

Adult Smoking Rate Declines in Wyoming

TOBACCO PREVENTION EFFORTS IN WYOMING SHOW RESULTS

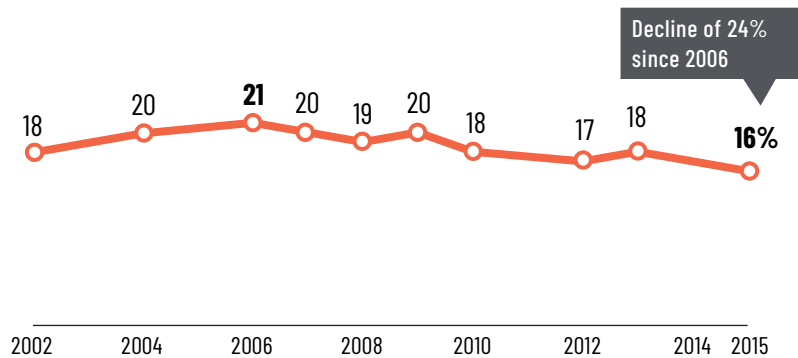
Tobacco use is the leading cause of preventable disease, disability, and death in the United States.

Tobacco kills more people than AIDS, prescription drugs, illegal drugs, car crashes, murder, and suicide combined (Mackay & Eriksen, 2002). In Wyoming alone, smoking kills 800 Wyomingites each year, which equates to about two people every day. This is about eight times the number of people killed by opioid and other drug overdoses in 2016 in Wyoming (99; CDC, 2017).

The good news is that the adult smoking rate in Wyoming declined 24% in the past decade, from a high of 21% in 2006 to a low of 16% in 2015 (WYSAC, 2017).

This means there are about 20,000 fewer

Wyoming Adult Smoking Rate Dropped 24% since 2006
Percentage of Wyoming adults who are current smokers



SOURCE: WYSAC, 2017

adult smokers in Wyoming (U.S. Census Bureau, 2018; Wyoming Department of Administration & Information, Economic Analysis Division, n.d.; WYSAC, 2017).

Smokefree air policies, taxes on tobacco products, services to help people quit using tobacco, media campaigns, and community and statewide programs lead to less smoking (U.S. Department of

Health and Human Services [USDHHS], 2014). The Wyoming Tobacco Prevention and Control Program (TPCP) provides information to individuals and groups considering smokefree air policies or tobacco taxes when needed. The program also funds and manages the Wyoming Quit Tobacco Program (WQTP) to help Wyomingites quit and funds public education.

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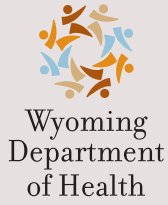
Wyoming Department of Administration & Information, Economic Analysis Division. (n.d.). Table 2. *Intercensal estimates of the resident population by sex and age for Wyoming: April 1, 2000 to July 1, 2010* [Data file]. Retrieved February 16, 2018, from <http://eadiv.state.wy.us/pop/WY-AS01-09.htm>

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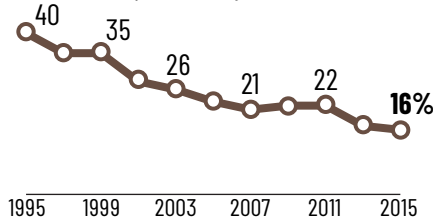
Preventing Initiation of Tobacco Use

TOBACCO PREVENTION EFFORTS IN WYOMING SHOW RESULTS

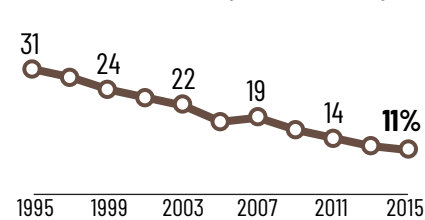
Most smokers start when they are younger than 18 (WYSAC, 2017; USDHHS, 2012).

