



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 329,000. (page 8)
- there have been over 160,000 valid calls made to the Washington State Tobacco Quitline. (page 17)
- smoking prevalence has declined among Washington's children, resulting in 70,000 fewer children smoking. (page 18)
- about 1 in 4 women report smoking three months prior to pregnancy as measured by the Pregnancy Risk Assessment Monitoring System (PRAMS). (page 24)
- secondhand smoke exposure in Washington homes with children has gone down by 79%. (page 25)

## I. Adult Cigarette Use

- In 2010, approximately 15% of Washington adults smoke cigarettes – equivalent to about 760,000 people. Our 15% smoking prevalence is lower than the national average of 17.3% (Median %) for the same year.

### Percentage of Adults who Smoke by Gender and Sexual Orientation, 2010

	Heterosexual	Homosexual	Bisexual/Other	All Adults
Male	15%	25%	38%	16%
Female	14%	17%	27%	14%
All Adults	14.5%	21.2%	30.9%	14.9%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010

### Percentage of Adults who Smoke by Age, 2010

18-24	16%
25-34	20%
35-44	14%
45-54	18%
55-64	14%
65 and above	7%
All Adults	14.9%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010

### Percentage of Adults who Smoke by Education, 2010

High School Degree or less	26%
Some College	19%
College Graduate	6%
All Adults	14.8%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010  
Estimates include English speaking respondents ages 25 years or older only.

### Percentage of Adults who Smoke by Household Income, 2010

Less than \$25,000	29%
\$25,000-\$49,999	17%
\$50,000 or more	10%
All Adults	14.9%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010

### Percentage of Adults who Smoke by Health Insurance Status, 2010

Do not have health insurance	28%
Have health insurance	13%
Unknown	18%
All Adults	14.9%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010

### Percentage of Adults who Smoke by Race/Ethnicity, 2010

White, non-Hispanic	15%
Hispanic	11%
African American, non-Hispanic	20%
Asian/Pacific Islander, non-Hispanic	9%
Native American/Alaskan Native, non-Hispanic	33%
Other/Multiracial, non-Hispanic	30%
All Adults	14.9%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010  
Persons of Hispanic Origin may be of any race. See Appendix B.

### Percentage of Adults who Smoke by Urban/Rural Location, 2010

Urban Core Area	14%
Large Metro Area	16%
Large Town	17%
Small Town/Rural Area	18%
Statewide	14.9%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010  
Urban/Rural designation using the Rural-Urban Commuting Area (RUCA) codes. See Appendix B.

## Percentage of Adults who Smoke by County

<b>County</b>	<b>2010 (CI)</b>	<b>2008-2010 (CI)</b>
Adams	10% (±6.3)	10% (±3.2)
Asotin	24% (±8.2)	22% (±4.3)
Benton	10% (±4.7)	14% (±3.0)
Chelan	16% (±6.4)	13% (±2.9)
Clallam	19% (±7.2)	17% (±3.6)
Clark	17% (±3.6)	16% (±1.8)
Columbia	12% (±12.5)	17% (±6.4)
Cowlitz	27% (±8.0)	24% (±4.1)
Douglas	14% (±5.4)	16% (±3.4)
Ferry	23% (±7.5)	27% (±6.4)
Franklin	8% (±5.8)	8% (±3.1)
Garfield	14% (±5.2)	20% (±8.4)
Grant	18% (±7.4)	16% (±3.6)
Grays Harbor	24% (±6.9)	24% (±3.8)
Island	12% (±5.0)	16% (±3.4)
Jefferson	14% (±6.2)	17% (±4.4)
King	12% (±1.7)	11% (±1.0)
Kitsap	17% (±3.6)	17% (±2.0)
Kittitas	14% (±6.5)	14% (±3.7)
Klickitat	15% (±5.3)	16% (±3.7)
Lewis	26% (±8.1)	19% (±3.9)
Lincoln	9% (±5.1)	15% (±3.6)
Mason	29% (±8.8)	26% (±4.6)
Okanogan	22% (±8.1)	23% (±4.0)
Pacific	15% (±5.5)	21% (±5.2)
Pend Oreille	14% (±6.9)	19% (±5.2)
Pierce	17% (±2.5)	17% (±1.4)
San Juan	12% (±7.2)	11% (±3.4)
Skagit	10% (±4.0)	15% (±3.2)
Skamania	22% (±17.3)	21% (±6.8)
Snohomish	14% (±2.6)	15% (±1.5)
Spokane	17% (±3.3)	21% (±1.9)
Stevens	22% (±8.8)	15% (±5.0)
Thurston	19% (±4.4)	18% (±2.2)
Wahkiakum	14% (±7.3)	21% (±4.7)
Walla Walla	13% (±6.5)	19% (±3.8)
Whatcom	11% (±4.2)	12% (±2.7)
Whitman	9% (±5.0)	14% (±3.1)
Yakima	14% (±3.4)	13% (±2.2)
<b>Statewide</b>	<b>14.9%</b>	<b>15.0%</b>

