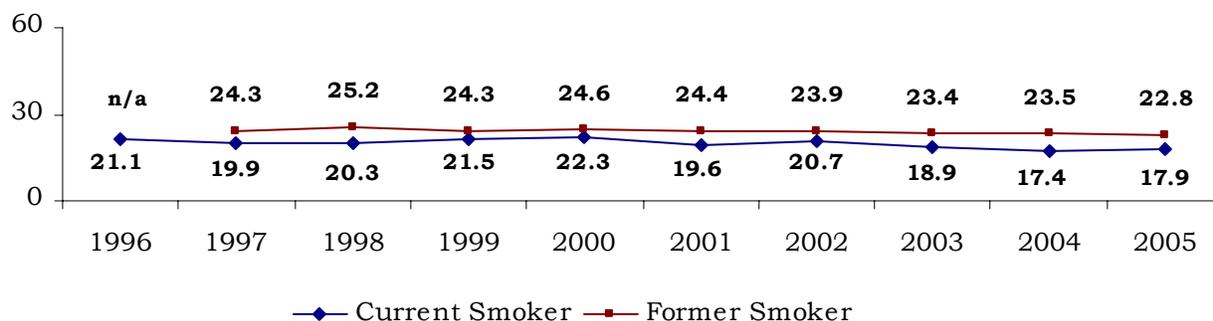


Tobacco Use in Idaho

Smoking Status and Cessation, 2005

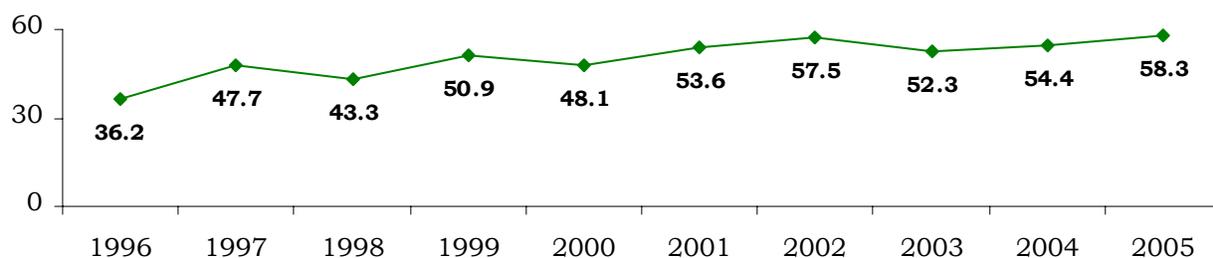
On November 16, 2006, the American Cancer Society sponsored the 30th Great American Smokeout. The Great American Smokeout is a national campaign that provides education and resources to help reduce tobacco use.¹ In 2005, approximately 45.1 million (20.9 percent) U.S. adults were current cigarette smokers.² In 2005, 17.9 percent of Idaho adults were current smokers. This is significantly fewer than in 1996 (21.1 percent). The percentage of Idaho adults who were former smokers remained steady at 22.8 percent in 2005.

Percent of Idaho adults by smoking status, 1996-2005



In the U.S. during 2005, an estimated 19.2 million (42.5 percent) current smokers had stopped smoking for at least one day during the preceding 12 months because they were trying to quit.² In Idaho during 2005, 58.3 percent of current smokers stopped smoking for at least one day in an attempt to quit. This is significantly higher than in 1996 (36.2 percent).

Percent of Idaho adults who stopped smoking for one day within the previous 12 months in an attempt to quit, 1996-2005

