

Tobacco Use Trends and Impact on Public Health Costs

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Overview

- Tobacco use trends in adults
 - Comparisons with national averages
 - Breakdowns by gender, ethnicity, income
- Trends in youth
 - Comparisons with national averages
 - By gender and ethnicity
- Estimates (i.e., best guesses) of public health costs
 - Nationally
 - New Mexico



Smoking:

- Is the leading preventable cause of death in the United States
- Causes more than 480,000 deaths each year in the US
 - About one in five deaths
- Is related to many diseases
 - Harms nearly every organ in the body
 - Coronary artery disease, stroke, respiratory disease, lung cancer....to name only a few...
- Quitting smoking lowers your risk for smoking-related diseases and can add years to your life
 - Yet, many continue to smoke, including New Mexicans
 - At considerable personal, social and economic costs

Source: www.cdc.gov

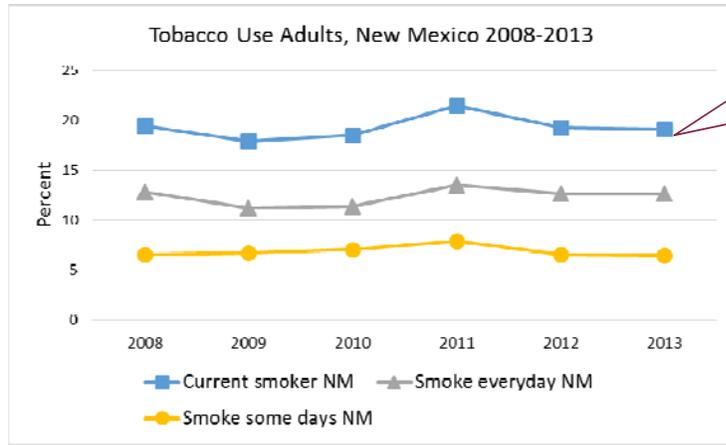


Primary Data Sources:

- Behavioral Risk Factors Surveillance System surveys
 - BRFSS
 - Conducted annually
 - All US States and territories
- Youth Risk Behavioral Surveillance System survey
 - YRBSS
 - Conducted Biannually
 - All US States and territories
 - Grades 9-12



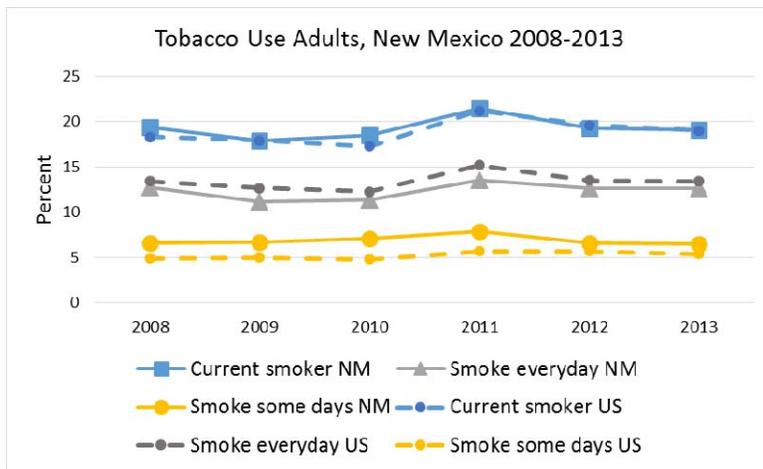
Use trends among adults in NM (BRFSS)