Source: Behavioral Risk Factor Surveillance System (BRFSS)  
CI: Confidence Interval

## Percentage of Adults who Smoked by Region, 2010

North Sound	11%
West Balance	23%
King	12%
Other Puget Sound Metro	16%
Clark	17%
East Balance	16%
Spokane	17%
Yakima-TriCities	12%
Statewide	14.9%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010  
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, 1999-2010

	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%
2009	15.0%	8.1%	14.8%
2010	15.0%	8.8%	14.9%

Source: Behavioral Risk Factor Surveillance System (BRFSS)

### Progress as of 2010:

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 2010. The drop in general adult smoking moved the state up in rank from 20<sup>th</sup> in 1999 to 11<sup>th</sup> in 2010 in terms of lowest overall smoking prevalence in the nation. This is a reduction of 329,000 fewer smokers in Washington since 1999. However, for the past two years the smoking rates in Washington have stalled.

## II. Adult Alternative Tobacco Use

### Cigar smoking

- The most recent data about cigar smoking was in 2008, where about 6% of Washington adults say that they smoked cigars in the past 30 days – equivalent to about 300,000 people

### Percentage of Adults who Smoked Cigars in the past 30 days by Age and Gender, 2008

	Male	Female	Total
18-24	20%	11%	16%
25-34	11%	3%	7%
35-44	7%	2%	5%
45-54	9%	2%	5%
55-64	5%	1%	3%
65 and above	3%	<1%	2%
All Adults	9.0%	2.9%	5.9%

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

### Percentage of Adults who Smoked Cigars by Education, 2008

High School Degree or less	7%
Some College	5%
College Graduate	3%
All Adults	4.6%

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

### Percentage of Adults who Smoked Cigars in the past 30 days by Household Income, 2008

Less than \$25,000	8%
\$25,000-\$49,999	5%
\$50,000 or more	6%
All Adults	5.9%

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

**Percentage of Adults who Smoked Cigars in the past 30 days  
by Health Insurance Status, 2008**

Do not have health insurance	10%
Have health insurance	5%
Unknown	*
All Adults	5.9%

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

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

**Percentage of Adults who Smoked Cigars in the past 30 days  
by Race/Ethnicity, 2008**

White, non-Hispanic	6%
Hispanic	6%
African American, non-Hispanic	8%
Asian/Pacific Islander, non-Hispanic	9%
Native American/Alaskan Native, non-Hispanic	10%
Other/Multiracial, non-Hispanic	7%
All Adults	5.9%

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

Persons of Hispanic Origin may be of any race. See Appendix B.

**Percentage of Adults who Smoked Cigars in the past 30 days  
by Region, 2008**

North Sound	6%
West Balance	8%
King	5%
Other Puget Sound Metro	7%
Clark	7%
East Balance	5%
Spokane	6%
Yakima-TriCities	6%
Statewide	5.9%

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 Smoked Cigars in the past 30 days  
by Year, 2003-2008**

2003	6.2%
2004	6.0%
2005	5.6%
2006	5.9%
2007	5.5%
2008	5.9%

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 cigars has remained unchanged.

