

## Smoking and Its Consequences

One in five deaths in the United States is connected to smoking and the adverse consequences of second-hand smoke.<sup>1</sup> That amounts to 443,000 deaths per year -- an estimated 49,000 of which are related to exposure to second-hand smoke.<sup>2</sup> Just under 16% of adult Connecticut residents, 428,000 people, are smokers. According to the CDC, "Among adults ages 35+ years, over 4,800 died as a result of tobacco use per year, on average, during 2000–2004."<sup>3</sup> Smoking is widely regarded as one of the most common, yet preventable, causes of death.

### Smoking's Effect on Health

Cigarettes contain over 200 toxins and 60 carcinogens, including Lead, Mercury, and Ammonia.<sup>4</sup> Smoking increases the risk of :<sup>5</sup>

- Coronary heart disease by 2 to 4 times
- Stroke by 2 to 4 times
- Men developing lung cancer by 23 times
- Women developing lung cancer by 13 times
- Dying from chronic obstructive lung diseases by 12 to 13 times

Second-hand smoke increases nonsmokers' risk of developing heart disease by 25-30%<sup>6</sup> and can also cause death from lung cancer (3,423-8,866 annual deaths in the U.S.) and childhood asthma, among other illnesses.<sup>7</sup>

### Underage Smoking

Despite state laws that prohibit tobacco sales to people under the age of 18, just under 10% of Connecticut kids ages 12-17 smoke and each year and 4,300 more children under the age of 18

---

<sup>1</sup> World Health Organization. [WHO Report on the Global Tobacco Epidemic, 2009](#). Geneva: World Health Organization, 2008 [accessed 2012 Sept 4].

<sup>2</sup> Centers for Disease Control and Prevention. [Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 2000–2004](#). Morbidity and Mortality Weekly Report 2008;57(45):1226–8 [accessed 2012 Sept 4].

<sup>3</sup> Centers for Disease Control and Prevention. Smoking and Tobacco Use. [http://www.cdc.gov/tobacco/data\\_statistics/state\\_data/state\\_highlights/2010/states/connecticut/index.htm](http://www.cdc.gov/tobacco/data_statistics/state_data/state_highlights/2010/states/connecticut/index.htm). February 22nd, 2011. [accessed 2012 Sept 4]

<sup>4</sup> The Connecticut Public Health policy Institute. "Smoke and Mirrors: Examining Tobacco Use, Consequences, and Policy in Connecticut. (slideshow) 2010. [http://www.ct.gov/sustinet/lib/sustinet/taskforces/tobaccotaskforce/january\\_19\\_smoking\\_pres.pdf](http://www.ct.gov/sustinet/lib/sustinet/taskforces/tobaccotaskforce/january_19_smoking_pres.pdf). January 19. [accessed Sept 4, 2012]

<sup>5</sup> Center for Disease Control and Prevention. Smoking and Tobacco Use; Health Effects of Cigarette Smoking. January 12, 2012. [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/). [accessed 2012 Sept 4]

<sup>6</sup> Ibid.

<sup>7</sup> Ibid.

start smoking each year.<sup>8</sup> In addition, 186,000 kids are exposed to second-hand smoke in Connecticut<sup>9</sup> and 40% of current Connecticut smokers started before the age of 15.<sup>10</sup>

## Public Funding for Tobacco Prevention Programs

Comprehensive, statewide tobacco prevention programs can effectively reduce the number of smokers in Connecticut.<sup>11</sup> The current state cigarette tax is \$3 per pack of 20 cigarettes, and total tobacco-generated revenue from this tax amount to \$380 million in 2010.<sup>12</sup> The CDC recommends that Connecticut spend at least \$43.9 million annually on comprehensive tobacco prevention programs, but Connecticut only spends about \$7 million dollars a year on such programs.<sup>13</sup> Tobacco companies spend \$10.5 billion dollars annually marketing their products, this huge number requires an aggressive anti-tobacco response.<sup>14</sup>

