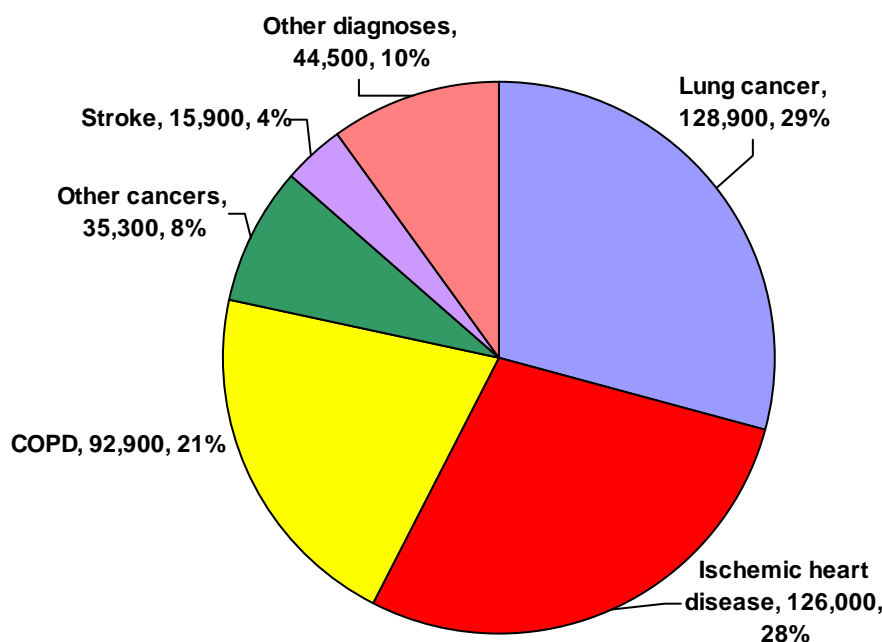


Health Effects of Smoking

- According to the CDC and the National Cancer Institute, cigarette smoking increases your risk for developing and dying from several diseases, including cancer, heart disease, and lung disease.
- Cigarette smoking is the leading preventable cause of death in the United States, ahead of obesity.
 - One-in-five (~400,000) people in the U.S. will die each year from smoking-related diseases.¹
 - Deaths from lung cancer (128,900), ischemic heart disease (126,000), and chronic obstructive pulmonary disease (92,900) combined account for 78% of all smoking-related deaths (Figure 1).¹
 - On average, 9,242 Virginians will die each year from smoking-related illnesses.² Overall, Virginians die at a rate of 267 deaths per 100,000 each year from smoking-related causes. Men in Virginia are more likely to die from smoking-related diseases than women, particularly from cancer (173.7 vs. 69.8 deaths per 100,000) and from cardiovascular diseases combined (126.6 vs. 53.8 deaths per 100,000) (Figure 2).³
- Cigarette smokers lose approximately 14 years off their life expectancy.⁴

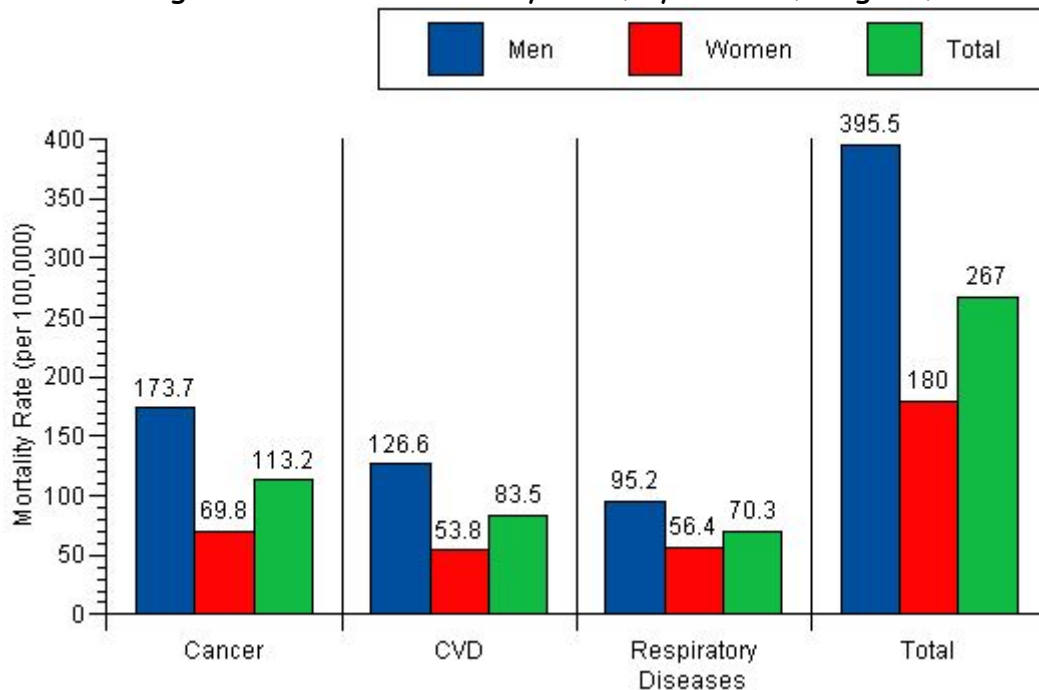
Figure 1 - Average annual number of deaths attributable to smoking & secondhand smoke exposure, United States, 2000-2004



