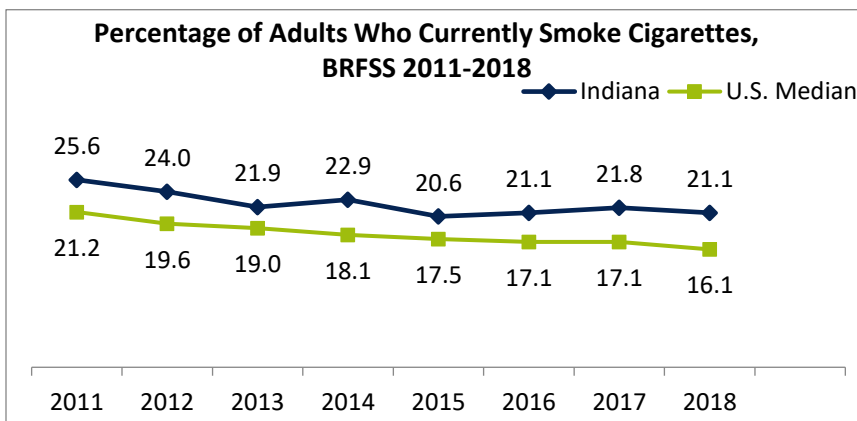


# Indiana Adult Smoking

Tobacco use is the leading preventable cause of premature death and disease in the United States, causing more deaths annually than alcohol, HIV, car accidents, illegal drugs, and firearm-related incidents combined.<sup>1,2</sup> The impact of tobacco in Indiana is staggering, costing Hoosiers 11,100 lives each year.<sup>3</sup> Cigarette use among Hoosiers remains a critical problem, as Indiana is consistently included among the top states with the highest smoking prevalence.

## Indiana Adult Smoking Prevalence<sup>4\*</sup>

- About 1 in 5 Hoosier adults (21.1%) were current smokers in 2018. This was a slight but not significant decrease from 21.8% in 2017.
- Indiana's adult smoking prevalence has declined significantly from 25.6% in 2011, but it has not changed significantly since 2013.
- Historically, Indiana has ranked highly among all states in adult smoking prevalence. In 2018, Indiana had the 4<sup>th</sup> highest smoking prevalence among all states and the District of Columbia.<sup>5</sup>



## Smoking Prevalence by Gender, Race, and Ethnicity<sup>4</sup>

- In 2018, smoking prevalence was significantly higher among Indiana men (23.3%) than women (19.0%).
- Adult smoking prevalence in 2018 was slightly higher among whites (21.8%) than among African Americans (20.8%). Hispanics smoked at a significantly lower rate (12.9%) than both African Americans and whites.

## Smoking Prevalence by Income and Education<sup>4</sup>

- Adult smoking prevalence tends to decline as level of formal education attained and household income increase.
- In 2018, 38.4% of Hoosier adults with less than a high school education were current smokers, compared with 8.2% of college graduates.
- Among adults reporting an annual household income of less than \$15,000, 40.0% were current smokers in 2018, compared with 12.5% of those earning \$75,000 or more.

## Quick Facts

About 1 in 5 Indiana adults (21.1%) were current smokers in 2018.

Smoking takes the lives of approximately 11,100 Hoosiers each year.

Smoking costs Hoosiers an estimated \$2.93 billion annually in health care costs.

In 2018, Indiana had the 4<sup>th</sup> highest smoking prevalence among all states.

Indiana's adult smoking prevalence has declined significantly since 2011.

Most Hoosiers who smoke want to quit. Over half (58%) of Hoosier adults who smoke tried to quit in the past year.