## Public Costs of Smoking

The effects of smoking on Connecticut residents' health leads to higher Medicaid expenditures and losses in tax revenue and economic productivity. It is estimated that the real cost per pack of cigarettes in Connecticut is \$14.30: \$8.81 in medical costs and \$5.49 in lost productivity and taxes. Overall, the annual health care costs due to smoking amount to \$2 billion in Connecticut.<sup>15</sup>

## Medicaid

About 25-30 percent of Medicaid recipients are smokers. Annual Medicaid health care expenditures on smoking-related causes total \$507 million.<sup>16</sup> It is estimated that if all smokers

---

<sup>8</sup> [http://www.tobaccofreekids.org/facts\\_issues/toll\\_us/](http://www.tobaccofreekids.org/facts_issues/toll_us/). Toll of Tobacco in the United States. [accessed Sept 4, 2012]

<sup>9</sup> Ibid.

<sup>10</sup> Center for Disease Control and Prevention. Smoking and Tobacco Use; Health Effects of Cigarette Smoking. January 12, 2012. [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/). [accessed 2012 Sept 4]

<sup>11</sup> [http://www.tobaccofreekids.org/facts\\_issues/toll\\_us/](http://www.tobaccofreekids.org/facts_issues/toll_us/). Toll of Tobacco in the United States. AND The Connecticut Public Health Policy Institute. "Smoke and Mirrors: Examining Tobacco Use, Consequences, and Policy in Connecticut. (slideshow) 2010. [http://www.ct.gov/sustinet/lib/sustinet/taskforces/tobaccotaskforce/january\\_19\\_smoking\\_pres.pdf](http://www.ct.gov/sustinet/lib/sustinet/taskforces/tobaccotaskforce/january_19_smoking_pres.pdf). January 19. [accessed Sept 4, 2012]

<sup>12</sup> <http://www.tobaccofreekids.org/reports/settlements/toll.php?StateID=CT> and <http://www.cga.ct.gov/2010/rpt/2010-R-0407.htm>. OLR Research Report, OLR BACKGROUNDER: CIGARETTE TAXATION IN CONNECTICUT AND NEARBY STATES, November 4, 2010. [accessed Sept 4, 2012]

<sup>13</sup> World Health Organization. WHO Report on the Global Tobacco Epidemic, 2009. Geneva: World Health Organization, 2008 [accessed 2012 Sept 4].

<sup>14</sup> [http://www.tobaccofreekids.org/facts\\_issues/toll\\_us/](http://www.tobaccofreekids.org/facts_issues/toll_us/). Toll of Tobacco in the United States. [accessed Sept 4, 2012]

<sup>15</sup> Center for Disease Control and Prevention. Smoking and Tobacco Use; Health Effects of Cigarette Smoking. January 12, 2012. [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/). [accessed 2012 Sept 4]

<sup>16</sup> The Connecticut Public Health Policy Institute. "Smoke and Mirrors: Examining Tobacco Use, Consequences, and Policy in Connecticut. (slideshow) 2010. [accessed Sept 4, 2012]

[http://www.ct.gov/sustinet/lib/sustinet/taskforces/tobaccotaskforce/january\\_19\\_smoking\\_pres.pdf](http://www.ct.gov/sustinet/lib/sustinet/taskforces/tobaccotaskforce/january_19_smoking_pres.pdf). January 19.

in Connecticut quit smoking, the state's Medicaid program would save \$180 million dollars/year within five years<sup>17</sup>.

## Cessation Support

In its report, *Best Practices for Comprehensive Tobacco Control Programs*, the Centers for Disease Control provide nine recommendations for effective, statewide tobacco control programs including school programs, counter-marketing against tobacco companies, and enforcement.

