

Healthy People 2020 Leading Health Indicators: Tobacco

Overview

Tobacco use is the single most preventable cause of disease, disability, and death in the United States, yet more deaths are caused each year by tobacco use than from HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined. Tobacco use causes many different cancers as well as chronic lung diseases, such as emphysema and bronchitis, and heart disease. Smoking can lead to a shorter life; the life expectancy for smokers is at least 10 years shorter than for nonsmokers.

Progress in Numbers*



Target met¹



Improving²



Little or no detectable change³



Getting worse⁴

Status	Leading Health Topic and Indicator: Tobacco	Baseline (Year)	Most Recent (Year)	Target	Progress Toward Target ⁵	Movement Away From Baseline ⁶
	TU-1.1 Adult cigarette smoking (age adjusted, percent, 18+ years)	20.6% (2008)	18.2% (2012)	12.0%	27.9%	—
	TU-2.2 Adolescent cigarette smoking in past 30 days (percent, grades 9–12)	19.5% (2009)	18.1% (2011)	16.0%	40.0%	—

Progress in Words

TU-1.1: Adult cigarette smoking

- From 2008 to 2012, the current cigarette smoking rate decreased by about 12 percent among adults aged 18 years and older, from 20.6 percent (age adjusted) to 18.2 percent, moving toward the Healthy People 2020 target of 12.0 percent.
- Moreover, the rate of decline since 2009, more than 4 percent per year, is greater than even the steep declines seen from 1965 to the early 1990s.
- This objective has achieved more than a quarter of the targeted change.

TU-2.2: Adolescent cigarette smoking

- From 2009 to 2011, the rate of cigarette use in the last 30 days among students in grades 9 to 12 has decreased about 7 percent, from 19.5 percent to 18.1 percent, moving toward the Healthy People 2020 target of 16.0 percent; however, this change is not statistically significant.
- Although this objective has achieved 40 percent of the targeted change, this progress is not statistically significant.

* Discrepancies between healthypeople.gov and data in this report may exist due to the timing of data uploads. Data for the measures shown in this report are current as of May 2014.



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Progress in Pictures

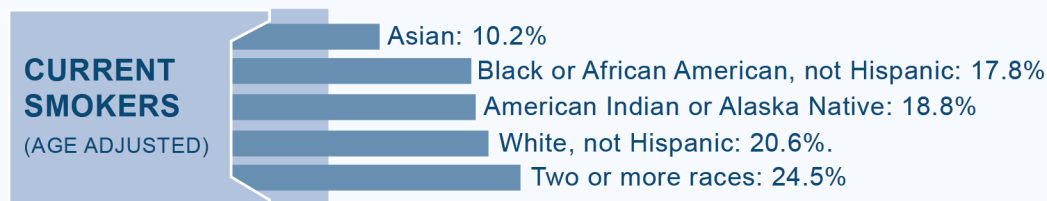
Tobacco use causes serious diseases and health problems including cancer, heart disease, lung diseases, pregnancy complications, and vision problems. Secondhand smoke exposure also causes heart disease and lung cancer in adults, and health problems in infants and children. Preventing tobacco use and helping people who use tobacco quit can improve health and quality of life for many Americans.



RELATED DISPARITIES

Adult Cigarette Smoking by Race/Ethnicity, 2012

Among adults 18 years and older, the age-adjusted rate of current cigarette smoking varies among racial and ethnic groups.



Data source: National Health Interview Survey (NHIS), CDC/NCHS.

HEALTHY PEOPLE 2020 TARGETS

Adolescent Cigarette Smoking

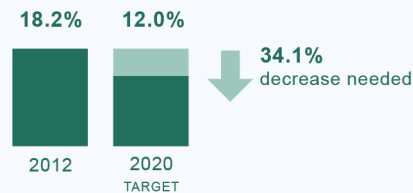
18.1% of adolescents in grades 9 through 12 smoked cigarettes in the past 30 days in 2011.



Data source: Youth Risk Behavior Surveillance System (YRBSS), CDC/NCHHSTP.

Adult Cigarette Smoking

18.2% of adults aged 18 years and older were current cigarette smokers in 2012 (age adjusted).



Data source: National Health Interview Survey (NHIS), CDC/NCHS.

NOTES (from page 1)

- ¹ Target met or exceeded
- ² Movement is *toward* the target and is:
 - Statistically significant when measures of variability are available** – OR –
 - 10% or more of the targeted change when measures of variability are unavailable**
- ³ Objective demonstrates little or no detectable change, because either:
 - Movement toward/away from the target is not statistically significant when measures of variability are available** – OR –
 - Movement is toward the target but the objective has achieved less than 10% of the targeted change when measures of variability are unavailable** – OR –
 - Movement is away from the target but the objective has moved less than 10% relative to its baseline when measures of variability are unavailable** – OR –
 - No change between baseline and most recent data point
- ⁴ Movement is *away from* the target and is:
 - Statistically significant when measures of variability are available** – OR –
 - 10% or more relative to the baseline when measures of variability are unavailable**
- ⁵ For objectives moving toward their targets, progress is measured as the percent of targeted change achieved, quantified as follows:

$$\text{Percent of targeted change achieved} = \frac{\text{Most recent value} - \text{Baseline value}}{\text{HP2020 target} - \text{Baseline value}} \times 100.$$

- ⁶ For objectives moving away from their baselines (and, therefore, their targets), progress is measured as the magnitude of the percent change from baseline, quantified as follows:

$$\text{Magnitude of percent change from baseline} = \frac{|\text{Most recent value} - \text{Baseline value}|}{\text{Baseline value}} \times 100.$$

- ^{**} When measures of variability are available, statistical significance of the percent of targeted change achieved or the magnitude of the percent change from baseline is assessed at the 0.05 level using a one-sided test. When measures of variability are unavailable, the percent of targeted change achieved and the percent change from baseline are assessed only for their magnitude (e.g., <10% or ≥10%).

DATA SOURCES

- TU-1.1 National Health Interview Survey (NHIS), CDC/NCHS
- TU-2.2 Youth Risk Behavior Surveillance System (YRBSS), CDC/NCHHSTP



U.S. Department of Health and Human Services
Office of Disease Prevention and Health Promotion