

Tobacco Smoking and Vaping



Risk Factors

- **Age**
Tobacco use at a young age is associated with increased nicotine dependence and long-term tobacco use, leading to long-term health effects.
 - **Race/Ethnicity**
In 2020, non-Hispanic Other and non-Hispanic White had the highest percentage of e-cigarette use.
 - **Sex**
About 14 out of every 100 adult men currently smoke cigarettes, compared to about 11 in every 100 adult women.
 - **Sexual Orientation**
In 2020, current cigarette smoking was highest among lesbian, gay, and bisexual adults than heterosexual/straight adults.
 - **Geographical**
Rural residents are more likely to begin using tobacco products younger than suburban and city residents.
 - **Socioeconomic Status**
 - **Social and physical environments**
- Smoking and Vaping increases the risk of:**
- Lung Diseases
 - Heart Diseases
 - Cancer
 - Alzheimer's Disease
 - High Blood Pressure

Tobacco is produced by drying the leaves of tobacco plants. When used in smoking products, the tobacco burns, allowing the smoke to be tasted or inhaled. Although tobacco derives from a plant, it contains a toxic chemical called nicotine. People use many methods to smoke tobacco; the most common are cigarettes.

Facts

- In 2021, about 1 out of every 35 middle school students (2.8%) and about 1 of every 9 high school students (11.3%) reported that they had used e-cigarettes in the past 30 days.
- In 2020, current e-cigarette use was highest among those aged 18–24 years old (9.4%).
- In 2018, cigarette smoking cost the U.S. more than \$600 billion, including more than \$240 billion in healthcare spending .
- In 2020, current cigarette use "every day" or "some days" were highest among those aged 45–64 years (14.9%).
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For more information and data go to
to
www.SDHealthStatistics.com
Community Health Statistics Unit:
619-692-6667

Prevention & Treatment

- **Medication**
 - Bupropion (Zyban®)
 - Varenicline (Chantix®)
 - Nicotine replacement (gum, patch, lozenge)
- **Behavioral Therapies**
 - Cognitive-behavioral therapy (CBT)
 - Self-help materials
 - Mail, phone, and internet quitting resources
- **Kick it California** provides free telephone, text, and chat-based counseling
 - English: 1-800-300-8086
 - Spanish: 1-800-600-8191
 - Text "Quit Vaping" or "Quit Smoking" to **66819** to speak with a Quit Coach.
 - **Asian Smokers' Quitline** (Cantonese, Mandarin, Korean, Vietnamese).

Resources

County of San Diego
Tobacco Control Resource
Program (TCRP)

www.sandiegocounty.gov

Kick it California

<https://kickitca.org>