High School Smoking Drastically Declining in Wyoming

Percentage of high school students who smoked in the past 30 days



Percentage of high school students who first smoked a whole cigarette before age 13



SOURCES: Youth Risk Behavior Survey (YRBS); CDC, 1991-2005

The earlier young people begin using tobacco products, the more likely they are to use them as adults, and the longer they will remain users (Institute of Medicine, 2015).

Youth smoking has decreased substantially over the past 20 years. Between 1995 and 2015, the smoking rate among Wyoming high school students declined by 60%, from 40% to 16%. This

means that roughly 7,800 fewer Wyoming high school students smoke (U.S. Census Bureau, 2018; Wyoming Department of Administration & Information, Economic Analysis Division, n.d.; WYSAC, 2017).

Over the same 20-year period, 65% fewer Wyoming high school smokers started smoking before the age of 13, a drop from 31% to 11% (CDC, 1991-2005). This change was a factor in the decrease in

Between 1995 and 2015, the smoking rate among Wyoming high school students declined by 60%.

the number of high school smokers in Wyoming.

Effective strategies such as anti-tobacco education, tobacco-free policies, limited access to tobacco products, and tobacco price increases all reduce youth smoking (CDC, 2014).

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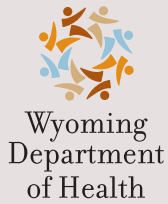
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Eliminating Nonsmokers' Exposure to Secondhand Smoke

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Secondhand tobacco smoke causes cancer, lung disease, heart disease, and poor health of infants and children (USDHHS, 2014).

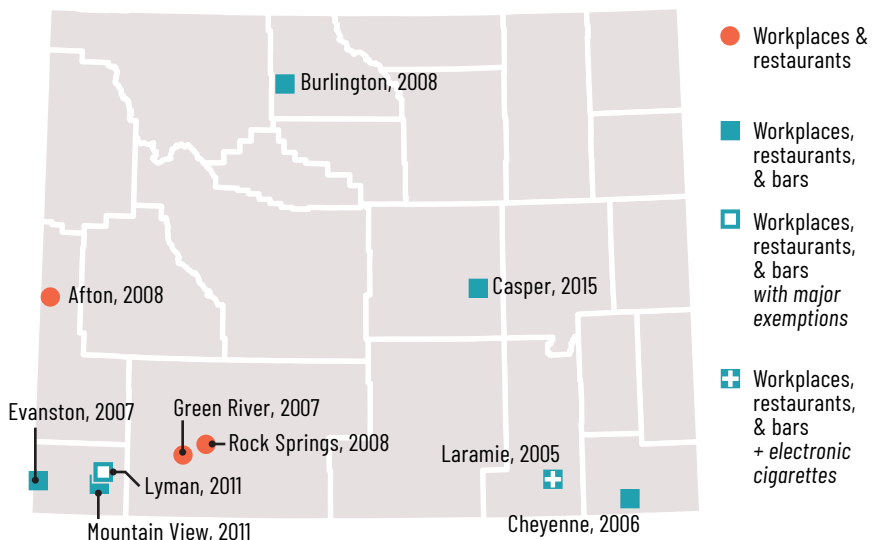
Secondhand smoke is never safe. Making public places smokefree protects nonsmokers from the dangers of tobacco smoke (Guide to Community Preventive Services, 2015; U. S. Department of Health and Human Services [USDHHS], 2006).

Unlike every state bordering Wyoming, our state does not have a statewide smokefree indoor air law (CDC, 2017a). However, 10 Wyoming towns have passed laws against smoking in indoor public places. Laramie enacted the state's first law in 2005. Since then, nine more Wyoming towns have passed smokefree air laws.

Most Wyomingites think indoor workplaces and the indoor areas of restaurants should be smokefree. Between 2005 and 2015, there has been a considerable increase in support for smokefree venues (WYSAC, 2017).

Wyoming's Smokefree Indoor Air Laws

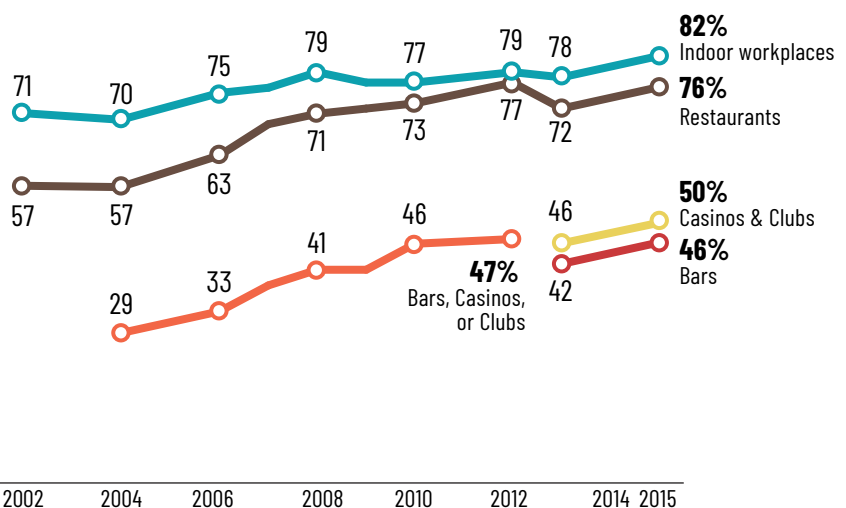
Towns with smokefree indoor air laws, areas covered by each law, and date of enactment



SOURCES: Municipal Codes of Afton, 2008; Burlington, 2008; Casper, 2015; Cheyenne, 2006; Evanston, 2007; Green River, 2007; Laramie, 2005; Lyman, 2011; Mountain View, 2011; Rock Springs, 2008.

Wyomingites Support Smokefree Policies

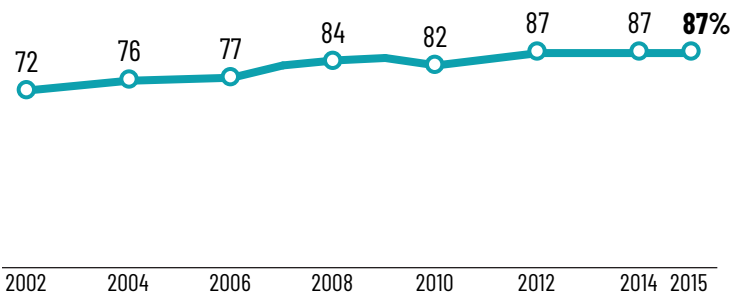
Percentage of Wyoming adults who support smokefree indoor areas in ...



NOTE: Prior to 2012, "casinos & clubs" and "bars" were combined into one question. SOURCE: WYSAC, 2014, 2017

Most Wyoming Adults Do Not Allow Smoking Inside Their Homes

Percentage of adults reporting that smoking is never allowed indoors at home



NOTE: Trend is statistically significant.

SOURCE: WYSAC, 2017

More Wyoming adults did not allow smoking in their homes in 2015 than in 2002 (WYSAC, 2017).

If Wyoming puts more smokefree policies and laws in place, more residents will live, dine, and work in smokefree environments. Over time, less exposure to smoke should lead to less sickness and death caused by tobacco smoke (CDC, 2017b). The Wyoming Tobacco Prevention and Control Program provides information about support for smokefree air policies and tools to help people make their homes or businesses smokefree.

Most Wyomingites think indoor workplaces and the indoor areas of restaurants should be smokefree.

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Promoting Quitting among Adults and Young People

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Quitting smoking greatly cuts the risk of developing smoking-related diseases (CDC, 2017).

One way Wyoming's Tobacco Prevention and Control Program is helping tobacco-users quit is through the Wyoming Quit Tobacco Program (WQTP). The WQTP provides free services to help Wyoming residents quit using tobacco. Those who enroll in the WQTP are up to 5.8 times more likely to quit than those who try to quit smoking without using any cessation aid (including the WQTP ; WYSAC, 2009-16; 2017b).

