



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 295,000. (page 7)
- smoking prevalence has declined among Washington's children, resulting in 65,000 fewer children smoking. (page 11)
- smoking prevalence among pregnant women has remained unchanged the past several year, with about 9% reporting smoking in the Pregnancy Risk Assessment Monitoring System (PRAMS). (page 13)

I. Adult Cigarette Use

- In 2008, approximately 15.3% of Washington adults smoke cigarettes – equivalent to about 770,000 people. Our 15.3% smoking prevalence is lower than the national average of 18.2% (Median %) for the same year.

Percentage of Adults who Smoke by Gender, 2008

Male	17%
Female	14%
All Adults	15.3%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2008

Percentage of Adults who Smoke by Age, 2008

18-24	22%
25-34	18%
35-44	15%
45-54	18%
55-64	13%
65 and above	7%
All Adults	15.3%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2008

Percentage of Adults who Smoke by Education, 2008

High School Degree or less	27%
Some College	17%
College Graduate	6%
All Adults	14.6%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2008
Estimates include English speaking respondents ages 25 years or older only.

Percentage of Adults who Smoke by Household Income, 2008

Less than \$25,000	31%
\$25,000-\$49,999	18%
\$50,000 or more	10%
All Adults	15.3%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2008
Estimates include English speaking respondents only.

Percentage of Adults who Smoke by Health Insurance Status, 2008

Do not have health insurance	29%
Have health insurance	13%
Unknown	7%
All Adults	15.3%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2008

Percentage of Adults who Smoke by Race/Ethnicity, 2008

White, non-Hispanic	16%
Hispanic	12%
African American, non-Hispanic	25%
Asian/Pacific Islander, non-Hispanic	6%
Native American/Alaskan Native, non-Hispanic	35%
Other/Multiracial, non-Hispanic	25%
All Adults	15.3%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2008
Persons of Hispanic Origin may be of any race. See Appendix B.

Percentage of Adults who Smoke by Urban/Rural Location, 2008

Urban Core Area	14%
Large Metro Area	19%
Large Town	18%
Small Town/Rural Area	19%
Statewide	15.3%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2008
Urban/Rural designation using the Rural-Urban Commuting Area (RUCA) codes. See Appendix B.

Percentage of Adults who Smoked by Region, 2008

North Sound	15%
West Balance	22%
King	11%
Other Puget Sound Metro	17%
Clark	17%
East Balance	18%
Spokane	18%
Yakima-TriCities	15%
Statewide	15.3%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2008
 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 Adults who Smoke by Year, 1999-2008

	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%
2007	16.9%	6.5%	16.5%
2008	15.7%	5.4%	15.3%

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Progress as of 2008:

Since implementation of the state's comprehensive Tobacco Prevention and Control Program, current use of cigarettes has decreased by approximately 30% among smokers from 1999 to 2008. The drop in general adult smoking moved the state up in rank from 20th in 1999 to 6th in 2008 in terms of lowest overall smoking prevalence in the nation. This is a reduction of 295,000 fewer smokers in Washington since 1999.

II. Quitting Smoking

Knowledge, Attitudes and Behaviors About Quitting in 2008

- 64% of smokers say that they want to quit.
- 79% of smokers who say they would like to quit are seriously planning to quit within the next 6 months; 43% are planning to quit within the next 30 days.
- More than one-half (55%) of smokers say that in the past 12 months they have stopped smoking for one day or longer because they are trying to quit.
- Close to two-thirds (60%) of smokers have heard of the Washington State “Quit Line.”
- About half of smokers were advised to quit by their healthcare provider within the past year.
- 35% 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. Slightly less, 29% say their health insurance will not cover the costs and 36% say they “don’t know.”

Source: 2008 Washington Behavioral Risk Factor Surveillance System

III. Youth Cigarette Use

- In 2008, approximately 14% 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, 2008

	Male	Female	Total
6th Grade	1%	1%	1.4%
8th Grade	8%	7%	7.3%
10th Grade	15%	14%	14.4%
12th Grade	22%	18%	20.0%

Source: Healthy Youth Survey, 2008

Percentage of Youth who Smoked Cigarettes in the past 30 days by Grade and Race/Ethnicity, 2008

	6 th Grade	8 th Grade	10 th Grade	12 th Grade
White non-Hispanic	1%	7%	15%	21%
Hispanic	2%	7%	12%	14%
African American	2%	10%	16%	21%
Asian/Pacific Islander	1%	6%	9%	15%
Native American	3%	15%	27%	27%
All Students in Specified Grade	1.4%	7.3%	14.4%	20.0%

Source: Healthy Youth Survey, 2008

Percentage of Youth who Smoked Cigarettes in the past 30 days by Grade and Region, 2008

	6 th Grade	8 th Grade	10 th Grade	12 th Grade
North Sound	2%	7%	13%	20%
West Balance	3%	9%	18%	22%
King	1%	4%	14%	19%
Other Puget Sound Metro	2%	8%	16%	22%
Clark	2%	8%	16%	22%
East Balance	3%	7%	14%	18%
Spokane	1%	9%	18%	25%
Yakima-TriCities	2%	7%	13%	16%
Statewide	1.4%	7.3%	14.4%	20.0%

Source: Healthy Youth Survey, 2008

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, 1998-2008

	6 th Grade	8 th Grade	10 th Grade	12 th 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%
2008	1.4%	7.3%	14.4%	20.0%

Source: 1998 and 2000 Washington State Survey of Adolescent Health Behaviors, 1999 Washington State Youth Risk Behavior Survey, 2002-2008 Healthy Youth Survey

Progress as of 2008:

Since implementation of the state's comprehensive Tobacco Prevention and Control Program, youth cigarette smoking declined dramatically from 1999 to 2004. In recent years, reductions in smoking rates have stalled. The overall decrease translates to about 65,000 fewer Washington children smoking.