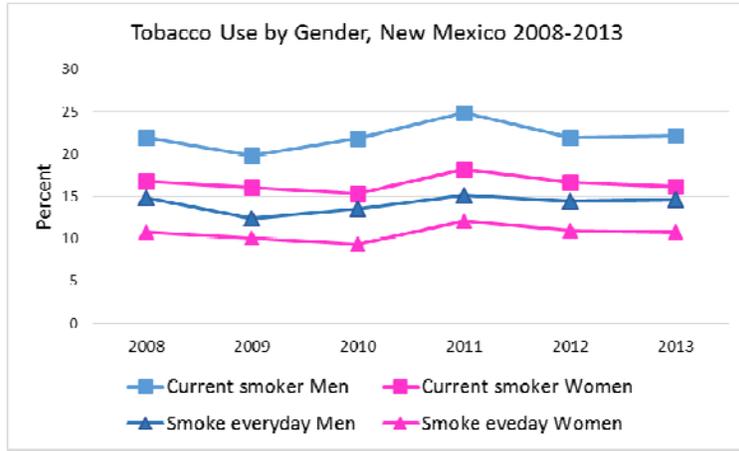
Approximately 310,667 New Mexicans who currently smoke



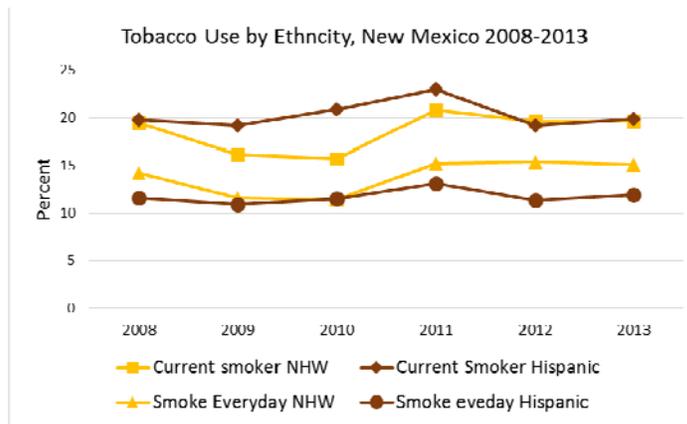
Use trends in adults in NM (BRFSS)



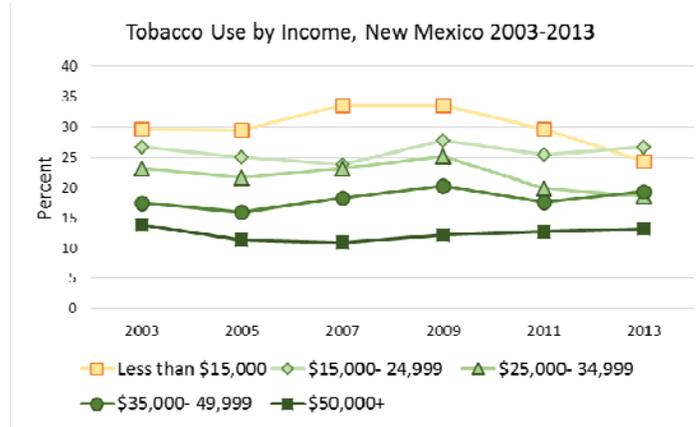
Trends for NM Men and Women (BRFSS)



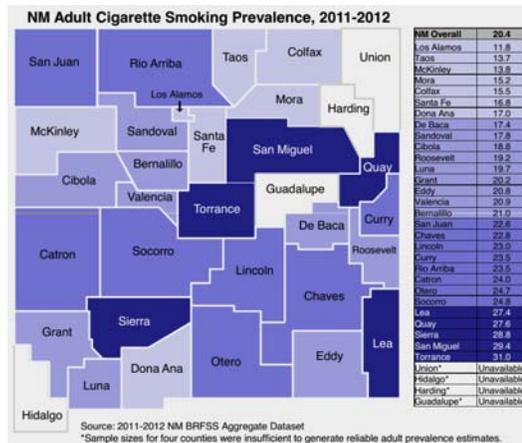
Trends for Hispanics and NHWs in NM (BRFSS)



Use Trends by Income Levels (BRFSS)



Geographic Distribution of Smoking Prevalence



Source: <http://http://chronicdiseasenm.org/>

Selected Smoking-Related Disparities:

