



NEWS RELEASE

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November 15, 2013

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PHMC HOUSEHOLD HEALTH SURVEY FINDS 18 PERCENT OF ADULTS IN SOUTHEASTERN PA SMOKE DAILY

PHMC releases statistics on tobacco use among adults in the region

PHILADELPHIA— Approximately 18 percent of Southeastern Pennsylvania adults currently smoke cigarettes. Nearly one-quarter of Philadelphia County adults smoke (23%) compared with residents of Delaware (19%), Bucks (16%), Montgomery (13%) and Chester (13%) Counties according to survey data released today from the 2012 Southeastern Pennsylvania Household Health Survey, an annual survey by Public Health Management Corporation (PHMC) Center for Data Innovation. The Household Health Survey is conducted by telephone and includes 10,000 households in the SEPA region (Bucks, Chester, Montgomery, and Philadelphia Counties). The survey examined tobacco use and exposure by a number of demographic and socioeconomic characteristics.

This data was released in light of the American Cancer Society's Great American Smokeout taking place on November 21st, which encourages smokers to use the day to make a plan to quit or to plan in advance and quit using tobacco. Smoking is the single largest preventable cause of disease and premature death in the United States, and the American Cancer Society motivates smokers to quit, even for one day, as it reduces the risk of cancer and is an important step towards a healthier life.

PHMC's affiliate Health Promotion Council (HPC) and the Southeastern Pennsylvania Tobacco Control Project (SEPA TCP) have joined in the fight against tobacco with a variety of initiatives, including a free tobacco cessation, counseling and nicotine replacement therapy program. In the last fiscal year, more than 1,400 clients completed treatment, with 84% of those treated reporting that they had stopped smoking for one day or longer because they are trying to quit. One month after treatment, 49% had quit smoking for at least 30 days.

The HPC and SEPA TCP efforts are a great start, but to fully understand and address the scope of tobacco use and exposure across the region, more residents need to be aware of the issue. The data below demonstrate how smoking influences tobacco users and the people around them.

Cigarette Usage

- Philadelphia adults are more likely to smoke (23%) compared with residents of Delaware (19%), Bucks (16%), Montgomery (13%), and Chester (13%) Counties.
- Across the region, men are more likely to smoke than women (21% compared with 16%).
- Cigarette smoking among adults decreases with age; 22% of adults ages 18-39 currently smoke, as do 6% of adults 75 years of age or older.
- Black adults are the most likely to smoke cigarettes (25%) compared with 22% of Latino adults, 16% of White adults and 10% of Asian adults.
- Cigarette smoking decreases as educational attainment increases. About one-third of adults in the region with less than a high school diploma (32%) currently smoke, while 9% of adults with a college degree smoke.
- Adults living in poverty are more likely to smoke (34%) compared with adults at or above 100% of the Federal Poverty Level (16%).

Smoke Exposure at Home

More than one in ten adults (18+) live in a household where someone in the house smokes cigarettes, cigars or pipes inside the home (12%). In addition, 7% of adults who do not smoke are exposed to secondhand smoke by another household resident smoking inside the home, representing approximately 186,000 people.

The following bullet points examine non-smokers exposure to secondhand smoke at home.

- Non-smokers in Philadelphia County are more likely to be exposed to secondhand smoke in their home (10%) compared with adults residing in the other SEPA counties.
- Black non-smokers are more likely to live in a household where someone smokes (12%) in comparison with Latino adults (7%), White adults (6%) and Asian adults.
- Similar to cigarette smoking, those with less than a high school diploma are more likely to be exposed to tobacco smoke at home (12%) compared with those with a college degree or more (3%).

Cigarette Usage, Smoke Exposure at Home and Key Health Indicators

- Adults who smoke cigarettes are more likely to be in fair or poor health (26%) than adults who do not smoke (14%). The same applies for adults who do not smoke and are exposed to secondhand smoke by another resident smoking in the home—21% are in fair or poor health compared with 14% of those not exposed.
- Four in ten non-smoking adults exposed to secondhand smoke at home (40%) have been diagnosed with high blood pressure compared with three in ten non-smokers who are not exposed to secondhand smoke inside the home (31%).

For more information about these findings, contact Sarah Ingerman at singerman@phmc.org.

About Public Health Management Corporation Center for Data Innovation

Public Health Management Corporation (PHMC) is a nonprofit public health institute that creates and sustains healthier communities. The Center for Data Innovation includes the Community Health Data Base (CHDB) and its annual Household Health Survey, one of the largest regional health surveys in the country. The Pew Charitable Trusts, William Penn Foundation, United Way of Southeastern Pennsylvania, United Way of North Penn, Green Tree Community Health Foundation, North Penn Community Health Foundation, Thomas

Scattergood Foundation, Pottstown Area Health and Wellness Foundation, and over 350 local agencies from the health, government, nonprofit and academic sectors, help to support the CHDB and survey. For more information visit www.phmc.org or contact Francine Axler at francine@phmc.org.

About Health Promotion Council

Health Promotion Council of Southeastern Pennsylvania (HPC) is a non-profit corporation organized in 1981. HPC affiliated with Public Health Management Corporation (PHMC), a leading public health institute, in 1999. HPC's mission is to promote health, and prevent and manage chronic disease, especially among vulnerable populations, through community-based outreach, education and advocacy. Its unique programs advocating positive health behaviors, together with its innovative work with minority groups have advanced the field of health promotion in Southeastern Pennsylvania and across the nation. For more information, visit www.hpcpa.org.

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