IV. Tobacco Use During Pregnancy

- In 2007, approximately 9% of infants in Washington were born to mothers who used tobacco during pregnancy – equivalent to more than 8,700 births that year. The state rate of maternal smoking is measured by the Pregnancy Risk Assessment Monitoring System (PRAMS), while the Washington State Birth Certificate System (BCS) is used to determine the average number of babies born to women who smoke during their pregnancy in each county.

Percentage of Births to Mothers who Used Tobacco During Pregnancy by Age

	PRAMS	BCS
Less than 18 years old	*	15%
18-19 years old	20%	18%
20-24 years old	13%	16%
25-29 years old	8%	10%
30 years and older	8%	5%
Overall	9.4%	10.1%

Source: PRAMS (2007) and BCS (2007)

*Percentage not calculated; number of respondents was less than 5

Percentage of Births to Mothers who Used Tobacco During Pregnancy by Education

	PRAMS	BCS
Less than High School Graduate	16%	17%
High School Graduate or GED	18%	17%
Some College	7%	9%
College Graduate	1%	<1%
Overall	9.4%	10.1%

Source: PRAMS (2007) and BCS (2007)

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

	PRAMS	BCS
White, Non-Hispanic	12%	13%

African American, Non-Hispanic	9%	10%
Native American, Non-Hispanic	19%	23%
Asian/Pacific Islander, Non-Hispanic	5%	3%
Hispanic	4%	3%
Total	9.4%	10.1%

Source: PRAMS (2007) and BCS (2007)

Percentage of Infants Born to Mothers who Used Tobacco During Pregnancy by Year, 1998-2007

Year	PRAMS	BCS
1998	13.0%	14.9%
1999	11.7%	14.2%
2000	11.1%	13.5%
2001	9.9%	12.6%
2002	11.8%	12.0%
2003	10.2%	10.9%
2004	10.3%	10.2%
2005	9.2%	10.2%
2006	12.2%	10.3%
2007	9.4%	10.1%

Source: Pregnancy Risk Assessment Monitoring System (PRAMS) and the Washington State Birth Certificate System (BCS). Unknowns have been subtracted from total births in calculating percentages.

Progress as of 2007:

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 between 20-30% according to the BCS and PRAMS. However, both data show that rates have stalled in recent years.

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 10.0. 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 – for more information go to: <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>

Pregnancy Risk Assessment Monitoring System (PRAMS)

In Washington, the rate of maternal smoking is determined by the Pregnancy Risk Assessment Monitoring System or PRAMS, a joint project of the Centers for Disease Control and Prevention (CDC) and the Washington State Department of Health. PRAMS is a standardized, ongoing mail/telephone survey of women administered two to six months after the birth of their infant. Each year, approximately 2,000 women are randomly selected to participate in the survey. In addition to other health related measures, mothers are asked to report their tobacco use prior to pregnancy, during the third trimester and shortly after pregnancy.

- For more information on the PRAMS, go to: <http://www.doh.wa.gov/cfh/prams/Default.htm>

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 Worksite Survey Data

Since 2004, the Department of Health has conducted a telephone survey of a random sample of businesses with 50 or more employees to evaluate the health policy improvement work in Washington State worksites. This survey obtains information from the Human Resources Manager or Personnel Director at each business and is administered every other year. The Healthy Worksite Survey questions focus on tobacco use on business property, second-hand smoke, tobacco cessation benefits, preventative screening benefits, clean indoor air practices, food options and facilities available to employees, and the existence of “wellness” programs.

Healthy Youth Survey Data

The Washington State Healthy Youth Survey (HYS) is a school-based survey of students in grades 6th, 8th, 10th and 12th 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); 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>

Quit Line Data

The Washington State Department of Health sponsors the Washington State Tobacco Quit Line, a telephone service that provides support, information, and referrals to tobacco users, their families and friends, and health care providers. Data collected from this system is used to monitor and document service utilization and describe callers' characteristics (e.g. demographics).

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 “standardized” 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 additional 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

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

Statewide maternal smoking is measured using PRAMS data. The data are weighted so that the results reflect the women who are Washington residents and gave birth that year. Mothers who reported smoking during the last trimester (3 months) of their pregnancy in the survey is classified as smokers. PRAMS data are self-reported by new mothers and may be subjected to potential sources of error. Women may not recall events prior to or during the early part of their pregnancies. In addition, 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 PRAMS, go to: <http://www.cdc.gov/prams/index.htm>

The numbers of babies born in each county are determined from the Birth Certificate System, where mothers who reported smoking anytime during pregnancy on the infant’s birth certificate were classified as smokers.

For additional technical notes on Washington State Vital Statistics, go to:
http://www.doh.wa.gov/ehsphi/CHS/chs-data/TechNote/tech_not.pdf