

A graphic consisting of several overlapping, torn-edged pieces of yellow paper. The pieces are arranged horizontally across the middle of the page, creating a layered effect. The text 'Tobacco Use' is centered on the middle piece.

Tobacco Use

Tobacco Use

Tobacco Products, Use and Dependence

Tobacco products regulated by the Food and Drug Administration (FDA) include:

cigarettes
cigarette tobacco
roll-your-own tobacco
smokeless tobacco

The FDA has proposed to extend its authority to these currently unregulated tobacco products:

electronic cigarettes
cigars
pipe tobacco
nicotine gels
waterpipe (hookah) tobacco
disolvable tobacco



Tobacco contains thousands of chemicals which are released when smoked or chewed. These chemicals cause damage to the body. Non-smokers are negatively impacted by these chemicals through exposure to second hand smoke.

Why is tobacco use a problem in our county?

According to the Centers for Disease Control and Prevention (CDC), tobacco use is the largest cause of preventable disease, disability and death in the United States

Individuals who use tobacco products are at high risk of developing:

- Heart Disease - including heart attack and stroke
- Diabetes - and associated conditions such as blindness, nerve damage, and poor circulation
- Cancer - including lung, mouth, throat, stomach, kidney, colon, uterus, ovary, pancreas, and leukemia
- Fertility and Pregnancy Issues - such as decreased fertility, ectopic pregnancy, miscarriage, stillbirth, premature birth, birth defects, low birth weight and sudden infant death syndrome (SIDS)

The lung cancer death rate in Clermont County is 73.4 per 100,000 population, which is higher than the state at 58.3

Tobacco use is responsible for nearly 1 in every 5 deaths in the United States

22.2% of Clermont County women report smoking during pregnancy compared to 17.8% in Ohio

46.6 million (or 1 in 5 adults) smoke in the United States

Lung cancer is the leading cause of cancer death in the United States for men and women

Lung and bronchus cancer incidence rates are 91.3 per 100,000 population in Clermont County compared to 66.6 in Ohio

54%, or more than 1 of every 2 children between the ages of 3 - 11 years, are exposed to secondhand smoke

27.6% of Clermont County residents are current smokers, compared to 19.8% of residents in Ohio

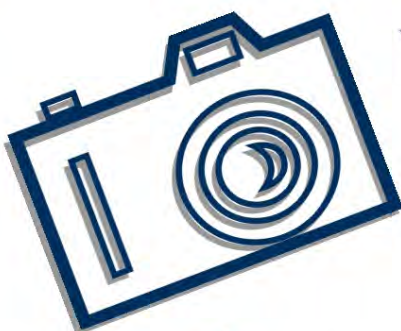
What can we do to address the problem?

Tips for Quitting

Nicotine addiction can prevent a person from stopping smoking, even when they want to quit. Fortunately, there are a variety of resources available to individuals seeking ways to stop smoking or using tobacco products, including counseling, coaching, and medication.

- Set a date
- Remove tobacco products from your home, car and workplace
- Ask others not to smoke around you, and resolve not to smoke yourself
- Avoid behaviors, such as drinking alcohol, which can increase cravings to use tobacco

Community Snapshots



The Ohio Tobacco Quit Line provides assistance to individuals seeking to stop smoking. To reach the Quit Line, call 1-800-QUIT NOW (1-800-784-8669) or visit their website at <http://ohio.QuitLogix.org>.



In 2006, the Ohio Smoke-Free Workplace Act was passed. This law stipulates that public places and workplaces must prohibit smoking, remove ashtrays, and post no-smoking signs. Locally, Clermont County Public Health is responsible for enforcement and investigation of violations of the law.



Mercy Health - Anderson Hospital will offer a free series of smoking cessation education classes to smokers and their families in September 2014.

GOAL 1

Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.

OBJECTIVE 1.1

By August 2019, reduce tobacco use among Clermont County adults by 6% and increase smoking cessation attempts by adult smokers by 40%.



STRATEGY 1.1.1

Promote increased awareness of risks of tobacco use, and identify and promote opportunities for smoking cessation for residents of Clermont County.

1

Activity:

Promote the Tobacco Use Prevention and Cessation Program and the Ohio Smoke-Free Workplace Act, which include education, cessation and enforcement.



2

Activity:

Implement media campaign to increase awareness of risk of tobacco use and secondhand smoke exposure.

3

Activity:

Promote policy changes to encourage tobacco-free campuses (including businesses and schools).



4

Activity:

Advocate for increased taxes on tobacco products.