



# Washington Tobacco Facts

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Tobacco Prevention & Control Program  
Assessment and Evaluation Team



Washington State Department of

**Health**

*Public Health - Always Working for a Safer and Healthier Washington*

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## Introduction

The Washington State Tobacco Facts is designed as a quick reference for the most current state-level data on tobacco use and its impact. This is a report put out by the Washington State Tobacco Prevention and Control (TPC) Program and will be updated annually in the fall to help with ongoing program planning and public education about the importance of tobacco control. During odd years the report will also be updated in the spring to accommodate youth data, which are collected every other year.

Since the implementation of the TPC Program in 1999, Washington State has seen significant declines in tobacco use and increasing public awareness of the harmful effects of smoking. Overall evaluation results thus far show that....

- the number of adult smokers has declined by 235,000. (page 6)
- smoking prevalence has declined among Washington's children, resulting in 65,000 fewer children smoking. (page 10)
- the rate of smoking among pregnant women has dropped 30% (from 14.6% to 10.2%). (page 12)

## I. Adult Cigarette Use

- In 2006, approximately 17.0% of Washington adults smoke cigarettes – equivalent to about 745,000 people. Our 17.0% smoking prevalence is lower than the national average of 20.1% (Median %) for the same year.

### Percentage of Adults who Smoke by Gender, 2006

Male	19%
Female	15%
All Adults	17.0%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2006

### Percentage of Adults who Smoke by Age, 2006

18-24	25%
25-34	20%
35-44	17%
45-54	19%
55-64	14%
65 and above	7%
All Adults	17.0%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2006

### Percentage of Adults who Smoke by Education, 2006

High School Degree or less	27%
Some College	19%
College Graduate	7%
All Adults	15.8%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2006  
Estimates include English speaking respondents ages 25 years or older only.

### Percentage of Adults who Smoke by Household Income, 2006

Less than \$25,000	30%
\$25,000-\$49,999	19%
\$50,000 or more	11%
All Adults	17.2%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2006  
Estimates include English speaking respondents only.

### Percentage of Adults who Smoke by Health Insurance Status, 2006

Do not have health insurance	32%
Have health insurance	14%
Unknown	16%
All Adults	17.0%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2006

### Percentage of Adults who Smoke by Race/Ethnicity, 2006

White, non-Hispanic	17%
Hispanic	16%
African American, non-Hispanic	26%
Asian/Pacific Islander, non-Hispanic	9%
Native American/Alaskan Native, non-Hispanic	32%
Other, non-Hispanic	20%
Multiracial, non-Hispanic	29%
All Adults	17.0%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2006  
Persons of Hispanic Origin may be of any race. See Appendix B.

### Percentage of Adults who Smoke by Urban/Rural Location, 2006

Urban Core Area	17%
Large Metro Area	18%
Large Town	17%
Small Town/Rural Area	19%
Statewide	17.0%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2006  
Urban/Rural designation using the Rural-Urban Commuting Area (RUCA) codes. See Appendix B.

## Percentage of Adults who Smoked by Region, 2006

North Sound	14%
West Balance	21%
King	12%
Other Puget Sound Metro	19%
Clark	18%
East Balance	18%
Spokane	24%
Yakima-TriCities	17%
Statewide	17.0%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2006  
 Regional designations are the same as the Washington State Population Survey –  
 additional information can be found at <http://www.ofm.wa.gov/sps/>

**Regions:**

North Sound: Island, San Juan, Skagit, Whatcom  
 West Balance: Clallam, Cowlitz, Grays Harbor, Jefferson, , Klickitat, Lewis, Mason,, Pacific, Skamania, and Wahkiakum.  
 King: King  
 Other Puget Sound Metro: Kitsap, Pierce, Snohomish, Thurston  
 Clark: Clark  
 East Balance: Adams, Asotin, Chelan, Columbia, Douglas, Ferry, Garfield, Grant, Kittitas, Lincoln, Okanogan, Pend Oreille, Stevens, Walla Walla, and Whitman.  
 Spokane: Spokane  
 Yakima-TriCities: Benton, Franklin, and Yakima.

