

Tobacco Use

Tobacco use is the single most preventable cause of disease, disability, and death in the United States, with an estimated 435,000 people dying each year from tobacco-related illness. Cigarette smoking is associated with cancer, emphysema, chronic bronchitis, heart disease, and stroke. In addition, there are health effects for non-smokers who are exposed to secondhand smoke, including an increased risk of dying from lung cancer or heart disease, and children are at increased risk of sudden infant death syndrome (SIDS), ear infections and asthma. Mothers who smoke cigarettes during pregnancy are at risk for poor birth outcomes, such as preterm birth, low birth weight, and stillbirth.

Key facts about tobacco use

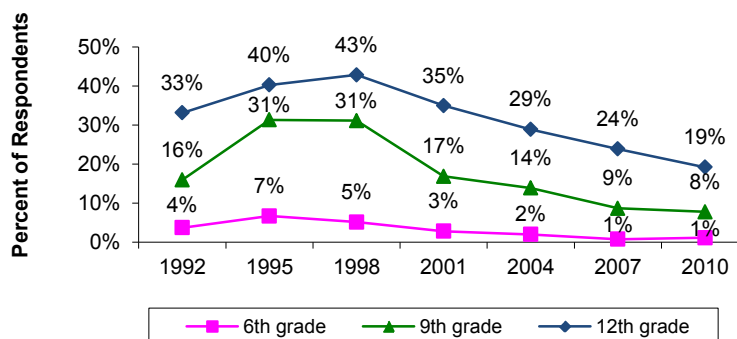
Since 1998, the percent of Dakota County students who reported smoking one or more cigarettes per day in the previous month decreased significantly. The number of adults who smoke also decreased in recent years. State law that prohibits smoking in workplaces and public places has decreased secondhand smoke exposure in Minnesota, but exposure in homes and cars is still a concern.

Cigarette smoking by Dakota County youth

- The percent of Dakota County students who reported smoking one or more cigarettes per day in the previous month steadily decreased in all grades from 1998 to 2010. The percentages are slightly below the state overall for 9th graders and about the same as the state overall for 6th and 12th graders in 2010.



Students Who Smoked One or More Cigarettes Per Day in the Past Month Dakota County - 1992-2010



Source: Minnesota Student Survey Interagency Team, *Minnesota Student Survey*

- The percent of students who reported smoking a half a pack or more per day in the previous 30 days also steadily decreased in Dakota County 9th and 12th graders from 1998 to 2010. (2010: one percent of 9th graders, and nearly four percent of 12th graders).

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Cigar smoking and use of smokeless tobacco by Dakota County youth

- In 2010, about five percent of Dakota County 9th graders and 20 percent of Dakota County 12th graders reported smoking cigars or cigarillos during the previous 30 days. In 2010, the percent is slightly lower than the state for 9th graders and slightly higher than the state for 12th graders.
- In 2010, 3.5 percent of 9th graders and 11 percent of 12th graders reported using smokeless tobacco during the previous 30 days, similar to the state.
- The majority of cigar smokers and smokeless tobacco users are males.

Youth access to tobacco in Dakota County

- More than half of Dakota County 9th graders who smoked cigarettes in the previous 30 days reported getting them from friends (55 percent in 2010).
- 10.5 percent of compliance checks conducted in licensed retail outlets in Dakota County from 2006-2010 resulted in an illegal tobacco sale to an underage person.

Exposure to secondhand tobacco smoke

- An estimated 3,400 adult non-smokers die of lung cancer and an additional 46,000 die of coronary heart disease each year due to secondhand smoke exposure.
- The Freedom to Breathe Act (2007) requires all indoor Minnesota workplaces and public places to be smoke-free.
- 11.5 percent of Dakota County adults reported exposure in a car in the previous week and 4.5 percent said someone smokes regularly in their home (2010).
- Twenty percent of Minnesota middle school students and 23 percent of high school students who do not smoke reported repeated exposure during the previous week (2008).



Tobacco use by adults

- In 2010, 12.5 percent of Dakota County adults 18 or older currently smoke every day or some days. This is below the Minnesota rate (15 percent).
- Fifteen percent of Dakota County 18-34 year olds currently smoke (2010).
- In 2009, seven percent of Dakota County mothers reported smoking during pregnancy. This increased from a low of five percent in 2006. The percent is below the state overall for 2009 (10 percent).

Adult tobacco cessation

- Forty-nine percent of Dakota County adult smokers stopped smoking for one day or longer in the past 12 months because they were trying to quit (2010).
- Nearly 41 percent of those who quit or tried to quit in the past year tried more than once.

About this Community Health Profile

For more information about the Dakota County Community Health Assessment and Action Planning (CHAAP) process, contact: Melanie Countryman, Epidemiologist (melanie.countryman@co.dakota.mn.us or 651-554-6131).

For more information:

- U.S. Centers for Disease Control and Prevention (CDC) www.cdc.gov
- Minnesota Department of Health (MDH) www.health.state.mn.us
- National Cancer Institute www.cancer.gov/cancertopics/tobacco/information
- Surgeon General's Reports on Smoking and Tobacco Use www.cdc.gov/tobacco/data_statistics/sgr/index.htm



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