**Smokeless tobacco use**

- In 2010, about 3% of Washington adults use smokeless tobacco – equivalent to about 175,000 people.

**Percentage of Adults who Used Smokeless Tobacco  
by Age and Gender, 2010**

	Male	Female	Total
18-24	10%	2%	6%
25-34	10%	<1%	5%
35-44	8%	1%	4%
45-54	5%	<1%	3%
55-64	3%	<1%	2%
65 and above	1%	<1%	1%
All Adults	6.2%	0.5%	3.4%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010

**Percentage of Adults who Used Smokeless Tobacco  
by Education, 2010**

High School Degree or less	6%
Some College	3%
College Graduate	2%
All Adults	3.5%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010  
Estimates include English speaking respondents ages 25 years or older only.

**Percentage of Adults who Used Smokeless Tobacco  
by Household Income, 2010**

Less than \$25,000	4%
\$25,000-\$49,999	3%
\$50,000 or more	3%
All Adults	3.4%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010

**Percentage of Adults who Used Smokeless Tobacco  
by Health Insurance Status, 2010**

Do not have health insurance	6%
Have health insurance	3%
Unknown	*
All Adults	3.4%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010  
\*Percentage not calculated; number of respondents was less than 5

**Percentage of Adults who Used Smokeless Tobacco  
by Race/Ethnicity, 2010**

White, non-Hispanic	4%
Hispanic	2%
African American, non-Hispanic	1%
Asian/Pacific Islander, non-Hispanic	1%
Native American/Alaskan Native, non Hispanic	4%
Other/ Multiracial non-Hispanic	1%
All Adults	3.4%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010  
Persons of Hispanic Origin may be of any race. See Appendix B.

**Percentage of Adults who Used Smokeless Tobacco  
in the past 30 days by Region, 2010**

North Sound	3%
West Balance	6%
King	2%
Other Puget Sound Metro	3%
Clark	4%
East Balance	6%
Spokane	3%
Yakima-TriCities	2%
Statewide	3.4%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010  
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
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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 Used Smokeless Tobacco by Year, 2003-2010

2003	3.1%
2004	3.5%
2005	3.0%
2006	2.4%
2007	3.2%
2008	3.7%
2009	3.7%
2010	3.4%

Source: Behavioral Risk Factor Surveillance System (BRFSS)

### Progress as of 2010:

Since implementation of the state's comprehensive Tobacco Prevention and Control Program, current use of smokeless tobacco has remained unchanged. In the past several years there has been a slight increase in adult smokeless tobacco use, though it is not significant.

## III. Quitting Smoking and Quitline Data

### Knowledge, Attitudes and Behaviors about Quitting in 2010

- 67% of adults who smoke say that they want to quit.
- 80% of adults who smoke say they would like to quit are seriously planning to quit within the next 6 months; 55% are planning to quit within the next 30 days.
- More than one-half (59%) of adults who smoke say that in the past 12 months they have stopped smoking for one day or longer because they are trying to quit.
- About two-thirds (74%) of adults who smoke have heard of the Washington State “Quit Line.”
- About two-thirds (62%) of adults who smoke were advised to quit by their healthcare provider during at least one visit within the past year.
- 43% of adults who smoke 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. Nearly a quarter (23%) say their health insurance will not cover the costs and a third say they “don’t know.”

Source: 2010 Washington Behavioral Risk Factor Surveillance System

### Quitline Data Summary for 2010

- In 2010 there were 22,836 screened calls made to the Quitline, an average of 1,900 calls per month.

Source: Quitline Data from January 01 to December 31, 2010; screened calls include ‘Call Types’ classified as ‘Information’, ‘Provider’, and ‘Tobacco User’ only.

- In 2010 there were 346 screened pregnant callers to the Quitline.

