



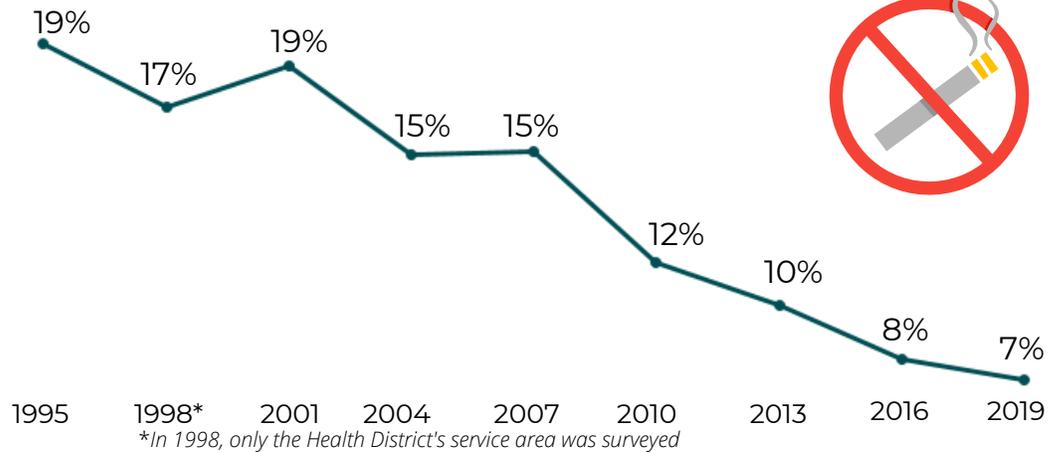
Tobacco

2019 Community Health Survey of Larimer County Residents

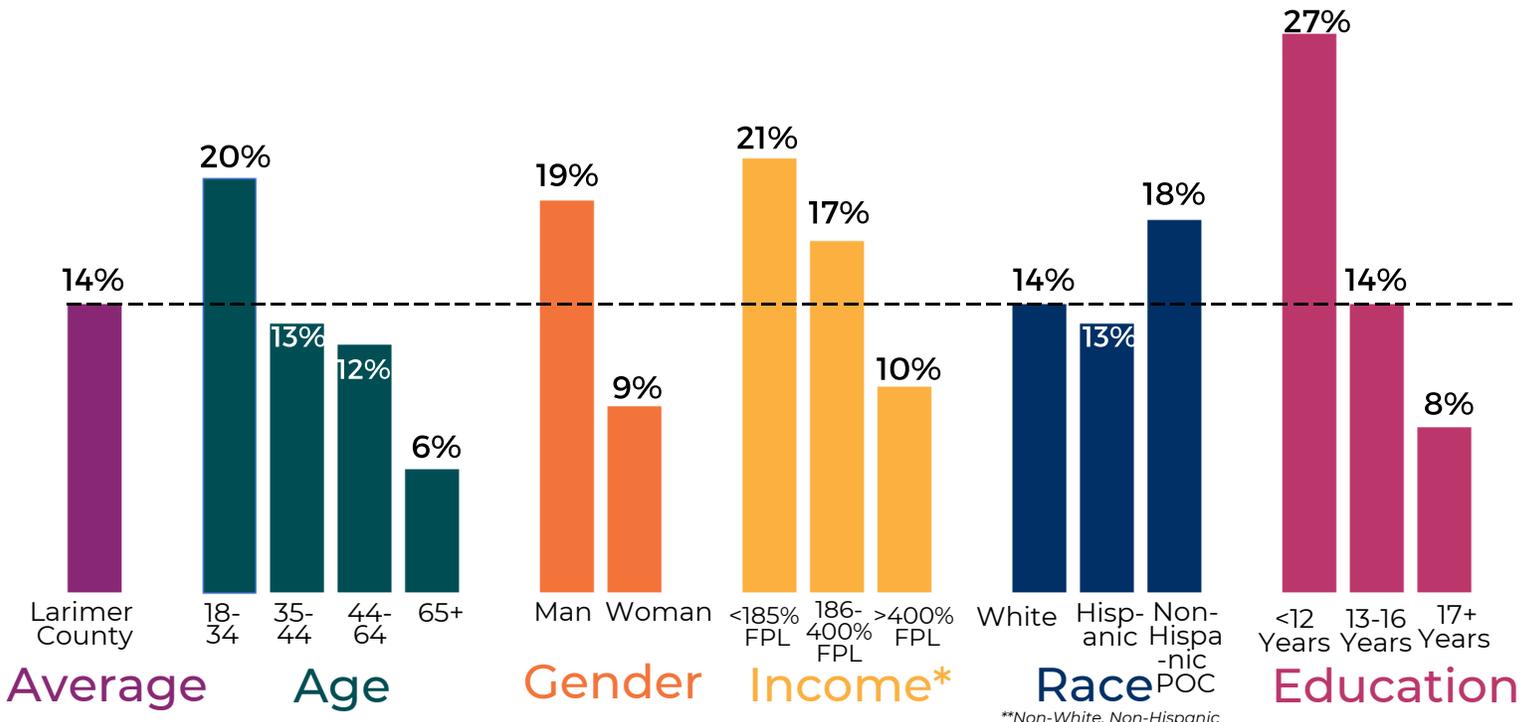
Smoking tobacco can cause cancer, heart disease, stroke, lung diseases, diabetes, and other pulmonary and cardiac diseases. Smoking is the leading cause of preventable death in the United States (CDC). Tobacco use causes more than 7 million deaths per year worldwide and is responsible for more than 480,000 deaths per year in the United States. Tobacco use in Larimer County has been steadily decreasing since 2001.