The Connecticut Department of Public Health also funds the CT Quit Line, which provides 5 free telephone smoking cessation sessions and written materials to help smokers quit. People can call (866) 363-4224 on Monday-Sunday: 8am- 3am for counseling. It is estimated that a \$2 million investment in this quit line can produce 3,186 fewer smokers annually. In fact, brief smoking cessation counseling and a nicotine patch costs only \$2,000 per year of life saved.<sup>18</sup>

Lastly, in the private sector, financial incentives for employees to stop smoking can **triple** smoking cessation than if employers only provide educational materials.<sup>19</sup>

Further resources:

Centers for Disease Control and Prevention. Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 2000–2004. *Morbidity and Mortality Weekly Report* 2008;57(45):1226–8 [accessed 2012 Sept 4].

Tobacco Free Kids. “Toll of Tobacco in the United States.” “Toll of Tobacco in Connecticut.” June 18, 2012 <http://www.tobaccofreekids.org/reports/settlements/toll.php?StateID=CT>

Department of Revenue Services. “Q & A on the Cigarette Tax Increase Effective October 1, 2009 for Licensed Cigarette Dealers” 2009.

<http://www.ct.gov/drs/cwp/view.asp?A=1510&Q=446976>

CDC. “State-Specific Smoking-Attributable Mortality and Years of Potential Life Lost: United States, 2000—2004” <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5802a2.htm>

---

<sup>17</sup> Legacy Foundation [http://www.legacyforhealth.org/PDFPublications/saving\\_lives\\_saving\\_money.pdf](http://www.legacyforhealth.org/PDFPublications/saving_lives_saving_money.pdf) [accessed Sept 4, 2012]

<sup>18</sup> The Connecticut Public Health Policy Institute. “Smoke and Mirrors: Examining Tobacco Use, Consequences, and Policy in Connecticut. (slideshow) 2010. [accessed Sept 4, 2012]

<sup>19</sup> New England Journal of Medicine. “A Randomized, Controlled Trial of Financial Incentives for Smoking Cessation” 2009. <http://content.nejm.org/cgi/content/short/360/7/699> [accessed Sept 4, 2012]

“Smoking Attributable Costs.” 2004.

[http://www.cdc.gov/tobacco/data\\_statistics/state\\_data/data\\_highlights/2006/pdfs/dataHighlights06table4.pdf](http://www.cdc.gov/tobacco/data_statistics/state_data/data_highlights/2006/pdfs/dataHighlights06table4.pdf) Table 4

Center for Disease Control and Prevention. Smoking and Tobacco Use; Health Effects of Cigarette Smoking. January 12, 2012.

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/).

American Legacy Foundation. “Policy Report.” 2004.

[http://www.legacyforhealth.org/PDFPublications/saving\\_lives\\_saving\\_money.pdf](http://www.legacyforhealth.org/PDFPublications/saving_lives_saving_money.pdf)

The Connecticut Public Health Policy Institute. “Smoke and Mirrors: Examining Tobacco Use, Consequences, and Policy in Connecticut. (slideshow) 2010.

[http://www.ct.gov/sustinet/lib/sustinet/taskforces/tobaccotaskforce/january\\_19\\_smoking\\_presentation.pdf](http://www.ct.gov/sustinet/lib/sustinet/taskforces/tobaccotaskforce/january_19_smoking_presentation.pdf). January 19.

Kaiser Family Foundation, “Percentage of Adults Who Smoke.” 2010.

<http://www.statehealthfacts.org/comparemaptable.jsp?typ=2&ind=80&cat=2&sub=24&sortc=1&o=a>

Centers for Disease Control and Prevention. Surgeon’s Report. “*Reducing Tobacco Use: A Report of the Surgeon*” General. Atlanta: Department of Health and Human Services, 2000.

Institute of Medicine. *State Programs Can Reduce Tobacco Use*. Washington, DC: National Research Council, 2000.

Department of Public Health. “Clean Indoor Air.” May,

2010. <http://ct.gov/dph/cwp/view.asp?a=3137&q=388054&dphNav=%7C>

New England Journal of Medicine. “A Randomized, Controlled Trial of Financial Incentives for Smoking Cessation” 2009. <http://content.nejm.org/cgi/content/short/360/7/699>