Disparities in Smoking in Selected Population Groups in NM, 2011-2012	
Population Group	Percent who Smoke
Lesbian, Gay, Bisexual or Transgender	36.8%
Unemployed	32.8%
No health insurance	30.8%
African American	28.8%
No high school diploma	28.8%
Household income less than \$25,000/year	28.6%
25-34 years old	26.5%
Disability	24.7%
Male	23.5%
NM general adult population	20.4%

Source: 2011-12 NM Behavioral Risk Factor Survey

Source: NM DOH, Tobacco Use Prevention and Control Program

Adult Use: Conclusions

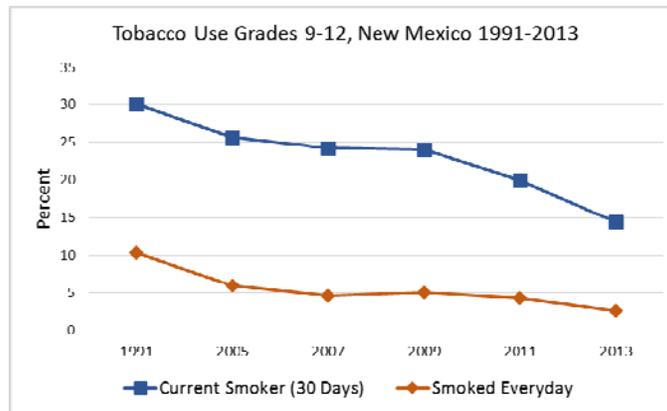
- About 310,667 (1 in 5) adult New Mexicans smoke
 - Slight decrease from 2011 to 2012; that flattened in 2013.
- Men are more likely to smoke than women
 - Neither group showing much evidence of decline
- Hispanics and NHW smoke at relatively equal rates
- Smoking is strongly related to income
 - Bad news: Poorer you are → More likely to smoke
 - Good news: Some evidence of decline in poorest groups
- Smoking rates are unequally distributed across the state
- Smoking disproportionately affects several social and economic groups

Trends in Youth

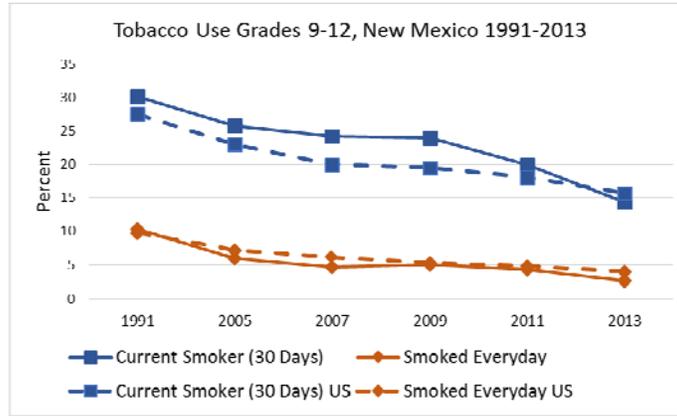
- Includes those in grades 9-12
- Time frame differs from adults
 - Adults: 2008, 2009, 2010, 2011, 2012, 2013
 - Youth: 1991, 2005, 2007, 2009, 2011, 2013



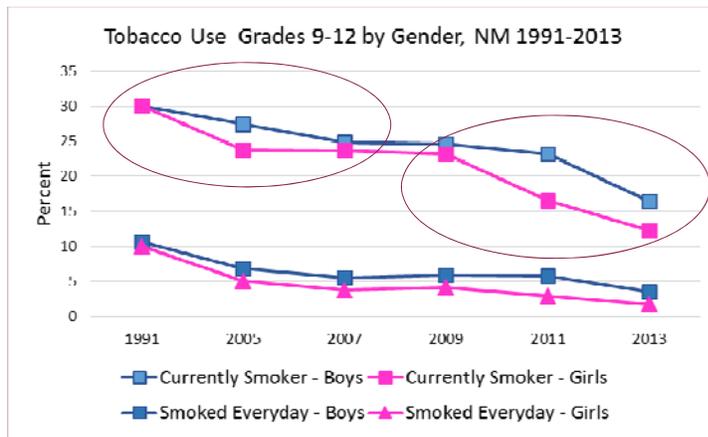
Use Trends in NM Youth (YRBSS)



