



Tobacco Use

About the Issue

Smoking is a leading cause of preventable death and also can cause many illnesses, including heart disease, stroke, emphysema and lung cancer. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. More than 16 million Americans are living with a disease caused by smoking. Each year, smoking costs the US billions in direct care expenditures and lost productivity due to premature death and exposure to secondhand smoke.

Healthy People 2020 Tobacco Use Objectives

The target goal of current adult cigarette smokers has been set at 12%

Putnam is at 15.3%

The target goal of adolescent cigarette smokers (past 30 days) has been set at 16%

Putnam is at 7.1%

The target goal of adolescent smokeless tobacco use (past 30 days) has been set at 16%

Putnam is at 5%

1. CDC, Smoking and Tobacco Use, www.cdc.gov
2. Healthy People, Tobacco Use, www.healthypeople.gov

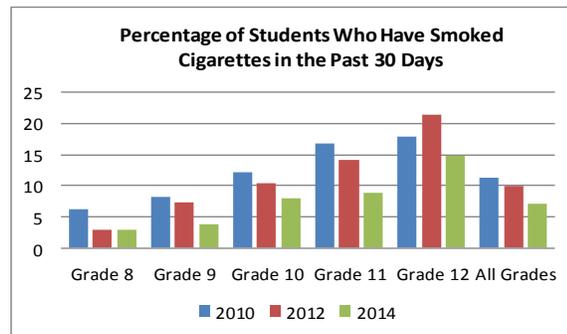
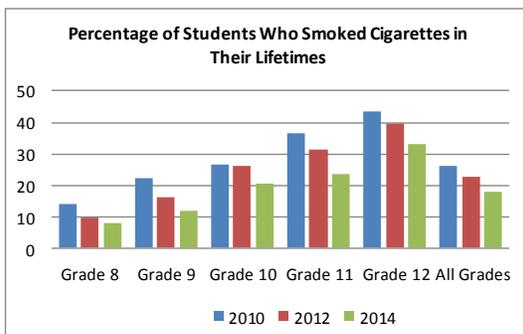
Putnam Smoking Statistics

Since 2009, **about half (48%)** of Putnam county residents have consistently reported *smoking more than 100 cigarettes in their lifetimes* and this number is increasing. (POWR)

15.3% of Putnam County residents currently *smoke cigarettes*. (BRFSS)

Of those who smoke, **almost 20%** report *poor mental health*. (BRFSS)

Youth Tobacco Use



The 2014 Prevention Needs Assessment Survey for Putnam County reported that the percentage of students who report ever smoking cigarettes in their lifetimes has declined since 2010 among all grade levels. Half of those who reported ever smoking reported current smoking within the past 30 days. Although current smoking has been declining among all grade levels since 2010, there was an overall increase among 8th graders between 2010 and 2014. Problem cigarette (1/2 pack or more per day) use has also declined since 2010 among all grade levels; half of those reporting current use reported smoking half a pack or more a day.

Cancer Incidence and Mortality

Lung and Bronchus Cancer: The lung and bronchus cancer incidence rate in Putnam County declined from 2003 to 2008, but increased in 2009 and 2010. The county's mortality rate has remained under the NYS rate since 2006 but appears to be increasing since 2009.

Lip Oral Cavity and Pharynx Cancer: Both the Putnam County incidence rate and mortality rate of lip, oral cavity and pharynx cancer have been declining and are below the NYS (without NYC) rate since the mid 2000s.

In addition to smoking as a risk factor for Lung and Bronchus cancer, it is also important to note that Putnam County has increased levels of radon that may also be influencing these figures.

Lung and Bronchus Cancer is the 3rd leading cause of cancer and the 2nd leading cause of mortality in males and females.

Where do we stand in comparison to other Hudson Valley counties?

POW'R (Putnam Orange Westchester Rockland) Against Tobacco works to lower the prevalence of tobacco use, advertising, sponsorship and promotion through education, media and advocacy in NY. POW'R conducts a yearly phone survey among the Hudson Valley counties regarding several tobacco related topics including personal use and policy opinions.

"Have you smoked at least 100 cigarettes in your lifetime?"

Currently, nearly half (48%) of Putnam County residents report smoking at least 100 cigarettes, which is superseded by a response rate of 54% by Ulster county. Dutchess and Orange county have the lowest rates of 42% and 43%.

"Do you currently smoke cigarettes?"

