

DESCRIPTION

Tobacco use is the leading preventable cause of death in the U.S. Nearly one in five deaths is related to tobacco use. Smoking harms nearly every organ in the body and contributes to many diseases and conditions, including heart disease, stroke, cancer, emphysema, bronchitis, type 2 diabetes, rheumatoid arthritis, bone health, and pregnancy risks such as preterm delivery, low birth weight and SIDS.¹ Each year, tobacco causes more Minnesotan deaths than alcohol, homicides, car accidents, AIDS, illegal drugs and suicide combined. Tobacco contributes to over 25,000 Minnesotan deaths every year, and causes over \$3.2 billion in annual medical costs. For Ramsey County that means about 2,108 tobacco related deaths per year, and medical costs of \$262,697,100.²

HOW WE ARE DOING

Research from 2014 shows that the adult smoking rate among Minnesotans has significantly decreased since 2010 to an all-time low of 14.4 percent. In 2014 in Ramsey County, 9.2 percent of adults reported smoking, which meets the Healthy People goal.³ Among Ramsey County 9th graders, smoking fell from 7.5 percent in 2013 to 2.8 percent in 2016. Echoing a national trend, e-cigarettes are on the rise with 7.6 percent of Ramsey County 9th graders reporting use of e-cigarettes. Considering all forms of tobacco, 9.5 percent of 9th graders report using tobacco in the last 30 days, which meets the Healthy People goal.⁴

BENCHMARK INDICATOR

Healthy People 2020:

1) Reduce cigarette smoking by adults

U.S. Target: 12 percent

2) Reduce tobacco use by adolescents

U.S. Target: 21 percent⁵

DISPARITIES

There are disparities related to race, education, income and other factors. Among Minnesota adults in 2015, American Indian residents had the highest rate at 37.2 percent, followed by multiracial, black, Hispanic, white, and Asian residents with the lowest rate at 7.8 percent. The rate of smoking among Minnesotans who did not graduate from high school was 34.6 percent compared to a much lower rate among college graduates of 7.1 percent.⁶ In Ramsey County, those with higher income (>200% poverty) had a smoking rate of 5.8 percent, compared to a much higher rate of 17.9 percent among those less income (<200% poverty).⁷

RISK FACTORS

Many factors influence tobacco use, and its related diseases and death. Risk factors include race/ethnicity, age, education and socioeconomic status. Tobacco use is also influenced by cultural norms, smoke-free policies, tobacco prices, funding for tobacco prevention and health insurance coverage for cessation.⁸

Information to note

- Each year, tobacco causes more Minnesotan deaths than alcohol, homicides, car accidents, AIDS, illegal drugs and suicide combined.
- 9.2% of Ramsey County adults report smoking.
- Among Ramsey County 9th graders, cigarette smoking decreased from 7.5% to 2.8% between 2013 and 2016; 8% report E-cigarette use.
- There are large disparities for smoking related to race, education and income.



Community voice

"Bad habits, smoking, drinking, bad eating habits and lack of exercise."
- White Male, age 65-74

1881 (87.7%) respondents mentioned individual habits that influence their health.

143 respondents referenced smoking as negatively affecting their health.

¹ Health Effects of Cigarette Smoking. Centers for Disease Control and Prevention. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm. Accessed June 2018.

² Data Tables for State and County Tobacco Profiles. Minnesota Department of Health. http://www.health.state.mn.us/divs/hpcd/tpc/docs/counties/county_data_tables.pdf. Accessed June 2018.

³ Tobacco Data Reports. Minnesota Department of Health. <http://www.health.state.mn.us/divs/hpcd/tpc/data.html>. Accessed June 2018.

⁴ Minnesota Student Survey. Minnesota Department of Health. <http://www.health.state.mn.us/divs/chs/mss/> Accessed June 2018.

⁵ Centers for Disease Control and Prevention. Healthy People 2020. <https://www.healthypeople.gov/2020/topics-objectives/topic/tobacco-use/objectives>. Accessed June 2018.

⁶ Smoking Facts and Figures. Minnesota Department of Health. https://data.web.health.state.mn.us/web/mndata/smoking_basics. Accessed June 2018.

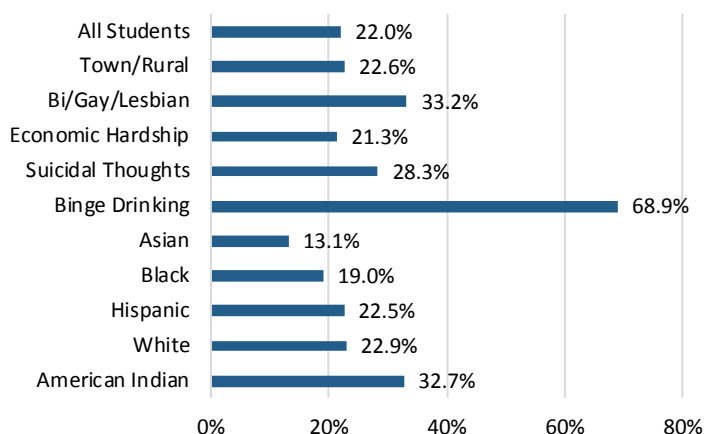
⁷ Saint Paul – Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed June 2018.

