

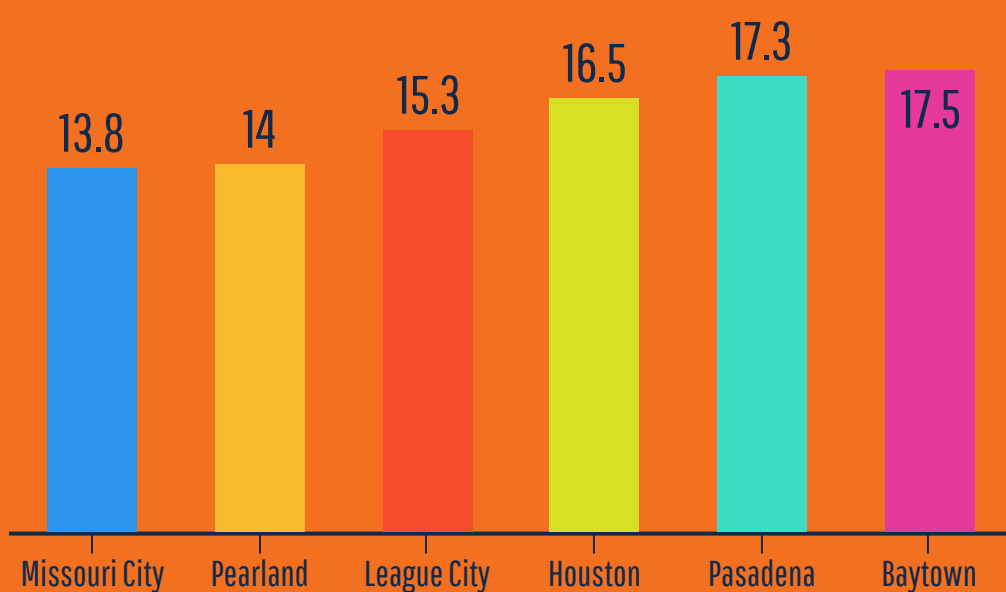
HOUSTON HEALTH HIGHLIGHTS

Tobacco Use & Health

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Smoking is the leading cause of preventable death in the United States.

Percentage of adults who currently smoke cigarettes.



Source: Texas Behavioral Risk Factor Surveillance System

In 2017, the percentage of adult smokers in Houston was slightly lower than reported in the State of Texas (17.1%). Men were more likely to report smoking (18.6 percent) compared with women (14.3 percent). American Indian/Alaska Native adults reported the highest prevalence of smoking (28.7 percent). People with lower educational attainment and those living in rural areas have higher smoking rates.

According to the Centers for Disease Control and Prevention, tobacco use results in premature death in almost half a million Americans each year and contributes to profound disability and pain in many others.



What Works



PARENTS

- Learn about the risks for young people.
- Talk to their children about the risks of smoking among young people.
- Express firm expectations that their children remain tobacco-free.
- Set a positive example by being tobacco-free.



LEGISLATORS

- increasing the unit price of tobacco products, encouraging smoke-free private settings, providing insurance coverage of tobacco cessation products, limiting minors' access to tobacco products and prohibiting smoking in all worksites, restaurants and bars.



AT WORKPLACE

- Worksite-based incentives and competitions to reduce tobacco use among workers offer rewards to individual workers and to teams as a motivation to participate in a cessation program or effort.
- Rewards can be provided for participation, for success in achieving a specified behavior change, or for both.

Content source: Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion