

Smoking

Top Causes of Death - Snohomish County

In 2008 cancer (24%) and heart disease (23%) continued to account for almost one out of two deaths in Snohomish County. The two leading underlying causes, or major risk factors, for death were tobacco (18%) and poor diet and physical activity (15%). Alcohol (4%) was a distant third leading cause. All of these risk factors are preventable, and public health plays an important role in working to decrease unnecessary death and disease.

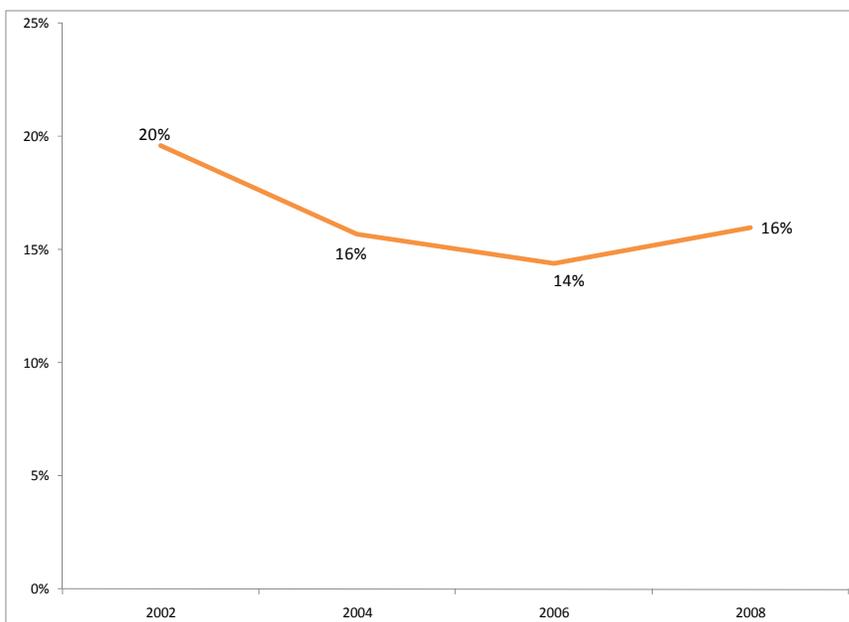
Smoking

Smoking is a serious risk factor for heart disease, several cancers, and other respiratory conditions like chronic obstructive pulmonary disease and asthma. For 2001-2005, lung cancer was the leading cause of cancer deaths and was the third leading causes of cancer incidence. Of 11 chronic diseases described in our *Chronic Disease in Snohomish County* report, smoking was a risk factor for at least eight of the diseases. Smoking during pregnancy increases the risk of spontaneous abortion, low birth weight, and sudden infant death syndrome. Because smoking has long been identified as a leading cause of illness and death, addressing tobacco use is an important public health activity. Declines in smoking prevalence rates demonstrate the success of prevention efforts in our community. Continued effective prevention activities will prevent unnecessarily lost lives, disease, suffering, and expense.

Youth

Convincing youth not to smoke is a major concern of public health officials not only because smoking leads to mortality and morbidity, but also because adolescents are more susceptible to addiction, and smoking is associated with other drug use.