## Percent age of Adults who Smoke by Year, 1999-2006

	English Speaking	Spanish Speaking	Overall Population
1999	22.4%	N/A	22.4%
2000	20.7%	N/A	20.7%
2001	22.5%	N/A	22.5%
2002	21.5%	N/A	21.5%
2003	19.8%	12.2%	19.5%
2004	19.5%	12.6%	19.2%
2005	17.6%	13.9%	17.5%
2006	17.0%	16.3%	17.0%

Source: Behavioral Risk Factor Surveillance System (BRFSS)

**Progress as of 2006:**

Since implementation of the state’s comprehensive Tobacco Prevention and Control Program, current use of cigarettes has decreased by approximately 24% among smokers from 1999 to 2006. The drop in general adult smoking moved the state up in rank from 20<sup>th</sup> in 1999 to 5<sup>th</sup> in 2006 in terms of lowest overall smoking prevalence in the nation. This is a reduction of 235,000 fewer smokers in Washington since 1999.

## II. Quitting Smoking

### Knowledge, Attitudes and Behaviors About Quitting in 2006

- 68% of smokers say that they want to quit.
- 80% of smokers who say they would like to quit are seriously planning to quit within the next 6 months; 49% are planning to quit within the next 30 days.
- More than one-half (57%) of smokers say that in the past 12 months they have stopped smoking for one day or longer because they are trying to quit.
- One-half of smokers have heard of the Washington State “Quit Line.”
- 49% of smokers were advised to quit by their healthcare provider within the past year.
- 28% of smokers say that their health insurance will cover the cost of any help to quit using tobacco, such as stop smoking program or nicotine patches, pills or other medication. 30% say their health insurance will not cover the costs. 42% say they “don’t know.”

Source: 2006 Washington Behavioral Risk Factor Surveillance System

### III. Youth Cigarette Use

- In 2006, approximately 15% of Washington 10th graders smoke cigarettes. Among all youth in Washington there are about 75,000 who smoke cigarettes. About 45 kids still start smoking every day in Washington.

#### Percentage of Youth who Smoked Cigarettes in the past 30 days by Grade and Gender, 2006

	Male	Female	Total
6th Grade	2%	2%	1.9%
8th Grade	6%	7%	6.4%
10th Grade	15%	14%	14.9%
12th Grade	21%	19%	20.0%

Source: Healthy Youth Survey, 2006

#### Percentage of Youth who Smoked Cigarettes in the past 30 days by Grade and Race/Ethnicity, 2006

	6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
White non-Hispanic	1%	6%	15%	21%
Hispanic	2%	9%	13%	14%
African American	2%	10%	16%	20%
Asian/Pacific Islander	3%	4%	9%	13%
Native American	3%	9%	23%	30%
All Students in Specified Grade	1.9%	6.4%	14.9%	20.0%

Source: Healthy Youth Survey, 2006

**Percentage of Youth who Smoked Cigarettes in the past 30 days  
by Grade and Region, 2006**

	6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
North Sound	1%	6%	13%	18%
West Balance	3%	9%	17%	24%
King	1%	5%	12%	17%
Other Puget Sound Metro	1%	6%	14%	20%
Clark	2%	6%	14%	21%
East Balance	2%	7%	13%	19%
Spokane	3%	8%	16%	23%
Yakima-TriCities	3%	6%	12%	17%
Statewide	1.9%	6.4%	14.9%	20.0%

Source: Healthy Youth Survey, 2006

Regional designations are the same as the Washington State Population Survey – additional information can be found at <http://www.ofm.wa.gov/sps/>

Regions

North Sound: Island, San Juan, Skagit, Whatcom  
 West Balance: Clallam, Cowlitz, Grays Harbor, Jefferson, , Klickitat, Lewis, Mason,, Pacific, Skamania, and Wahkiakum.  
 King: King  
 Other Puget Sound Metro: Kitsap, Pierce, Snohomish, Thurston  
 Clark: Clark  
 East Balance: Adams, Asotin, Chelan, Columbia, Douglas, Ferry, Garfield, Grant, Kittitas, Lincoln, Okanogan, Pend Oreille, Stevens, Walla Walla, and Whitman.  
 Spokane: Spokane  
 Yakima-TriCities: Benton, Franklin, and Yakima.

**Percentage of Youth who Smoked Cigarettes in the past 30 days  
by Grade and Year, 1998-2006**

	6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
1998	4.7%	15.2%	N/A	N/A
1999	N/A	N/A	25.0%	35.2%
2000	4.0%	12.5%	19.8%	27.6%
2002	2.2%	9.2%	15.0%	22.7%
2004	2.0%	7.8%	13.0%	19.7%
2006	1.9%	6.4%	14.9%	20.0%

Source: 1998 and 2000 Washington State Survey of Adolescent Health Behaviors, 1999 Washington State Youth Risk Behavior Survey, 2002-2006 Healthy Youth Survey

Progress as of 2006:

Since implementation of the state's comprehensive Tobacco Prevention and Control Program, youth smoking has declined dramatically from 1999 to 2004. In recent years, reductions in high school smoking rates have stalled. Specifically, smoking rates among 10<sup>th</sup> graders have increased since 2004. The overall decrease translates to about 65,000 fewer Washington children smoking.

