

Tobacco use leads to disease and disability and harms nearly every organ in the body. Smoking causes cancers, heart disease, stroke, lung diseases, and chronic obstructive pulmonary disease (COPD). Cigarette smoking is the number one risk factor for lung cancer and is linked to about 80-90% of lung cancer deaths. It also increases the risk for tuberculosis and problems of the immune system. Children who are exposed to secondhand smoke are at increased risk for sudden infant death syndrome, acute respiratory infections, more severe asthma, and other health effects.

Source: Centers for Disease Control and Prevention.

The estimated proportion of Sacramento County adults who were current smokers decreased by 40.4% from 14.6% in 2013 to 8.7% in 2017, dropping below the Healthy People 2020 (HP2020) objective of less than 12.0% [Figure 1]. More than one quarter of County adults reported being former smokers in 2017.

Current tobacco use among County high school students was very similar to the State overall during the 2017-2018 academic year [Figure 2]. This was well below the HP2020 objective of less than 21%. Slightly more County students reported ever using tobacco compared to the State.

Four percent of Sacramento County women who gave birth in 2018 reported smoking before their pregnancy and 2.7% reported smoking at any time during pregnancy [Figure 3]. These women were 28.6% less likely to have smoked prior to becoming pregnant and 63.0% less likely to have smoked during pregnancy compared to women who gave birth in the County in 2013.

Lung cancer deaths from the 10-year period 2009-2018 accounted for nearly one fourth of all cancer deaths in the county [Table 1]. There were very few sex differences in the number and rates of lung cancer deaths during this period.

Sources: California Health Interview Survey 2013-2017 [Figure 1]; 2017-18 California Student Tobacco Survey [Figure 2]; Vital Records Business Intelligence System 2009-2018 [Figure 3, Table 1],

Figure 1: Current, Former and Never Smoking Status among Sacramento County Adults, 2013 vs. 2017

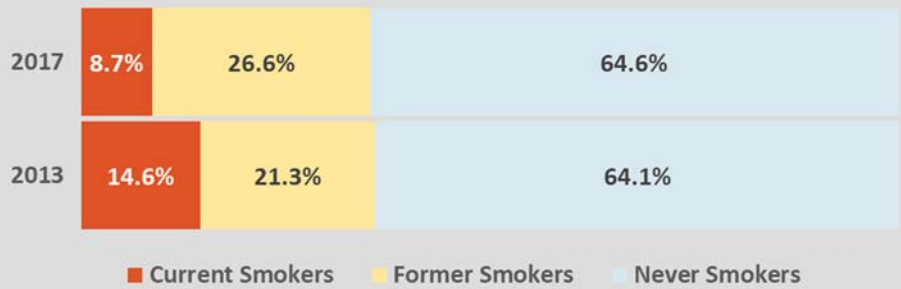


Figure 2: Tobacco Use among County and State High School Students, 2017-2018 Academic Year



Figure 3: Any Smoking Pre-Pregnancy and During Pregnancy for Sacramento County Mothers Giving Birth in Years 2009-2018

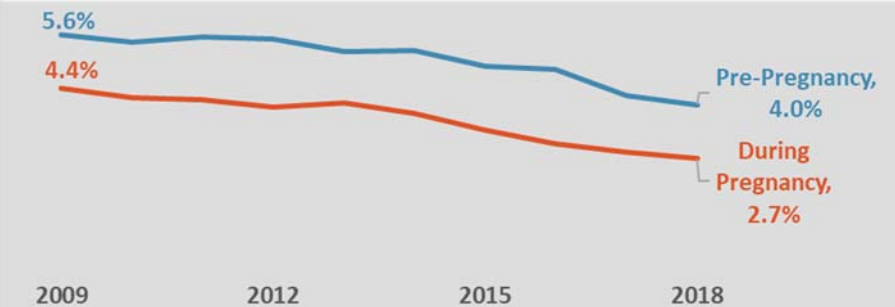


Table 1: Lung and Bronchus Cancer Deaths among County Residents, 2009-2018 combined

	Female	Male	Total
Number of deaths	2,813	2,850	5,663
Percent of all cancer deaths	23.4%	23.3%	23.3%
Average crude rate (per 10k)	37.5	39.5	38.5