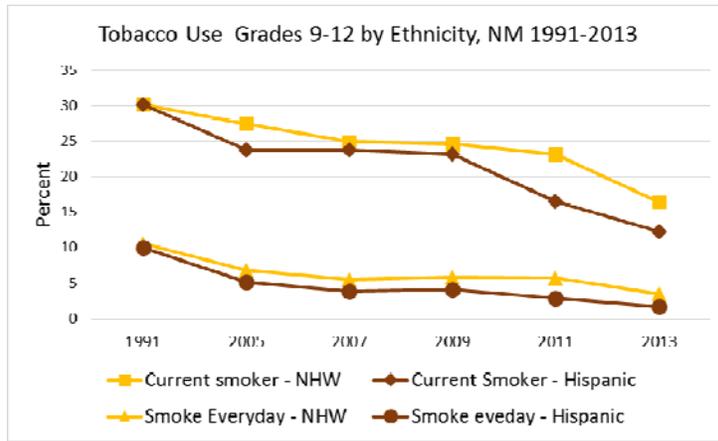
Use Trends in Youth in NM (YRBSS)



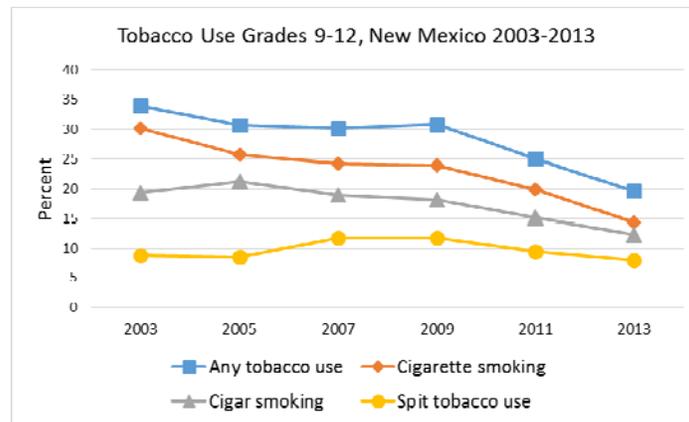
Trends for NM Boys and Girls (YRBSS)



Trends for Hispanic and NHW Youth (YRBSS)



Other Types of Use (YRBSS)



Additional Evidence of Progress Among Youth

Compared to 2005, New Mexico High School Youth are now...		
	2005	2013
Less likely to try or experiment with cigarette smoking	62.0%	45.7%
Less likely to smoke a whole cigarette before age 13	20.0%	11.4%
Less likely to currently smoke cigarettes	25.7%	14.4%
Equally likely to use chew, snuff, or dip tobacco	8.5%	8.0%
Less likely to currently smoke cigars	21.3%	12.3%
Less likely to use cigarettes, cigars, or chew/snuff/dip tobacco	30.7%	19.6%
Less likely to smoke cigarettes on school property in past month	10.2%	3.6%
Less likely to be exposed to secondhand smoke in past week	56.4%	40.6%

Source: NM DOH, Tobacco Use Prevention and Control Program



Youth Use: Conclusions

- Overall youth smoking is on the decline among NM Youth
 - 40% reduction since 2009 (9.6 percentage point drop)
 - Lower for the national average for first time in 2013
- Girls slightly less likely to smoke than boys
 - Trends in boys tend to follow trend in girls
- Hispanic Youth smoke at modestly lower rates than NHW youth
 - Both on decline
- Considerable evidence of declining use across tobacco products and measures

Better progress with youth than adults (control efforts or social norms?)