⁸ Smoking Prevalence – Lifestyle Risk Factors. Centers for Disease Control and Prevention. <https://ephracking.cdc.gov/showHBSmokingPrevalence>. Accessed June 2018.

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

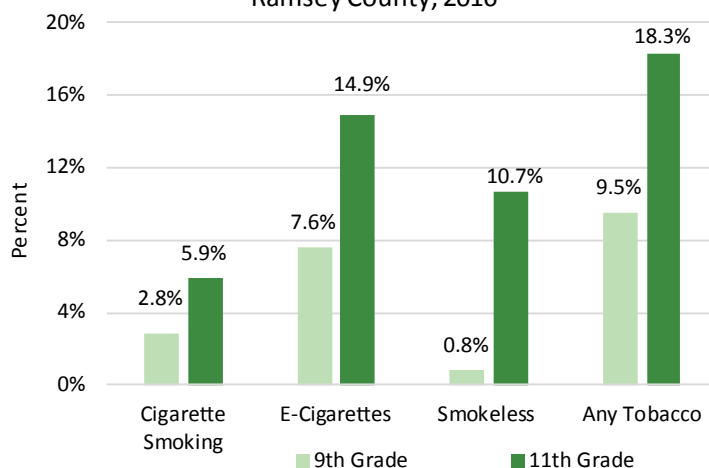
One of Saint Paul – Ramsey County Public Health's areas of focus within the Statewide Health Improvement Program (SHIP), is to reduce the use of, and exposure to tobacco. Partnership successes to create a tobacco-free environment in Ramsey County, include working with the American Lung Association (ALA) to support smoke-free policies at multi-unit housing properties and to support public housing through the transition of the federal HUD smoking ban happening in July of 2018. Partnering with the African American Leadership Forum (AALF) to create change agents to create community support for Menthol Tobacco policy changes; and working with Association for Nonsmokers MN (ANSR) to pass city council ordinances for restricting the sales of menthol products to adult-only stores. The Environmental Health division of Saint Paul- Ramsey County Public Health regulates the Ramsey County Clean Indoor Air Act countywide.

Cigarette Use in the Past 30 Days,
11th Grade Disparities, Minnesota, 2016



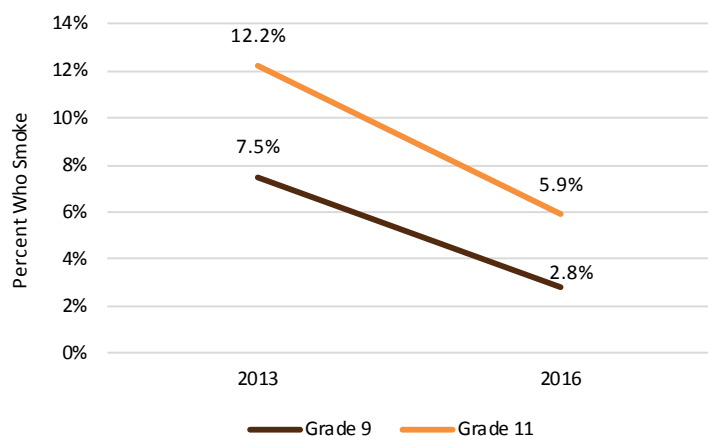
Source Minnesota Department of Health.⁹

Tobacco Use in Last 30 Days Among Students,
Ramsey County, 2016



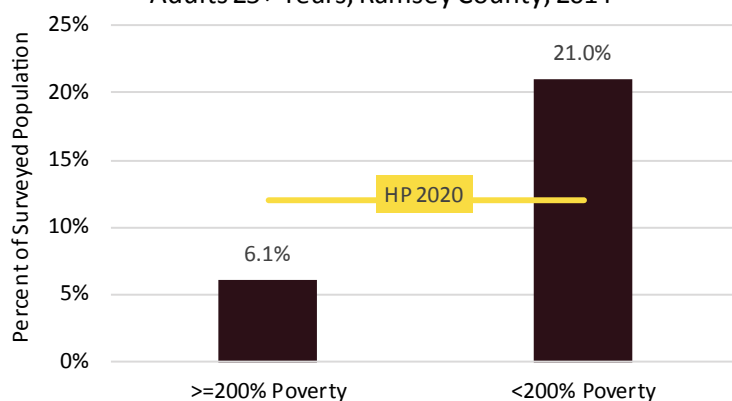
Source: Minnesota Student Survey, 2016.¹⁰

Cigarette Smoking in the Past 30 Days, Students,
Ramsey County, 2013-2016



Source: Minnesota Student Survey. Ramsey County data.¹⁰

Current Smokers by Household Income,
Adults 25+ Years, Ramsey County, 2014



Source: Saint Paul – Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014

⁹ Source Tobacco Profiles. Minnesota Department of Health. http://www.health.state.mn.us/divs/hpcd/tpc/docs/counties/county_data_tables.pdf. Accessed June 2018.

¹⁰ Source: Minnesota Student Survey. Minnesota Department of Health.

http://www.health.state.mn.us/divs/hpcd/tpc/docs/counties/county_data_tables.pdf. Accessed June 2018.

¹¹ Source: Saint Paul – Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed June 2018.