10th Grade Youth Who Currently Smoke
Snohomish County, 2002 - 2008



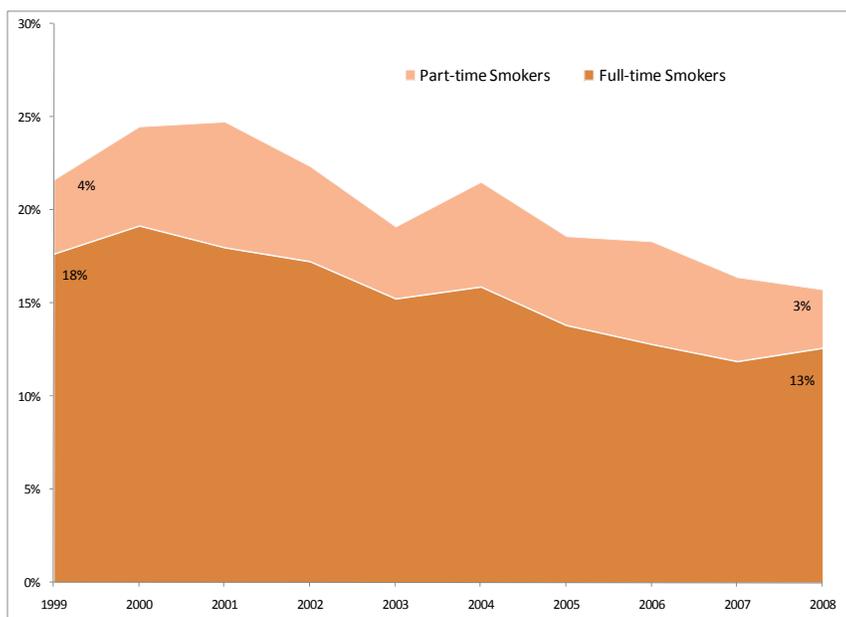
Data source: Washington State Healthy Youth Survey, 2002 - 2008

- From 2002 through 2008, the proportion of 10th graders who reported smoking declined by 18%.
- In 2008, one in six (16%) of 10th graders reported they currently smoke. While there was a small increase from 2006 to 2008, this was not a significant increase. Snohomish County is at the national goal of 16% for youth who smoke.



Smoking

Adults Who Currently* Smoke Snohomish County, 1999 - 2008



*Full-time (every day) + Part-time = Current Smoker

Data source: BRFSS 1999 - 2008

Adults

- The proportion of adults who said they currently smoke declined 27% between 1999 and 2008.
- In 2008, 16% of adults reported they currently smoke. Snohomish County does not meet the national goal of 12%.
- More than one in eight (13%) adults smoked every day in 2008.
- The proportion of adults who reported smoking part-time (do not smoke every day) did not change between 1999 and 2008. Only 3% of adults smoked part-time in 2008.

Prevalence Rates of Adult Smoking by Health Planning Area (HPA) Snohomish County, 2003 - 2007

Health Planning Areas	Zip Codes	Tobacco Use %	95% Confidence Interval	Estimated # of Adult Smokers
Arlington-Stanwood	98223,98292	17.7	(15.1, 20.8)	8,600
East County	98241,98251,98252,98294	26.8*	(21.7, 32.6)	4,200
Marysville-Tulalip	98270,98271	22.3*	(19.4, 25.5)	10,800
Lake Stevens	98205,98258	19.0	(15.4, 23.3)	5,300
Monroe-Snohomish	98272,98290	18.7	(15.7, 22.0)	8,300
North Everett	98201,98203	23.0*	(20.0, 26.3)	11,500
South Everett	98204,98208	21.0*	(18.3, 24.1)	13,500
Edmonds-Mukilteo	98020,98026, 98275	13.1*	(11.1, 15.5)	7,600
Lynnwood-Mtlk Terrace-Brier	98036,98037,98087,98043	19.7	(17.5, 22.2)	15,700
Mill Creek-Bothell	98012,98021,98072,98077,98296	10.8*	(9.0, 13.0)	8,800
Total		18.2	(17.3, 19.2)	94,300

***Bold** = significant [p-value < 0.05]; Data source: BRFSS 2003-2007

- The prevalence of smoking varied by HPA and ranged from 11% to 27%.
- Two HPAs (Mill Creek-Bothell, Edmonds-Mukilteo) had significantly lower smoking rates than the overall average of 18% for the period 2003 – 2007. Smoking rates were higher than the average in East County, Marysville-Tulalip, and North and South Everett HPAs.
- Based on the population residing in each HPA, the estimated number of adults who currently smoke varied from 4,200 to more than 15,000. This does not take into account the population exposed to secondhand smoke.