

TOBACCO USE — OVERVIEW

Cigarette and cigar smoking harms nearly every organ of the body, causing many diseases and reducing quality of life and life expectancy (CDC 2004). Smoking has been identified as the most important source of preventable morbidity and premature mortality worldwide. While the prevalence of smoking in the United States has declined 49% since 1965, one in five persons (20.1%) reported being a current smoker in 2006 (CDC 2006).

Tobacco use among U.S. high school students was 28.4% in 2005. This included 23% of students reporting they had smoked at least one cigarette during the past 30 days, 13.4% reporting they smoke at least one cigarette per day, 14% reporting they had smoked a cigar one or more times during the past 30 days and 8% indicating they had used smokeless tobacco one or more times during the past 30 days (CDC 2005).

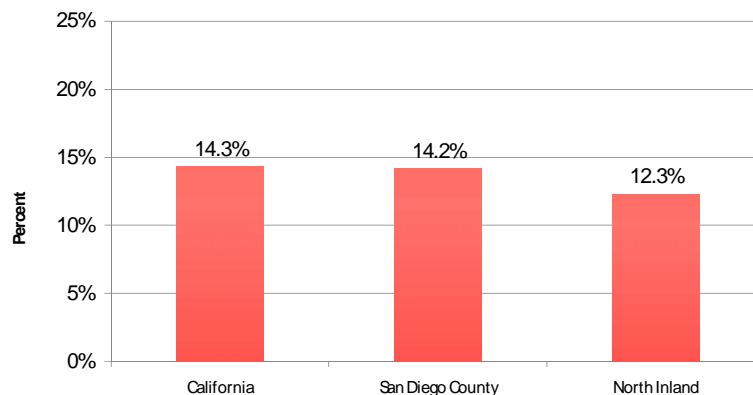
According to the 2004 Surgeon General's report on the health consequences of smoking, diseases caused by smoking include abdominal aortic aneurysm, acute myeloid leukemia, cataract, cervical cancer, kidney cancer, pancreatic cancer, pneumonia, periodontitis, and stomach cancer. These are in addition to diseases previously known to be caused by smoking, including bladder, esophageal, laryngeal, lung, oral, and throat cancers, chronic lung diseases, coronary heart and cardiovascular diseases, as well as reproductive effects and sudden infant death syndrome (CDC 2004).

Current Smoker

Estimated current smoking status among San Diego County residents is 15.3% according to the 2005 California Health Interview Survey (CHIS).

During 2005, 12.3% of persons living in the North Inland region reported they are current smoker. This level of smoking is slightly lower than both state and county smoking rates, 14.2% and 14.3%, respectively.

Currently Smoke By Location, 2005



2005 California Health Interview Survey

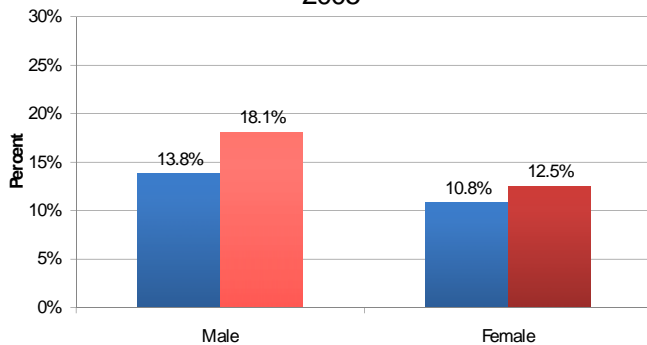
Who is most impacted by tobacco use

In 2005, the estimated number of current smokers among North Inland residents ranged from 13.8% among males and 10.8% among females. Review of San Diego County-wide current smoking status statistics indicate the overall prevalence of smoking is slightly lower in the North Inland region.

- Persons with some college or vocational education have a current smoking rate more than three times the rate among those who have graduated from college, 22.5% and 6.1%, respectively.
- In terms of age, current smoking prevalence is highest among those ages 18 to 24 and lowest among those age 65 and over, 18.3% and 7.9%, respectively.

Currently Smoke

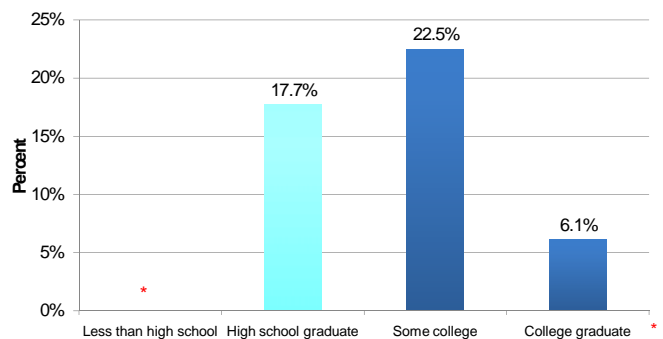
By Gender, North Inland Region and San Diego County, 2005



California Health Interview Survey 2005

Currently Smoke

By Education Level, North Inland Region, 2005

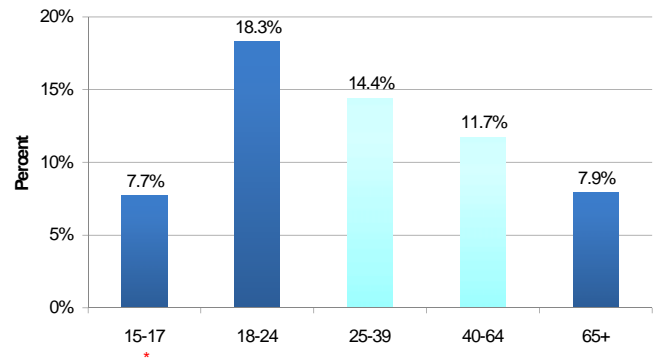


California Health Interview Survey 2005

* = Statistically unstable

Currently Smoke

By Age Category, North Inland Region 2005



California Health Interview Survey 2005

* = Statistically unstable