



Spokane Regional Health District · www.srhd.org



Spokane Counts 2015

A summary of 59 selected public health indicators

Smokers (Adult)

Health Behavior



Indicator: Smokers (Adults)

Definition: Percent of adults who smoked cigarettes every day or some days in the last 30 days.

Why this is important: Tobacco use is the leading cause of preventable death. Public health promotes a healthy lifestyle through efforts to help prevent youth from starting to smoke, providing smoking cessation assistance, monitoring sales of cigarettes to youth, and working for environmental changes to limit exposure to second-hand smoke.

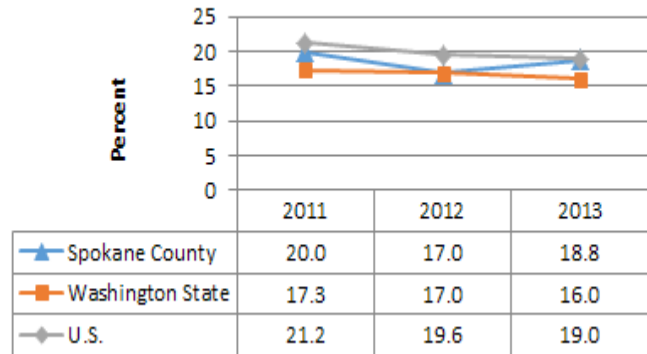
Where we are: In 2013 in Spokane County, 18.8% of adults reported they were current smokers. The proportion of adults smoking remained stable from 2011 to 2013. Spokane County had a rate of adult smoking similar to that of Washington state and the United States in 2013.

Health Disparities:

Among adults in Spokane County in 2013:

- Smoking was significantly lower among adults 65 years of age or older.
- Smoking decreased as education level increased.

Adult Smokers Over Time



(click to enlarge)

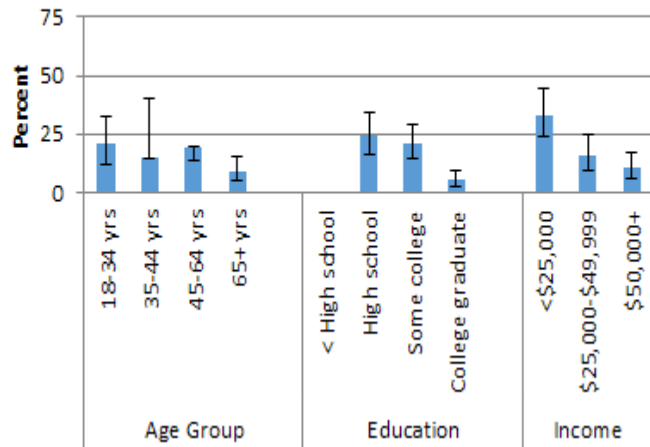
- Smoking decreased as income increased.

There was no difference in smoking by race or between males and females.

Additional Information: Among Spokane County adults who smoked in 2013, 56.2% reported stopping smoking for one or more days in the previous year because they were trying to quit smoking. Among former smokers, the largest proportion has not smoked for over ten years.

Time since regularly smoking among former smokers, Spokane County, 2013	
< 1 month	2.8%
< 3 months	2.4%
< 6 months	6.1%
< 1 year	4.3%
< 5 years	16.0%
< 10 years	11.3%
10+ years	57.2%

Disparities in Adult Smokers
Spokane County, 2013



(click to enlarge)



Data Source	BRFSS, 2013
Geography	Spokane County 18.8% (14.9-23.5) Washington state 16.0% (15.1-17.1) United States 19.0%
Trend	11-13 No Trend
Age	Adults 18-34 yrs 20.9% (12.5-32.8) 35-44 yrs 15.4% (14.7-40.2) 45-64 yrs 19.8% (14.3-26.7) 65+ yrs 9.1% (5.2-15.5)
Sex	Male 20.8% (14.8-28.4) Female 17.0% (12.3-23.0)

		2011-2013
Race	White	19.2% (16.3-22.3)
	Non-white	26.9% (14.3-44.8)
Education	< High school	*
	High school	24.7% (16.9-34.7)
	Some college	20.9% (14.6-29.0)
	College graduate	5.5% (3.1-9.6)
Income	<\$25,000	33.5% (24.0-44.5)
	\$25,000-\$49,999	16.3% (10.1-25.2)
	\$50,000+	10.8% (6.6-17.3)

*=suppressed due to small numbers

Data Source: Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System, supported in part by Centers for Disease Control and Prevention, Cooperative Agreement U58/SO000047-1 through 3 (2011-2013). Calculations and presentation of data by Spokane Regional Health District, Data Center.

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