Adult Cigarette Use is Decreasing

The percentage of adults who currently smoke (defined as any cigarette use in the past 30 days) has been steadily decreasing since 1995, with only 7% of Larimer County residents reporting that they currently smoke cigarettes.



Adults Using Any Tobacco Products in Larimer County



*FPL, or Federal Poverty Level, is a measure of household income. This survey was conducted in 2019 and used 2018 income breakdowns. For example, a 4 person household with annual income <\$46,435 would be categorized as low-income or <185%FPL

Electronic Cigarette Use in Larimer County

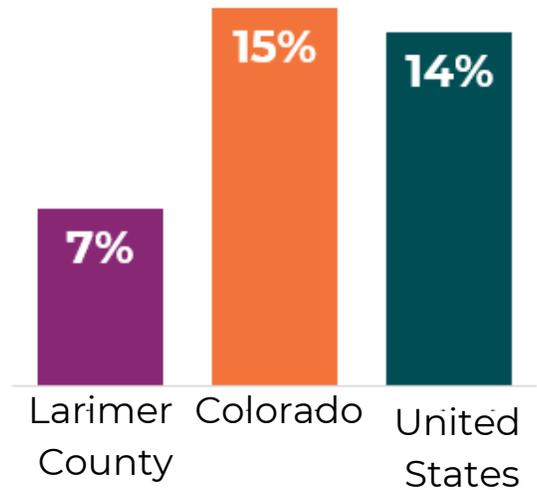
While only 5% of Larimer County adults report current use of electronic cigarettes, youth e-cigarette use is of major concern both locally and nationally. According to data from the Healthy Kids Colorado Survey, 23% of high school students currently use e-cigarettes and close to half (43%) have ever tried these products.

5%
of Larimer County adults reported current use of e-cigarettes



92%
of current adult e-cigarette users are reporting using these products to try to quit or reduce regular cigarette use

How do we Compare? Current Adult Cigarette Smokers



Note: United States and Colorado data is from 2018. Larimer County data is from 2019

Adult Tobacco Use and Other Health Risk Factors



Those with **depression, anxiety, or other mental health issue** are close to 3X as likely to use tobacco products compared to those who do not (9% vs. 24%).



32% of those who report using marijuana in the past 30 days also report tobacco use.



Heavy Drinkers are over 2x as likely to use tobacco products as non tobacco users (12% vs 27%).



Those who experience **chronic pain** are close to 2x as likely to use tobacco products compared to those who do not (20% vs. 12%).



Smoking in the Home



Nearly 1 in 4 (24%) of current cigarette smokers has a child under 17 living in their home. Overall 5% of survey respondents reported living with someone who smokes cigars, cigarettes, or tobacco products inside their home. Households with children were less than half likely (2.4%) to have someone smoking inside the home.

Trying to Quit Tobacco?

Visit us online at [healthdistrict.org/quittobacco](https://www.healthdistrict.org/quittobacco) or call (970) 224-5209 for information about the Health District's Quit Tobacco Program