**Distribution of Quitline Callers by Age and Gender (N=21,100)**

	Male	Female	Total
Less than 18	1%	1%	1%
18-24	13%	12%	12%
25-34	25%	23%	24%
35-44	22%	20%	21%
45-54	25%	26%	25%
55-64	13%	14%	13%
65 and above	3%	4%	4%
All Adults	41%	59%	100%

Source: Quitline Data from January 01 to December 31, 2010  
Percentages may not add to 100 due to rounding.

**Distribution of Lesbian/Gay/Bisexual (LGB) Quitline Callers by Gender (N=15,699)**

	Male	Female	Total
Heterosexual	95%	93%	94%
LGB	5%	7%	6%

Source: Quitline Data from July 01 to December 31, 2010

**Distribution of Quitline Callers by Race/Ethnicity (N=16,308)**

White, non-Hispanic	80%
Hispanic	6%
African American, non-Hispanic	5%
Asian/Pacific Islander, non-Hispanic	2%
Native American, non-Hispanic	4%
Other, non-Hispanic	3%

Source: Quitline Data from January 01 to December 31, 2010  
Percentages may not add to 100 due to rounding.

**Distribution of Quitline Callers by Education (N=15,409)**

Less than High School Degree	21%
High School Degree	37%
Some College	31%
College Graduate	12%

Source: Quitline Data from January 01 to December 31, 2010

## Distribution of Quitline Callers by Payer Type (N=18,941)

Insured	9%
Uninsured	36%
Medicaid	55%

Source: Quitline Data from January 01 to December 31, 2010

## Number of Calls to the Quitline by Months

January	1,774
February	1,690
March	1,891
April	1,946
May	2,570
June	2,213
July	2,213
August	1,818
September	1,822
October	1,748
November	1,475
December	1,600

Source: Quitline Data from January 01 to December 31, 2010; calls include 'Call Types' classified as 'Information', 'Provider', and 'Tobacco User' only.

## Number of Calls to the Quitline by Year, 2001-2010

2001	13,402
2002	13,188
2003	12,250
2004	11,965
2005	20,064
2006	15,295
2007	15,285
2008	21,617
2009	27,591
2010	22,836

Source: Quitline Data from January 01, 2001 to December 31, 2010; calls include 'Call Types' classified as 'Information', 'Provider', and 'Tobacco User' only.

## IV. Youth Cigarette Use

- In 2010, approximately 13% of Washington 10th graders smoke cigarettes. Among all youth in Washington there are about 70,000 who smoke cigarettes. About 50 kids still start smoking every day in Washington.

### Percentage of Youth who Smoked Cigarettes in the past 30 days by Grade and Gender, 2010

	Male	Female	Total
6th Grade	2%	1%	1.7%
8th Grade	6%	7%	6.6%
10th Grade	13%	12%	12.7%
12th Grade	23%	16%	19.6%

Source: Healthy Youth Survey, 2010

### Percentage of Youth who Smoked Cigarettes in the past 30 days by Grade and Race/Ethnicity, 2010

	6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
White non-Hispanic	1%	7%	12%	21%
Hispanic	3%	7%	13%	14%
African American	1%	8%	18%	21%
Asian/Pacific Islander	1%	4%	6%	13%
Native American	4%	12%	21%	27%
All Students in Specified Grade	1.7%	6.6%	12.7%	19.6%

Source: Healthy Youth Survey, 2010

**Percentage of Youth who Smoked Cigarettes in the past 30 days  
by Grade and Region, 2010**

	6 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
North Sound	2%	7%	13%	18%
West Balance	2%	9%	15%	22%
King	1%	4%	8%	15%
Other Puget Sound Metro	1%	7%	14%	20%
Clark	2%	7%	14%	20%
East Balance	2%	7%	14%	18%
Spokane	1%	9%	17%	24%
Yakima-TriCities	2%	7%	11%	16%
Statewide	1.7%	6.6%	12.7%	19.6%

Source: Healthy Youth Survey, 2010

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, 1998-2010**

	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%
2008	1.4%	7.3%	14.4%	20.0%
2010	1.7%	6.6%	12.7%	19.6%

Source: 1998 and 2000 Washington State Survey of Adolescent Health Behaviors,  
1999 Washington State Youth Risk Behavior Survey, 2002-2010 Healthy Youth Survey

### Progress as of 2010:

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 70,000 fewer Washington children smoking.