Source: CDC, *MMWR* 2008; 57(45): 1226-1228. "Other diagnoses" or causes include other cardiovascular diseases, perinatal conditions and residential fires.

Health Effects of Smoking

Figure 2 - Smoking-Attributable Mortality Rate, by Gender, Virginia, 2000-2004



Source: CDC, Smoking-Attributable Mortality, Morbidity, and Economic Costs (SAMMEC). Cases come from state Vital Records. Deaths are for adults aged 35 years and older. Rates (per 100,000) are age-adjusted to the 2000 U.S. standard population.

- For each person who dies from smoking, there are 20 people who have smoking-caused disease and disability. In 2000, there were 12.7 million cases of severe chronic illnesses caused by smoking, affecting 8.6 million persons in the U.S.⁵
 - Chronic bronchitis (35%), emphysema (24%), and previous heart attack (19%) were the most prevalent types of health conditions.
 - Only one percent of cases were lung cancers.⁶
 - Former smokers were affected just as much as current smokers: 7.3 million health problems were reported by former smokers, compared to 5.4 million health problems reported by current smokers.
 - In Virginia, there were an estimated 310,400 health conditions, affecting 211,000 current and former smokers.⁷
- There is evidence that cigarette smoking increases the risk for:
 - Pregnancy complications and spontaneous abortion (miscarriage)
 - Low birth weight, preterm birth (< 37 weeks), stillbirth, Sudden Infant Death Syndrome (SIDS)
 - Difficulty conceiving for women; impotence in men (i.e., erectile dysfunction)

Health Effects of Smoking

- Slower recovery from surgery, post-surgical complications (e.g., infections, pneumonia), delayed wound healing due to a lower immune response
- Periodontal disease
- Rheumatoid arthritis (including more severe symptoms)
- Peptic ulcers (located in the stomach and duodenum)
- Low bone density and hip fractures among post-menopausal women.

¹ Centers for Disease Control and Prevention (CDC). [Smoking-attributable mortality, years of potential life lost, and productivity losses—United States, 2000-2004](#). *MMWR* 2008 (November 14); 57(45): 1226-1228. Deaths among adults ages 35 and older. Excludes deaths from secondhand smoke (49,400), maternal smoking during and after pregnancy (776), and smoking-related fire injuries (736).

² CDC. [State-Specific Smoking-Attributable Mortality and Years of Potential Life Lost - United States, 2000-2004](#). *Morbidity and Mortality Weekly Report* January 23, 2009; 58(2): 29-33.

³ CDC, *Smoking-Attributable Morbidity, Mortality and Economic Costs (SAMMEC)*; <http://apps.nccd.cdc.gov/sammecc/>. SAMMEC is an online application that estimates the number of smoking-attributable (SA) deaths that occurred in the U.S. and in each state. State estimates are based on the number of cases (deaths) occurring during the reporting period (2000-2004) among adults aged 35 years and older (based on report run on 10/23/2008). Death data was obtained the state vital records program. Death (mortality) rates are age-adjusted to the 2000 U.S. standard population.

⁴ CDC. [Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses - United States, 1997-2001](#). *MMWR* 2005 (July 5); 54(25):625-628.

⁵ CDC. [Cigarette Smoking-Attributable Morbidity - United States, 2000](#). *MMWR* September 5, 2003; 52(35): 842-844. Smoking-attributable conditions considered were: stroke, heart attack, emphysema, chronic bronchitis, and cancers of the lung, bladder, oral cavity (mouth, pharynx), esophagus, cervix, kidney, larynx, and pancreas. Analyses focused on current smokers and former smokers. Non-smokers exposed to secondhand smoke were excluded.

⁶ This may be an underestimate. Because these are point-in-time estimates, smokers who would develop lung cancer may either not know that they have the disease (due to late diagnosis) or not live to report it (due to a very low survival rate) at the time of being surveyed.

⁷ Hyland A, Li Q, Bauer J, Giovino GA, Yang J, Cummings KM. [Cigarette Smoking-Attributable Morbidity by State](#). Report released by the Roswell Park Cancer Institute, September 5, 2003.