



FACTS ABOUT

Cancer and Tobacco in Idaho

Tobacco use is the single most important risk factor for cancer incidence and mortality. **Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.** In the U.S., tobacco use is responsible for nearly 1 in 5 deaths; this equals about 480,000 premature deaths each year. **At least 80% of lung cancer deaths are attributable to smoking.** Besides lung cancer, tobacco use also increases the risk for cancers of the mouth, lips, nose and sinuses, larynx, pharynx, esophagus, stomach, pancreas, kidney, bladder, uterus, cervix, colon/rectum, ovary (mucinous), and acute myeloid leukemia. In Idaho, 1,300 youth under the age of 18 become new daily smokers each year.

At the time of this printing, electronic nicotine delivery systems are unregulated by the FDA and the health implications of using these devices remain unknown.

Idaho by the Numbers

Prevalence

- The 2012 adult smoking rate was 16.4%. That is about 190,000 adult smokers in Idaho.
- 16.3% of adult males were smokers and 16.6% of adult females were smokers.
- In 2012, 9% of adult male Idahoans used smokeless tobacco.

- Among high school students, 17.8% reported smoking cigarettes or cigars or using chewing tobacco, snuff, or dip (i.e., used any tobacco) on one or more of the past 30 days in 2013.

Survival

- From 2000-2007, the 5-year survival rate for lung cancer was 14.5%.

Costs

- Residents' state and federal tax burden from smoking is \$539 per household per year.
- Annual healthcare costs in Idaho directly caused by smoking is \$319 million.

Mortality

- 30% of cancer deaths are attributable to tobacco use.

- 87% of lung cancer deaths are attributable to tobacco use.
- 1,600 Idahoans die each year from smoking.
- 6,037 people died from lung cancer in Idaho in the last 10 years (2003-2012). Of these, 3,312 were male and 2,725 were female.



Smoking Disparities

- The lesbian, gay, bisexual, or transgender (LGBT) community is among the populations most severely impacted by tobacco use. In 2012, people who were LGBT had the highest smoking prevalence. The LGBT smoking prevalence was 43.3% in Idaho, which is over 2.5 times higher than overall for adults.
- Persons with less than a high school diploma were over six times as likely to smoke as college graduates.
- American Indians and Alaskan Natives were about twice as likely to smoke.

Cancer-causing agents (carcinogens) in tobacco smoke damage genes that control the growth of cells, causing them to grow abnormally or to reproduce too rapidly.



Cancer and Tobacco in Idaho

Incidence of Tobacco-Related Cancers* by Idaho Health District (2011)

Cancer	PHD 1	PHD 2	PHD 3	PHD 4	PHD 5	PHD 6	PHD 7	All of Idaho
Acute Myeloid Leukemia	5	2	7	23	5	6	11	59
Bladder	60	37	53	103	44	25	28	350
Cervix	8	2	14	13	6	6	4	53
Colorectal	118	51	105	138	83	74	70	639
Corpus Uteri	45	13	39	53	19	21	21	211
Esophagus	12	2	14	19	6	7	9	69
Kidney & Renal Pelvis	44	17	48	78	22	23	26	258
Larynx	6	6	5	13	4	1	3	38
Lung & Bronchus	168	82	154	205	92	76	61	838
Oral Cavity & Pharynx	39	16	26	65	33	16	15	210
Ovary	14	8	13	27	5	11	13	91
Pancreas	32	10	37	42	17	27	21	186
Stomach	21	5	8	22	3	8	8	75
Total by HD	572	251	523	801	339	301	290	3077

*Population attributable fractions for tobacco vary by cancer site

Prevention and Cessation

If a person stops smoking before a cancer develops, damaged lung tissue gradually starts to repair itself. No matter what age or how long a person smoked, quitting lowers the risk for cancer and other chronic diseases.

- Of the 16.4% of adults who smoke in Idaho, 55.6% have attempted to quit.
- 8,495 Idahoans used the QuitLine and the QuitNet in 2012 to stop smoking.

Idaho Tobacco Cessation Resources
1-800-QUIT NOW
www.quitnow.net/Idaho



The Tobacco Free Idaho Alliance (TFIA) is an alliance of statewide stakeholders in tobacco control and prevention.

CCAI Objectives

- Decrease the number of lung cancer deaths
- Decrease use of tobacco products by adults and adolescents

Call to Action

- Support evidence-based policy and legislative solutions designed to eliminate tobacco
- Adopt the appropriate tobacco-related goals & objectives from the CCAI Strategic Plan and Tobacco Free Idaho Alliance (TFIA) Strategic Plan as priorities for your organization
- Become a champion for effective tobacco prevention and cessation programs, which support tobacco-free lifestyles
- Refer friends, family, coworkers, and employees to cessation programs and services
- Join CCAI and the TFIA and work toward a tobacco-free and healthier Idaho



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Comprehensive Cancer Alliance Idaho: www.ccaidaho.org
Project Filter: www.projectfilter.org

All references available through the Department of Health and Welfare