## V. Youth Alternative Tobacco Use

### Smokeless Tobacco Use

- In 2010, approximately 6% of Washington 10<sup>th</sup> graders used smokeless tobacco. Among all youth in Washington, there are about 35,000 who use smokeless tobacco.

#### Percentage of Youth who Used Smokeless Tobacco in the past 30 days by Grade and Gender, 2010

	Male	Female	Total
6 <sup>th</sup> Grade	1%	1%	1.0%
8 <sup>th</sup> Grade	4%	2%	3.0%
10 <sup>th</sup> Grade	10%	3%	6.2%
12 <sup>th</sup> Grade	15%	3%	8.9%

Source: Healthy Youth Survey, 2010

### Cigar Smoking

#### Percentage of Youth who Smoked Cigars in the past 30 days by Grade and Gender, 2010

	Male	Female	Total
8 <sup>th</sup> Grade	5%	4%	4.3%
10 <sup>th</sup> Grade	11%	6%	8.5%
12 <sup>th</sup> Grade	25%	10%	17.4%

Source: Healthy Youth Survey, 2010

### Flavored Tobacco Use

#### Percentage of Youth who Smoked Candy, Fruit, or Alcohol-Flavored Tobacco, 2010

	Male	Female	Total
8 <sup>th</sup> Grade	5%	5%	5.0%
10 <sup>th</sup> Grade	13%	9%	10.6%
12 <sup>th</sup> Grade	24%	14%	18.8%

Source: Healthy Youth Survey, 2010

## Pipe Smoking

### **Percentage of Youth who Smoked Tobacco in a Pipe in the past 30 days by Grade and Gender, 2008**

	Male	Female	Total
8 <sup>th</sup> Grade	6%	4%	5.1%
10 <sup>th</sup> Grade	11%	4%	7.1%
12 <sup>th</sup> Grade	10%	4%	6.8%

Source: Healthy Youth Survey, 2008; was not asked in 2010

## Clove Cigarette Use

### **Percentage of Youth who Smoked Clove Cigarettes in the past 30 days by Grade and Gender, 2008**

	Male	Female	Total
8 <sup>th</sup> Grade	5%	3%	4.0%
10 <sup>th</sup> Grade	9%	4%	6.7%
12 <sup>th</sup> Grade	10%	4%	7.0%

Source: Healthy Youth Survey, 2008; was not asked in 2010

## VI. Tobacco Use During Pregnancy

- Maternal smoking is measured by the Pregnancy Risk Assessment Monitoring System (PRAMS), measuring women who report smoking 3 months prior to pregnancy.

### Percentage of Mothers who Reported Smoking by Age, 2007-2009

	PRAMS
Less than 20 years old	37%
20-24 years old	33%
25-29 years old	19%
30-34 years old	12%
35 years and older	10%
<b>Overall</b>	<b>20.9%</b>

Source: PRAMS - women reporting smoking 3 months prior to pregnancy

### Percentage of Mothers who Reported Smoking by Race/Ethnicity, 2007-2009

	PRAMS
White, Non-Hispanic	25%
African American, Non-Hispanic	20%
Native American, Non-Hispanic	43%
Asian, Non-Hispanic	6%
Native Hawaiian/Other Pacific Islander, Non-Hispanic	29%
Hispanic	10%
<b>Total</b>	<b>20.9%</b>

Source: PRAMS - women reporting smoking 3 months prior to pregnancy

## Percentage of Mothers who Reported Smoking by Year

Year	PRAMS
1998	28.9%
1999	26.2%
2000	24.6%
2001	23.7%
2002	25.7%
2003	24.7%
2004	22.9%
2005	21.7%
2006	24.5%
2007	23.0%
2008	23.1%
2009	25.6%

Source: PRAMS - women reporting smoking 3 months prior to pregnancy

## VII. Secondhand Smoke Exposure

### In Worksites

- About 2% of currently employed Washingtonians say that in a typical week they have been exposed to secondhand smoke for more than an hour at their workplace.
  - ❖ Of those who have been exposed to smoke in their workplace for more than an hour 58% are non-smokers.
- Less than 1% of currently employed Washingtonians say that in a typical week they have been exposed to secondhand smoke at their workplace - for less than an hour
  - ❖ Of those who have been exposed to smoke in their workplace for less than an hour 69% are non-smokers.

