



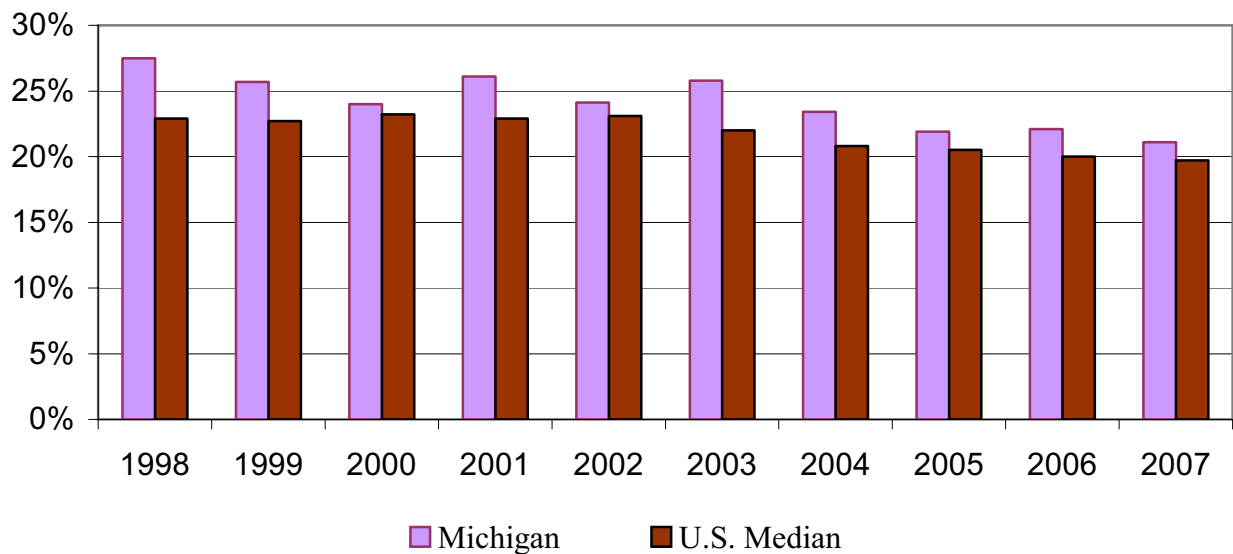
Topic: Risky Health Behaviors

5. Adult Tobacco Use

Cigarette smoking is the single most preventable cause of premature death. An estimated 14,500 Michigan adults die each year from tobacco-related illnesses related to their own smoking. On average, male smokers lose approximately 13.2 years of life, whereas female smokers lose approximately 14.5 years of life.

How are we doing?

Percentage of Currently Smoking Adults



Over the past 10 years, smoking prevalence among Michigan adults has declined over 23%. The largest decrease has been seen in the young adults, ages 18 – 24, whose smoking prevalence has declined 28.5% over the same time period. Currently, an estimated 21.1% of Michigan adults are current smokers.

How does Michigan compare with the U.S.?

Historically there has been a statistically significant difference between Michigan and the nation in the prevalence of adult smokers. The percentage of adults smoking in 2007 in Michigan was 21.1%, while the median among all the states was 19.8%.

How are different populations affected?

In 2007, the Michigan Behavioral Risk Factor Survey (BRFS) showed that respondents with less than a high school education were 3.7 times more likely to report being a current cigarette smoker than respondents who graduated from college. In addition, the proportion of current cigarette smokers tended to decrease with household income levels and age groups. The smoking prevalence among Michigan’s young adults (aged 18-24) is currently at 29.1%, almost 40% higher than Michigan’s overall prevalence. There is no significant difference between the prevalence of current smokers among African-Americans and Caucasians. Native Americans smoke cigarettes at a rate almost double that of Michigan adults in general (41.9% vs. 21.1%). The smoking rate among Asian American adults is approximately 52% lower



than Michigan adults in general (10.5% vs. 21.1%). The smoking rate among Hispanic adults has continued to decline but is still slightly higher than Michigan adults in general (24.5% vs. 21.1%).

What is the Department of Community Health doing to improve this indicator?

The Michigan Department of Community Health Tobacco Control & Prevention Program tobacco cessation initiative includes programs that promote strong public and voluntary smoke-free policies. These smoke-free policies work to increase the awareness of Michigan residents to the dangers of tobacco use and exposure to secondhand smoke, moving many to begin the cessation process.

The Department also includes programs to prevent the sale and promotion of tobacco to youth, and for youth who need assistance to quit smoking, the Michigan Tobacco Quitline is available to any tobacco user aged 13 and over.

The Department also supports a statewide media campaign with messages that focus on preventing non-smokers from becoming smokers, helping smokers identify resources available to help them quit, and also to educate Michigan residents on the danger of secondhand smoke exposure. The Tobacco Control and Prevention Program has a number of resources available often in English, Spanish and Arabic which can include; self-help cessation kits, expectant mother quit kits, secondhand smoke & asthma brochures and other tobacco-related information. Legal assistance through the Smoke-Free Environmental Law Project is available to businesses and individuals, in respect to smoke-free policy development and implementation, along with research and information on tobacco-related laws in Michigan.

The Michigan Tobacco Prevention and Control Program have a network of over 60 local tobacco reduction coalitions that work at the community level to; increase awareness of tobacco issues, mobilize communities to support tobacco-free policies and decrease the social acceptability of smoking.

A Michigan Tobacco Quitline, a statewide telephone counseling service available to all Michigan smokers who would like to quit smoking has received over 48,000 phone calls on its toll-free line: 1-800-480-7848.