



Together, day by day, building a healthy community

## Smoking | Adult

**Definition** | Percent of adults who reported they have smoked at least 100 cigarettes in their entire life and that they now smoke some days or every day.

**Importance** | Each year approximately 443,000 premature deaths occur primarily due to smoking. Cigarette smoking is identified as a cause in multiple diseases including various cancers, cardiovascular disease, respiratory conditions, low birth weight and other adverse health outcomes. Measuring the prevalence of tobacco use in the population can alert communities to potential adverse health outcomes and can be valuable for assessing the need for cessation programs or the effectiveness of existing programs.<sup>1</sup>

**Where are we** | In 2011, 19.3% of adults in Douglas County identified themselves as a current smoker.

**Health Disparities** | Among adults in Douglas County in 2011:

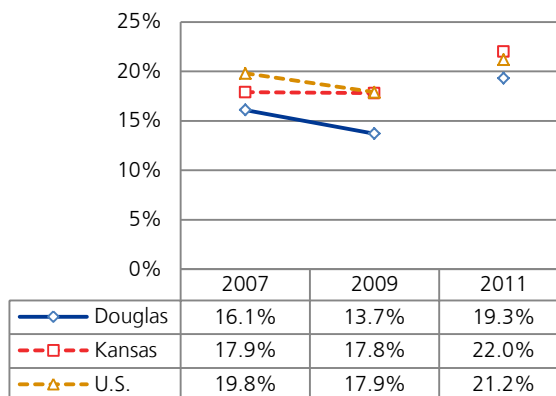
- Men were more likely than women to smoke.
- Those that graduated high school or had less education were more likely to smoke than those with at least a college degree or some college experience.

**Healthy People 2020 Goal** | Reduce the proportion of adults aged 18 years and older who smoke cigarettes to 12%.<sup>2</sup>

**Additional Information** | Get the support you need by developing your own quit plan or finding a quit program that works for you. A quit plan combines strategies that help you stay focused, confident and motivated to quit. You might decide to use a quit program like SmokefreeTXT, or a quitline like 1-800-QUIT-NOW (1-800-784-8669), to get started.<sup>3</sup>

## Trend Analysis

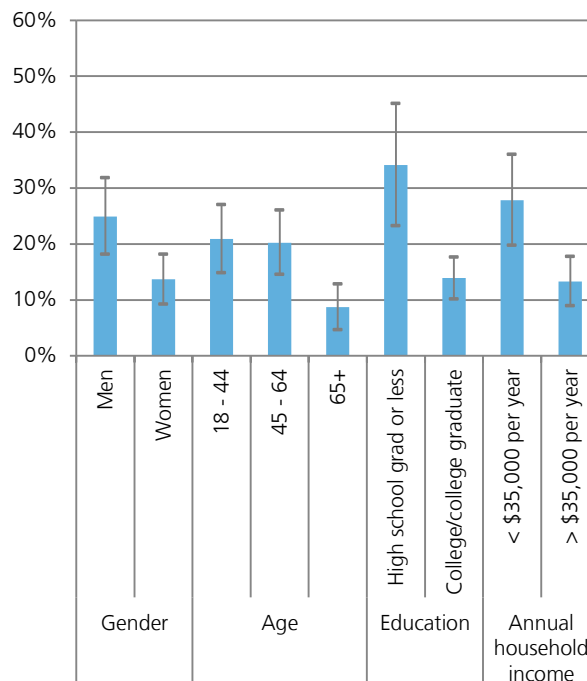
Percent of adults who are current smokers<sup>4</sup>



\*The 2011 BRFSS data should be considered a baseline year for data analysis and is not directly comparable to previous years of BRFSS data because of changes in weighting methodology and the addition of cell phone respondents.

## Disparity Analysis

Percent of adults who are current smokers<sup>3</sup>  
Douglas County, 2011



### Data Source

<sup>1</sup>County Health Rankings

<sup>2</sup>Healthy People 2020, U.S. Department of Health and Human Services

<sup>3</sup>Smokefree.gov, U.S. National Institutes of Health, National Cancer Institute

<sup>4</sup>BRFSS, Kansas Department of Health and Environment