

# FACT SHEET

## Multiple Health Risks from Tobacco Use

According to the Centers for Disease Control and Prevention (CDC):<sup>1</sup>

- Nearly one of every five deaths in the U.S. is related to smoking.
- Smoking is the leading cause of preventable death in the U.S., causing an estimated 438,000 premature deaths annually.
- Cigarettes kill more Americans than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs combined.
- Smokers die an average of 13 years earlier than nonsmokers.

According to the U.S. Surgeon General:

- Secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer.<sup>2</sup>
- Smoking is harmful to nearly every organ in the body, causing disease and worsening existing illnesses.<sup>3</sup>
- The list of smoking-attributed diseases includes cancers of the lungs, kidneys, stomach, cervix, and pancreas; leukemia; chronic lung disease; pneumonia; heart disease; aortic aneurysms; cataracts; and gum disease.<sup>3</sup>
- Nationwide, 8.6 million people have at least one serious illness or disease caused by smoking.<sup>3</sup>

## Health Costs

In 2004, for the 50 states and Washington, DC:<sup>6</sup>

- Healthcare costs from smoking-attributable diseases were \$1.9 billion.
- Each pack of cigarettes sold costs an estimated \$5.13 in direct medical expenses.
- Per capita Medicaid costs from smoking-attributable diseases were \$129.90.

In 2004 in Wyoming:<sup>6</sup>

- The total smoking-attributable healthcare costs were \$136 million.
- Each pack of cigarettes sold in Wyoming costs an estimated \$5.71 in direct medical expenses.
- Per capita Medicaid costs from smoking-attributable diseases were \$94.97.

## Mortality and Morbidity in Wyoming

Wyoming had the second highest smoking-attributable mortality rate (294.2 deaths per 100,000 people) and the second highest rate of potential life lost from smoking (3,779.5 years per 100,000 people) in the Rocky Mountain region from 1997 to 2001.<sup>5</sup>

- Every year, an estimated 676\* Wyoming adults die from smoking-attributable causes.<sup>4</sup>
- 9,278\* years of potential life are lost for the 676 annual smoking-attributable deaths (based on the average life expectancy in the United States).<sup>4</sup>

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\*This number is an average annual total from 1997 to 2001, among adults aged 35 years and older, and omits deaths by burns and from secondhand smoke.

### WYSAC Fact Sheet:

### Health and Economic Costs

Corresponding to WYSAC Issue Brief #2008-07

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# FACT SHEET *cont.*

## Productivity Losses and Other Costs

Smoking and tobacco use negatively affect every citizen due to lost workforce productivity. In the United States:<sup>7</sup>

- Costs of property damage from smoking-caused fires total more than \$400 million annually.
- Extra maintenance costs from tobacco smoke and litter amount to \$4 billion in annual expenses for commercial businesses.

In 2004, for the 50 states and Washington, DC:<sup>6</sup>

- Lost productivity was estimated at \$1.9 billion.
- Each pack of cigarettes sold costs an estimated \$5.16 in lost productivity.

In Wyoming:

- Smoking-attributable lost-productivity costs are more than \$145 million per year.<sup>3</sup>
- In 2004, lost productivity was estimated at \$136 million.<sup>6</sup>
- In 2004, each pack of cigarettes sold in Wyoming costs an estimated \$6.51 in lost productivity.<sup>6</sup>

## Cessation: A Solution

Widespread cessation of tobacco use will produce marked benefits in reducing smoking-attributable health risks, mortality, morbidity, health costs, and productivity losses. Tobacco cessation has marked benefits in lowering the risk of disease and premature death.

### Health Benefits Over Time When Smokers Quit<sup>8</sup>

Time Since Last Cigarette	Benefit
20 minutes	Heart rate and blood pressure drop.
12 hours	The carbon monoxide level in the bloodstream drops to normal.
2 weeks to 3 months	Circulation improves and lung function increases.
1 to 9 months	Coughing and shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
1 year	The excess risk of coronary heart disease is half that of a smoker's.
5 to 15 years	The stroke risk is reduced to that of a nonsmoker.
10 years	The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
15 years	The risk of coronary heart disease is that of a nonsmoker's.

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