National Cost of Smoking-Related Illness

- According to the CDC:
- Smoking-related illness in the United States costs more than \$300 billion each year, including:
 - Nearly \$170 billion for direct medical care for adults
 - More than \$156 billion in lost productivity
 - \$5.6 billion in lost productivity due to secondhand smoke exposure



Costs to New Mexico State

Domain	Costs
Smoking Attributable Deaths:	2104 - 2600
Smoking Attributable Lung Cancer Deaths:	555
Smoking Attributable Respiratory Disease Deaths:	682
People with at least one serious illness from smoking.	42,000
<i>Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined — and thousands more die from other tobacco-related causes — such as fires caused by smoking (more than 1,000 deaths/year nationwide) and smokeless tobacco use.</i>	

Sources: Tobacco Use And Employer Costs Task Force: N.M. Senate Memorial 22
 NM DOH, Tobacco Use Prevention and Control Program



New Mexico State Facts

Domain	Costs (2015)
Annual Health Care Costs	\$844 - \$976 million
Portion Covered by Medicaid	\$223 million
Residents' state & federal tax burden from smoking-caused government expenditures	\$922 per household
Smoking-caused productivity losses in New Mexico	\$597 million

Amounts do not include health costs caused by exposure to secondhand smoke, smoking-caused fires, smokeless tobacco use, or cigar and pipe smoking. Tobacco use also imposes additional costs such as workplace productivity losses and damage to property.

Source: <http://www.stateoftobaccocontrol.org/state-grades/new-mexico/highlights.html>
https://www.tobaccofreekids.org/facts_issues/toll_us/new_mexico



Increased Cost of A Smoking Employee To A Private Employer

Category	Best Estimate Annual Cost
Excess Absenteeism	\$517
Presenteeism*	\$462
Smoking Breaks	\$3077
Excess Healthcare Costs	\$2056
Pension Benefit	\$ (296)**
Total Costs	\$5816

*Defined as decrease in effectiveness of a smoking employee due to fluctuations in the stimulant effect of nicotine.
 **For employers with defined benefit pension plans

Source: Tobacco Use And Employer Costs Task Force: N.M. Senate Memorial 22



Increased Cost of A Smoking Employee to a Health Plan

Employer Characteristics	Best Estimate Annual Increased Costs
Self-insured health plan, defined benefit pension plan	\$5,816
Self insured health plan, set benefit pension plan	\$6,012
Employer-provided health insurance, defined benefit pension plan	\$3,760
Employer-provided health insurance, set benefit pension plan	\$4,056

Source: Tobacco Use And Employer Costs Task Force: N.M. Senate Memorial 22



Tobacco Control: Increased Prices

- Increases in cigarette prices lead to significant reductions in cigarette smoking. This is the single most effective way to reduce smoking***

 - A 10% increase in price has been estimated to reduce overall cigarette consumption by 3–5%.
 - Research on cigarette consumption suggests that both youth and young adults are two to three times more likely to respond to increases in price than adults.

Source: 2012 Surgeon General's Report—Preventing Tobacco Use Among Youth and Young Adults



Grading New Mexico:

- American Lung Association → State of Tobacco Control Grades
 - Evaluate state tobacco control policies by comparing them against targets based on the most current, recognized criteria for effective tobacco control measures
 - Tobacco prevention and control funding
 - Smoke-free air laws
 - State cigarette excise taxes
 - Coverage of tobacco cessation treatments and services.
- Translates each state's relative progress into a letter grade of A through F.

Source: <http://www.stateoftobaccocontrol.org/>



New Mexico Scorecard

- New Mexico



(GPA = 1.5/4.0)

Source: <http://www.stateoftobaccocontrol.org/>



Comparisons With Our Neighbors

New Mexico



Texas



Arizona



Source: <http://www.stateoftobaccocontrol.org/>

Thank you for your time