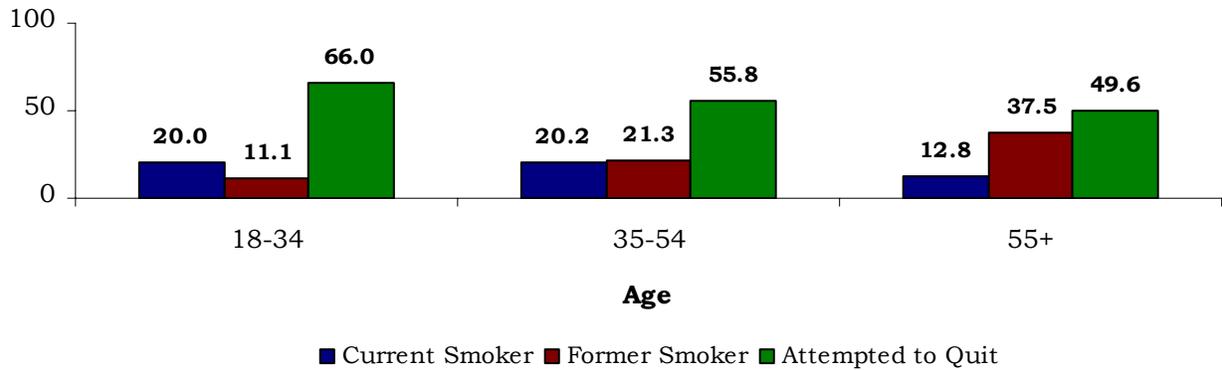


Fast Facts – 2005

- Idaho adult males were significantly more likely (27.4 percent) to be former smokers when compared with Idaho adult females (18.1 percent).
- Employed Idaho adults were significantly less likely (19.0 percent) to be current smokers when compared with unemployed Idaho adults (36.2 percent).
- Idaho non-Hispanic adults were significantly more likely to be former smokers when compared with Hispanic adults (23.4 percent and 14.7 percent, respectively).
- In 2005, about three-in-four (78.7 percent) Hispanic adults reported that they had stopped smoking for one day in an attempt to quit smoking. This was significantly more than the 55.8 percent of non-Hispanic adults that had attempted to quit smoking.

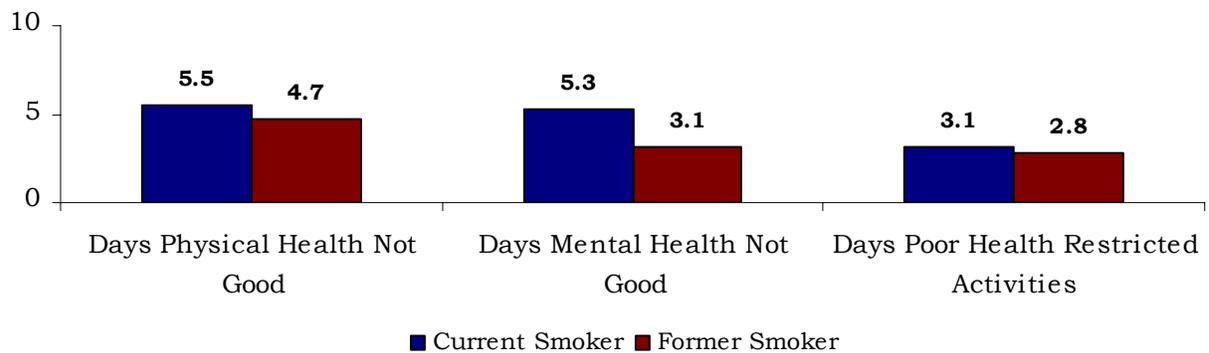
In 2005, Idaho adults younger than 55 years old were almost twice as likely to be current smokers (20.0 percent for adults aged 18 to 34 and 20.2 percent for adults aged 35 to 54 years old) as adults 55 years and older (12.8 percent). As age increased the likelihood of being a former smoker also increased. About one-in-ten (11.1 percent) Idaho adults aged 18 to 34 were former smokers compared with almost four-in-ten (37.5 percent) former smokers aged 55 and older. Idaho adults aged 18 to 34 were significantly more likely to report that they had stopped smoking for at least one day in an attempt to quit smoking when compared with Idaho adults 55 years and older.

Percent of Idaho adults by smoking status and age, 2005



According to the American Cancer Society, a person’s health begins to recover as soon as 20 minutes after they quit smoking.³ In 2005, former smokers reported fewer days their physical health was “not good” and fewer days that poor health restricted their activities when compared with current smokers. Former smokers experienced significantly fewer days of poor mental health than current smokers.

Average number of poor health days in past month among Idaho adult current and former smokers, 2005



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