## Resources for Quitting Smoking

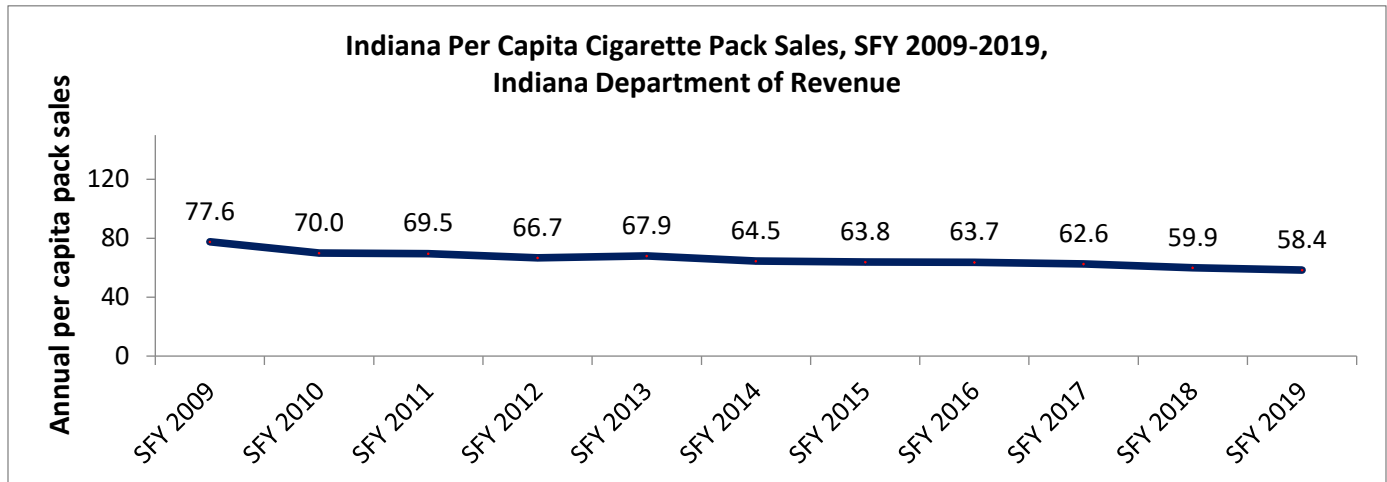
Since 2006, the Indiana Tobacco Quitline has helped thousands of Hoosiers who want to quit smoking.

For additional information, call 1-800-QUIT-NOW or visit [www.QuitNowIndiana.com](http://www.QuitNowIndiana.com) for free advice, support, and resources.

# Indiana Adult Smoking

## Cigarette Consumption

In addition to smoking prevalence, cigarette consumption is an indicator of smoking behavior. Between state fiscal years 2001 and 2019, Indiana cigarette sales declined from 113.9 packs per capita to 58.4 packs per capita, almost a 50% decrease. Between state fiscal years 2009 and 2019, per capita cigarette sales have decreased by 25%.



## Costs of Smoking in Indiana

- Tobacco use is the leading preventable cause of death in Indiana, claiming more than 11,100 lives each year.<sup>3</sup>
- Smoking costs Hoosiers approximately \$2.93 billion annually in health care costs and an estimated \$3.17 billion in lost productivity.<sup>3,6</sup>

## Smoking Cessation

Most Hoosier adults who smoke (61.6%) want to quit smoking.<sup>7</sup> Furthermore, in 2018 over half (58.0%) of Hoosier adults who smoke tried to quit in the past year.<sup>4</sup> In Indiana, among adults that reported ever smoking, more than 8% have successfully stopped smoking and have not smoked in the last year.<sup>4</sup> For Hoosiers interested in quitting cigarettes or any other form of tobacco, the Indiana Tobacco Quitline provides free advice, support, and resources. Tobacco users interested in quitting may access these services by calling 1-800-QUIT-NOW or visiting [www.QuitNowIndiana.com](http://www.QuitNowIndiana.com).

<sup>1</sup> U.S. Department of Health and Human Services. *The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014.

<sup>2</sup> Centers for Disease Control and Prevention. Health Effects of Cigarette Smoking [Internet]. Atlanta (GA): Centers for Disease Control and Prevention; 2015 Oct 1 [cited 2016 Jul 12]. Available from [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/).

<sup>3</sup> Centers for Disease Control and Prevention. *Best Practices for Comprehensive Tobacco Control Programs – 2014*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

<sup>4</sup> Behavioral Risk Factor Surveillance System, 2011-2018.

<sup>5</sup> Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. Chronic Disease and Health Promotion Data & Indicators. [online] Accessed 9/21/2017. Available from [https://chronicdata.cdc.gov/d/wsas-xwh5?category=Survey-Data&view\\_name=Behavioral-Risk-Factor-Data-Tobacco-Use-2011-to-pr](https://chronicdata.cdc.gov/d/wsas-xwh5?category=Survey-Data&view_name=Behavioral-Risk-Factor-Data-Tobacco-Use-2011-to-pr).

<sup>6</sup> Campaign for Tobacco Free Kids. The Toll of Tobacco in Indiana [Internet]. District of Columbia: Campaign for Tobacco Free Kids; 2016 Sep 20 [cited 2016 Oct 6]. Available from [https://www.tobaccofreekids.org/facts\\_issues/toll\\_us/indiana](https://www.tobaccofreekids.org/facts_issues/toll_us/indiana).

<sup>7</sup> Indiana Adult Tobacco Survey, 2019.

\* Beginning in 2011, there were changes to the Behavioral Risk Factor Surveillance System (BRFSS). The health behavior survey, conducted in all 50 states, is using an updated data collection and analysis technique that accounts for cell phone only households as part of the sample. Due to these changes, it is not possible to compare the 2011-2016 prevalence estimates to previous smoking rates; however, the new methodology provides prevalence estimates that more accurately reflect the current rate of smoking in Indiana than estimates published in prior years.

Updated 02/25/2020