Adult Tobacco Use in Delaware

Summary of Data from the 2016 Behavioral Risk Factor Survey (BRFS) of Adult Delaware Residents
• The adult Behavioral Risk Factor Survey (BRFS) is administered on an ongoing basis, with prevalence data compiled annually
• Random sample of ~ 4,000 Delaware adults, age 18 and older
• Response rates vary from 40 - 46%
• Data are weighted to reflect the Delaware adult population from the most recent U.S. Census
• All data are self-reported
Delaware Behavioral Risk Factor Survey (BRFS)

ADULT TOBACCO USE PREVALENCE
2016
Delaware Adult Cigarette Smoking Prevalence, 2011-2016

Smoking Percent of Decrease = 18.4%

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2011-2016.
New baseline in 2011, due to change in methodology to multi-mode survey and new weights.
Cigarette Smoking Among Delaware Adults, 2016

- Every-Day Smokers, 12.4%
- Some-Days Smokers, 5.2%
- Former Smokers, 26.8%
- Never Smoked, 55.5%

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016.
## Current Adult Cigarette Smoking Prevalence by County, 2016

<table>
<thead>
<tr>
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<th>Statewide</th>
<th>New Castle Co.</th>
<th>Kent County</th>
<th>Sussex County</th>
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<tbody>
<tr>
<td><strong>Current Smokers</strong></td>
<td>17.7% (16 - 19.4)</td>
<td>17.3% (14.7 – 19.9)</td>
<td>17% (14.4 – 19.7)</td>
<td>19% (16.2 - 21.7)</td>
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</tbody>
</table>

Source: Delaware Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016
Who's smoking?

19% of men

16.4% of women

11.8% of adults 18-24

23.3% of adults 25-34

23% of adults 45-64

9.4% of adults >65

Source: Delaware Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016
Age of Initiation to Smoking

Among Delaware adults who currently smoke every day:

• **76 %** first tried smoking a cigarette before the age 18. (~66,500 adults)

• **20.5%** first tried smoking *after* they turned 18 but *before* age 21. (~18,000 adults)

• Only **3.5%** first tried smoking after age 21. (~3,100)

Source: From the Division of Public Health’s Tobacco Prevention and Control Program, 2016 Adult Tobacco Survey (ATS).
Who Are At Risk From Smoking?

- Among adults reporting a significant number of bad mental health days each month, 35.6% are smokers (compared to 15.5% of adults who report good mental health).
- 33.1% of adults who report diagnosed depressive disorders smoke cigarettes (vs. 14.5% of those without depression). About 39% of adults with diagnosed depression use some form of tobacco (vs. 21.2% of adults without depression).
- 28% of adults with disabilities smoke (compared to 14.8% of adults without disabilities).

*Defined as 15 or more “bad mental health” days per month.

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016.
Who Are At Risk From Smoking?

• There is **no statistically significant difference** in adult cigarette smoking prevalence **by race or ethnicity** in Delaware.

• The highest smoking prevalence is among adults with less than a $15,000 per year income (**33.3%**).

• Only **8.5%** of adults with a college education or higher are current smokers.

Source: Delaware Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016
Adult Cigarette Smoking Prevalence In Delaware by Educational Level, 2016

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016.
• **8.4%** of adult Delawareans reported using “other tobacco products,” such as cigars, little cigars, hookahs, pipes, bidis, kreteks, orbs or strips.
  – **12.8%** of adult men used these products
  – **22.6%** of young adults, age 18-24

• **6.3%** of adult men smoked little cigars in 2016

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016.
In 2016, about 4% of Delaware adults said they currently use e-cigarettes. This is statistically unchanged from 2015.

However, 9.6% of 18 to 24-year-old adults were “current users” of e-cigarettes.

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2015-2016.
Total Tobacco Use Among Delaware Adults, 2016

• About **3.4%** of adult Delaware men report using smokeless tobacco. Users are more likely to be young (18-24) adults (**5.1%**).

• While **17.7%** of Delaware adults smoke cigarettes, the **total tobacco use** prevalence is actually **24.2%**.
  
  – This includes use of cigarettes, smokeless tobacco, cigars & little cigars, e-cigarettes, hookahs, and other tobacco products.

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016
Delaware Adult Cigarette Smoking, Other Tobacco Use, & Total Tobacco Use, 2016

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016
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