Since 2011, over 88% of Putnam county residents do not smoke cigarettes. Currently, the county rate is most comparable to that of Dutchess county (87%). Orange and Ulster County have similar rates of 82% and 83%, respectively.

Local Initiatives in Putnam County

CHIP: Community Health Improvement Plan

The Putnam County CHIP, a collaborative plan used as a guide in improving the health of Putnam County residents, specified *prevention against tobacco use by adults/youths and promotion of smoking cessation* as priority areas. Objectives to meet these goals include increasing Putnam County legislative policies that restrict the sale and marketing of tobacco products, decreasing the percentage of youth using e-cigarettes, increasing the number of providers who complete the 5A screening through the use of EMRs (electronic medical records) and increasing the number of referrals to the NYS Quitline.

Recent Putnam County Law Amendments

In the spring of 2015, Putnam County made two significant policy changes regarding tobacco use. In March the Health, Social, Educational and Environmental Committee moved to revise the definition of smoking to include e-cigarettes, which have been a gateway for youth to use tobacco product. The second policy change moved to expand the Indoor Clean Air Act, making it illegal to smoke e-cigarettes wherever cigarette smoking is prohibited. In April 2014, both policies were passed. Discussion continues as to whether or not raise the tobacco purchasing age to 21.

Putnam Hospital Center: Opt To Quit

A program developed by Roswell Park Cancer Institute and facilitated by NYS Quitline, Opt To Quit assists patients who wish to quit smoking. Inpatients and outpatients are asked if they smoke as part of a routine nursing assessment. If they respond yes, patients are asked if they want information on smoking cessation and whether they want their name and number given to the Opt-to-Quit line. If they agree, a representative from the state program will contact them within 48 to 72 hours from discharge and provide them with a range of services at no cost to them. Partners include POW'R Against Tobacco and the Center for a Tobacco-Free Hudson Valley.

The ultimate goal, in addition to promoting smoking cessation, is to increase the number of referrals to the NYS Quitline through the use of EMRs, thus demonstrating the ease and impact of implementing such a program.

National Initiatives: CVS Pharmacy

In the fall of 2014, CVS became the first major drugstore chain to stop selling tobacco products. CVS reported that the sales conflicted with their health care mission and the evolution of health care delivery to focus more on better health outcomes and reducing costs were driving forces in the decision. To substantiate this move, CVS launched a smoking cessation campaign, restocking shelves with medication support to help curb the desire to use tobacco, in addition to education and coaching.

Throughout the years, POW'R data has consistently shown that the majority of Putnam, as well as other Hudson Valley respondents, favor tobacco sale restrictions in pharmacies:

“Should pharmacies sell tobacco?”

Currently, 62% of Putnam county residents agree that pharmacies should not sell tobacco products, a similar response rate among other Hudson Valley respondents.

“Are you in favor of a law that would ban sale of tobacco products in pharmacies?”

Currently, a third of Putnam County and other Hudson valley respondents are in favor of a law that would ban the sale of tobacco products in pharmacies, while nearly a fourth of the respondents are strongly against such a law.



Getting Help: NYS Quitline

The New York State Smokers' Quitline is a free and confidential service that provides effective smoking cessation services to New Yorkers who want to stop smoking. The Quitline offers telephone coaching in English and Spanish (translations in other languages available), a starter kit of free nicotine replacement medications for eligible smokers and provides coaching and NRT coverage for at least two quit smoking attempts per year.

2013 and 2014 NYS Quitline Quick Facts:

Age

In 2013 and 2014, nearly a fourth of those who spoke to a Quitline counselor were under 34 years old.

Gender

In 2013, more males (56%) than females (44%) spoke to a Quitline counselor. In 2014 male and female percentages were relatively similar (48% and 52%, respectively).

Amount Smoked Daily

In 2013 and 2014, 3/4 of those who spoke to a Quitline counselor smoked at least a pack per day (20 cigarettes or more).

Years Smoked

In 2013 and 2014, a quarter of those who spoke to a Quitline counselor had a smoking history of 21 years or more.

Insurance Status

In 2013 and 2014 the majority of those who spoke to a Quitline counselor were uninsured, or on Medicaid or Medicare.

Source of Quitline Number

In 2013 and 2014, most of those who spoke to a Quitline counselor heard about the program through TV broadcasting.

1-866-NY-QUITS (1-866-697-8487)

For questions please email:

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