## IV. Tobacco Use During Pregnancy

- In 2005, approximately 10% of infants in Washington were born to mothers who used tobacco during pregnancy – equivalent to more than 8,000 births that year.

### Percentage of Births to Mothers who Used Tobacco During Pregnancy by Mother's Age, 2005

Less than 18 years old	14%
18-19 years old	20%
20-24 years old	16%
25-29 years old	9%
30 years and older	5%
Overall	10.2%

Source: Washington State Birth Certificate System

### Percentage of Births to Mothers who Used Tobacco During Pregnancy by Mother's Education, 2005

Less than High School Graduate	17%
High School Graduate or GED	17%
Some College	9%
College Graduate	1%
Overall	10.2%

Source: Washington State Birth Certificate System

### Percentage of Births to Mothers who Used Tobacco During Pregnancy by Race/Ethnicity, 2005

White, Non-Hispanic	12%
African American, Non-Hispanic	9%
Native American, Non-Hispanic	22%
Asian/Pacific Islander, Non-Hispanic	3%
Hispanic	3%
Total	10.2%

Source: Washington State Birth Certificate System

**Percentage of Infants Born to Mothers who Used Tobacco During  
Pregnancy by Year, 1998-2005**

1998	14.6%
1999	14.2%
2000	13.5%
2001	12.6%
2002	12.0%
2003	10.9%
2004	10.2%
2005	10.2%

Source: Washington State Birth Certificate System. Unknowns have been subtracted from total births in calculating percentages.

Progress as of 2005:

Since implementation of the state's comprehensive Tobacco Prevention and Control Program, the percentage of infants born to mothers who used tobacco during pregnancy has decreased by 30%.

# Appendix A: Data Sources

Data represented in this report were obtained from a variety of sources. The following provides a brief description of each data system. Analyses for this report were completed using Intercooled Stata 9.0. Some estimates were obtained from previously published reports.

## **Population Data and Regional Designations**

Population data are taken from Office of Financial Management (OFM), Forecasting Division, “Census 2000 Results for Washington”, <http://www.ofm.wa.gov/census2000/default.asp>

Regional designations are the same as the Washington State Population Survey – additional information can be found at <http://www.ofm.wa.gov/sps/>

## **Behavioral Risk Factor Surveillance System**

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey that provides indicators of health risk behavior, preventive practices, attitudes, health care use and access, and prevalence of selected diseases in Washington. BRFSS was first implemented in Washington State in 1987, and is supported in part by the national Centers for Disease Control and Prevention. The survey includes a sample of English-speaking adults age 18 years and older in households with telephones. Interviews are conducted in English, by a survey firm under contract to the Department of Health (DOH), following survey administration protocols established by Centers for Disease Control and Prevention (CDC).

- For more information on Washington State BRFSS, go to: <http://www.doh.wa.gov/brfss>
- For more information on national BRFSS, go to: <http://www.cdc.gov/brfss>

## **Birth Certificate System**

The Washington State Birth Certificate System has information about each baby born in Washington State. Similar information is collected for mothers who live in Washington but have a baby in another state or country. Thus, the Birth Certificate System contains records on all births occurring in the state and nearly all births to residents of the state.

Information is gathered about the mother, the father, the pregnancy, and the child. The information is collected in hospitals and birth centers from worksheets completed by parents or medical staff, from medical charts, or by a combination of these sources. Midwives and family members who deliver a baby complete the birth certificate and collect the information from a parent or from their records.

The major purposes of the birth system are 1) to establish legal rights associated with birth, paternity, and adoption and 2) to provide public health information about births and newborns. These data can be used by data analysts, policy makers, health care providers and others to help improve the health of mothers and children.

### **Healthy Youth Survey Data**

The Washington State Healthy Youth Survey (HYS) is a school-based survey of students in grades 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> in a random sample of public schools in Washington State. It is administered every other year during class time and contains questions about behaviors that result in unintentional and intentional injury (e.g., seat belt use, fighting and weapon carrying); physical activity and dietary behaviors (e.g., fruit and vegetable consumption), physical activity, alcohol, tobacco, and other drug use; and related risk and protective factors. The survey includes items from the CDC-sponsored Youth Risk Behavior Survey (YRBS) and Youth Tobacco Survey, the National Institute on Drug Abuse-sponsored Monitoring the Future survey, and the Social Development Research Group's Risk and Protective Factor Assessment instrument.

In Fall 2006, 198,312 students anonymously participated in the HYS survey.

- For more information on the HYS, go to: <http://www3.doh.wa.gov/HYS>

### **Rural Urban Commuting Area (RUCA) System**

The RUCA system is a census tract-based classification scheme, which utilizes the standard Bureau of Census urban area and place definitions in combination with commuting information to characterize census tracts. We used a four-tiered consolidation of the Rural Urban Commuting Area (RUCA) system to determine whether the respondents lived in an urban core (continuously built up areas with 50,000 persons or more), large metro (census tract tied to urban core and have commuting relationships with the urban core areas), large town (towns with populations between 10,000 and 49,999 persons with commuting relationships to surrounding large towns), or small town/rural (populations below 10,000 persons with primarily local commuting and isolated rural towns) areas.

- For more information on the RUCA system, go to: <http://www.doh.wa.gov/Data/Guidelines/RuralUrban.htm>

## Appendix B: Technical Notes

### **Population**

To give a sense of the magnitude of persons affected by small changes in the prevalence of tobacco use, the Department of Health provides information about the estimated number of current smokers for adults (people eighteen or older) and youth (children ages ten to seventeen). The adult and youth estimates are “standardize” to the year 2000 populations to adjust for population growth. In 2000 the adult population was 4,380,278 and the youth population was 693,628.

For more information, go to: <http://www.ofm.wa.gov/census2000/default.asp>.

### **Hispanic Origin**

The National Center for Health Statistics (NCHS) does not treat Hispanic Origin as a race. Persons of Hispanic Origin may be of any race. “Origin” as used by the Census Bureau refers to “the ancestry, nationality group, lineage, or country of birth of the person or the person’s parents or ancestors before their arrival in the United States.” Persons of Hispanic Origin have their origins in a Hispanic or Spanish-speaking country such as Mexico, Cuba, or Puerto Rico, or the Spanish-speaking countries of Central or South America.

The Behavioral Risk Factor Surveillance System (BRFSS) and the Healthy Youth Survey (HYS) treats Hispanic as a race. For additional Washington State guidelines for using race and ethnic groups in data analysis, go to: <http://www.doh.wa.gov/Data/Guidelines/Raceguide1.htm>

### **Adult Tobacco Use**

An adult is classified as a “current smoker” if he or she reported having smoked more than 5 packs (100 cigarettes) in his/her lifetime, and also reported currently using tobacco “every day” or “some days” in the BRFSS. An adult is classified as a “current smokeless tobacco user” if he or she reported having ever tried smokeless tobacco and has used smokeless tobacco products in the past 30 days. An adult is classified as a “cigar smoker” if he or she reported having smoked a cigar in the past month (even just a puff).

The data are weighted to represent all adults. The data may underestimate some health behaviors associated with non-English-speaking populations, transient populations, institutionalized persons, and military personnel in military housing. Due to the nature of self-reported data, there may be some underestimation of risk factors that are seen as socially unacceptable.

For additional technical notes on the Washington State BRFSS, go to: [http://www.doh.wa.gov/EHSPHL/CHS/CHS-Data/brfss/brfss\\_keypoints.htm](http://www.doh.wa.gov/EHSPHL/CHS/CHS-Data/brfss/brfss_keypoints.htm)

### **Youth Tobacco Use**

A youth is classified as a “current smoker” or “current smokeless tobacco user” if he or she reported using tobacco within the past 30 days in the 2004 Healthy Youth Survey (HYS). School-based surveys may underestimate risk behaviors associated with youth who drop out of school or do not attend school. Due to the self-reported nature of the data, certain behaviors may be under-reported.

For additional technical notes on Washington State Healthy Youth Survey, go to:

<http://ww3.doh.wa.gov/HYS/ASPX/HYStechnotes.aspx>

### **Maternal Smoking**

Mothers who reported smoking anytime during pregnancy on the infant’s birth certificate were classified as smokers. As mothers self-report smoking and public awareness shifts increasingly toward disapproval of smoking during pregnancy, there may be an increasing tendency to under-report smoking.

For additional technical notes on Washington State Vital Statistics, go to:

[http://www.doh.wa.gov/ehsphi/CHS/chs-data/TechNote/tech\\_not.pdf](http://www.doh.wa.gov/ehsphi/CHS/chs-data/TechNote/tech_not.pdf)