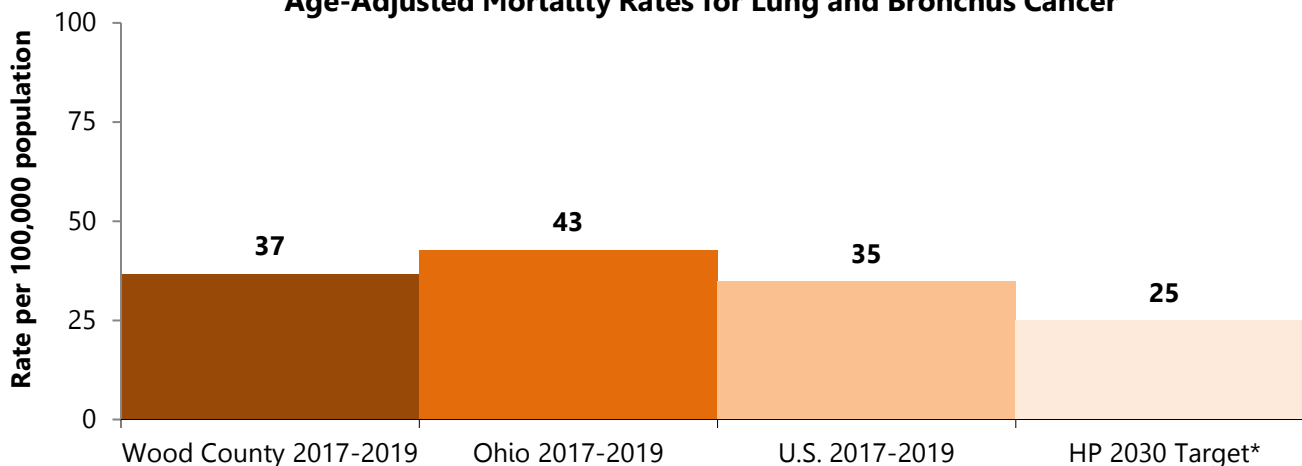
Age-Adjusted Mortality Rates for Chronic Lower Respiratory Diseases (Formerly COPD)



(Sources: Healthy People 2030, Ohio Public Health Data Warehouse 2017-2019, CDC Wonder 2017-2019)

*Healthy People 2030's target rate and the U.S. rate is for adults aged 45 years and older.

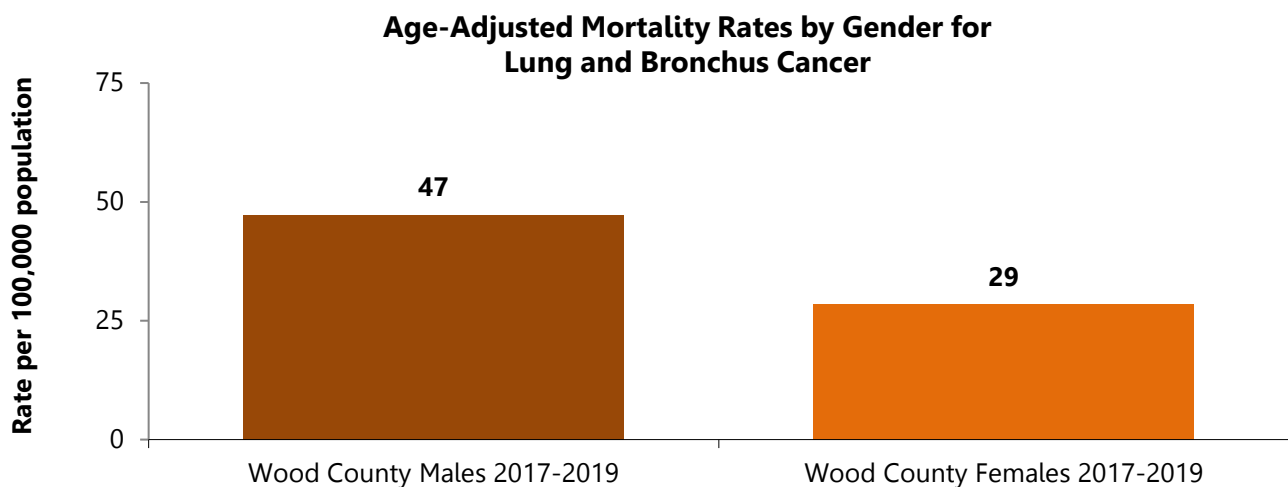
Age-Adjusted Mortality Rates for Lung and Bronchus Cancer



*The Health People 2030 target objective only includes the age-adjusted lung cancer death rate

(Sources: Healthy People 2030, Ohio Public Health Data Warehouse 2017-2019, CDC Wonder 2017-2019)

The following graph shows the Wood County age-adjusted mortality rates for lung and bronchus cancer by gender. The graph shows:



(Source: Ohio Public Health Data Warehouse 2017-2019)

Smoking and Other Health Risks

- Smoking can make it harder for a woman to become pregnant and can affect her baby's health before and after birth. Smoking increases risks for:
 - Preterm (early) delivery
 - Stillbirth (death of the baby before birth)
 - Low birth weight
 - Sudden infant death syndrome (known as SIDS or crib death)
 - Ectopic pregnancy
 - Orofacial clefts in infants
- Smoking can also affect men's sperm, which can reduce fertility and also increase risks for birth defects and miscarriage (loss of the pregnancy).
- Smoking can affect bone health.
 - Women past childbearing years who smoke have lower bone density (weaker bones) than women who never smoked and are at greater risk for broken bones.
- Smoking affects the health of your teeth and gums and can cause tooth loss.
- Smoking can increase your risk for cataracts (clouding of the eye's lens that makes it hard for you to see) and age-related macular degeneration (damage to a small spot near the center of the retina, the part of the eye needed for central vision).
- Smoking is a cause of type 2 diabetes mellitus and can make it harder to control. The risk of developing diabetes is 30-40% higher for active smokers than nonsmokers.
- Smoking causes general adverse effects on the body, including inflammation and decreased immune function.
- Smoking is a cause of rheumatoid arthritis.

(Source: CDC, Effects of Cigarette Smoking, Smoking and Other Health Risks, updated December 10, 2020)