On December 8, 2005 Washington State became the 10<sup>th</sup> state in the nation to implement a comprehensive indoor smoking law, which resulted from 2-1 Voter approval of Initiative 901 in November. The revised Clean Indoor Air Act prohibits smoking in indoor public spaces and places of employment, including restaurants, bars, taverns, bowling centers and non-tribal casinos.

Source: Washington Behavioral Risk Factor Surveillance System, 2008

### At Home

- 93% of Washingtonians say that no one has smoked in their home in the past 30 days.
  - ❖ 4% say that someone has smoked in their home every day in the past 30 days.
- 95% of Washingtonians say that no one is allowed to smoke inside their home.
  - ❖ 79% of Washingtonians who smoke say that no one is allowed to smoke inside their home.
- 7% of all adults say that smoking occurred in their home in the past 30 days. This is down from 19% in 2000, a reduction of about 62%.
  - ❖ 4% of adults with children in the household say that smoking occurred in the home in the past 30 days. This is down from 19% in 2000, a reduction of 79%.

Source: Washington Behavioral Risk Factor Surveillance System, 2010

- 71% of youths report that they do not live with anyone who smokes.

Source: Washington Healthy Youth Survey, 2010

## Public Opinion

- 79% of Washingtonians say that breathing secondhand smoke is annoying to them.
- 92% of Washingtonians say that breathing secondhand smoke is harmful.
- 72% of Washingtonians favor banning tobacco use in outdoor public areas where children may be present.

Source: Washington Behavioral Risk Factor Surveillance System, 2010

## 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 11.0. Some estimates were obtained from previously published reports.

### **Population Data and Regional Designations**

Population data are taken from the Office of Financial Management (OFM). The Washington State OFM produces intercensal state and population estimates by age, sex, and race / ethnicity.

- For more information go to the OFM Population web site: <http://www.ofm.wa.gov/pop/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 or Spanish (since 2003) speaking adults age 18 years and older in households with landline telephones. Interviews are conducted in English or Spanish, 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/EHSPHL/CHS/CHS-Data/brfss/brfss\\_homepage.htm](http://www.doh.wa.gov/EHSPHL/CHS/CHS-Data/brfss/brfss_homepage.htm)
- 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>

### **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); 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 2010, about 34,000 students participated in the Healthy Youth Survey and contributed to the statewide results. In addition, approximately 212,000 students participated and contributed to local level results for counties, educational service districts, school districts and school buildings.

- For more information on the HYS, go to:  
<http://www.doh.wa.gov/healthyouth/default.htm>

### **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/RuralUrban1.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/pop/default.asp>

### **Hispanic Origin**

Persons of Hispanic Origin 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, Puerto Rico, or the Spanish-speaking countries of Central or South America, regardless of race.

The Behavioral Risk Factor Surveillance System (BRFSS) and the Healthy Youth Survey (HYS) treats Hispanic as an ethnic group.

For additional Washington State guidelines for using race and ethnic groups in data analysis, go to: [http://www.doh.wa.gov/data/guidelines/REGL2010\\_1.htm](http://www.doh.wa.gov/data/guidelines/REGL2010_1.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 currently using chewing tobacco, snuff, or snus “every day” or “some 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 populations speaking neither English nor Spanish, 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 2010 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://www.doh.wa.gov/healthyyouth/technical>

### **Maternal Smoking**

Statewide maternal smoking is measured using PRAMS data of women who report smoking 3 months before pregnancy. PRAMS data are weighted so that the results reflect the women who are Washington residents and gave birth that year. 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>

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).