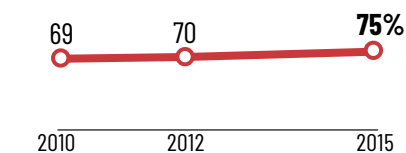
Since 2006, about 41,000 people have

enrolled in the WQTP (more than the population of Laramie). A person who completes a follow-up survey either six or seven months after enrollment and has not used any tobacco for at least 30 days prior to that interview is a WQTP success. With a quit rate of 32%, the WQTP has helped about 13,000 Wyomingites improve their health by quitting using tobacco since 2006 (more than the population of Green River).

Healthcare workers are key partners in helping tobacco users quit and a key way tobacco users learn about the WQTP. The Wyoming Adult Tobacco Survey (ATS) asks tobacco users who have seen a healthcare professional in the previous year if a health

More Adults Advised to Quit or Screened for Use by Doctors

Percentage of Wyoming adults who were advised to quit or screened for tobacco use by a healthcare professional



SOURCE: WYSAC, 2017a

professional advised them to quit. The ATS also asks tobacco users and other adults if a healthcare professional has asked them if they use tobacco. Since 2010, more Wyoming adults are receiving advice to quit using tobacco products or being asked about tobacco use. This is a significant increase over time (WYSAC, 2017a).

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Economics of Tobacco Prevention

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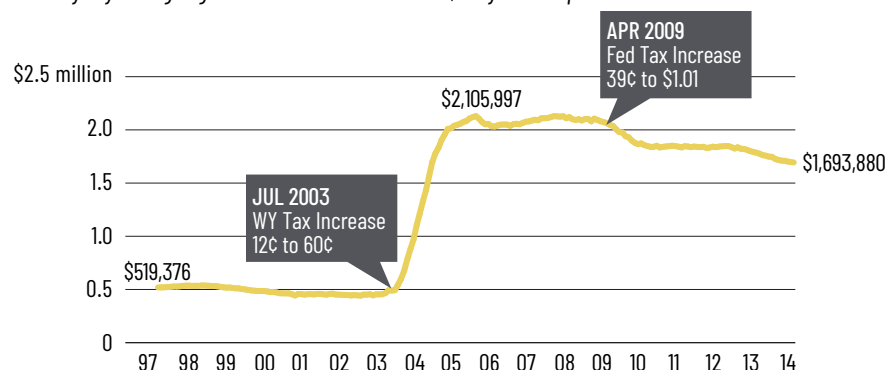
Wyoming pays the price for smoking-related illnesses.

Wyoming's smoking-related medical costs total \$258 million every year (SAMMEC, 2005–2009). Increasing tobacco prevention efforts would reduce these costs by reducing the number of people who start smoking, helping people quit tobacco use, and reducing exposure to secondhand smoke (Miller & Hendrie, 2008; Kahende, Loomis, Adhikari, & Marshall, 2009).

Based on 2011 data, for every dollar spent on the Wyoming Quit Tobacco Program, \$1.54 was generated in benefits to society (including reductions in medical expenses and improvements in workplace productivity; WYSAC, 2012).

High Excise Tax Increases Revenue for Wyoming

Monthly Wyoming cigarette excise tax revenue, May 1996–April 2014



NOTE: 12-month moving average
SOURCE: WYSAC, 2014

Making tobacco products more expensive by increasing taxes on tobacco products is the single most effective way to reduce tobacco use, particularly among youth (USDHHS, 2012). Wyoming last raised the cigarette excise tax from \$0.12 to \$0.60 per pack on July 1, 2003 (WY Stat § 39-18-104).

In addition to reducing cigarette sales, this tax increase caused a large, nearly immediate, and lasting increase in revenue. An additional \$1.00 tax increase per pack could generate an additional \$29.2 million of revenue during the first year alone (WYSAC, 2014) while decreasing consumption by 6%.

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