

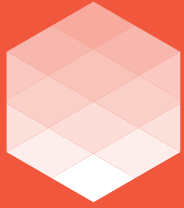
PINELLAS HIGHLIGHTS

TOBACCO



Foundation for a
Healthy St. Petersburg

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Healthy St. Petersburg

TOBACCO USE HAS A DIRECT IMPACT ON POPULATION HEALTH

Smoking costs the United States billions of dollars each year, including nearly \$170 billion in direct medical care for adults and more than \$156 billion in lost productivity due to premature death and exposure to secondhand smoke. Not only does tobacco use have an economic cost, it has health consequences including cancer, heart disease, stroke, diabetes, and lung diseases. On average, smokers die 10 years earlier than nonsmokers. Even those who do not smoke themselves, but are exposed to second hand smoke can develop lung cancer, heart disease, and asthma as a result of their exposure.

Tobacco Use

Tobacco use harms nearly every organ of the body and reduces the health of smokers in general. Tobacco use remains the single largest preventable cause of death and disease in the United States. Cigarette smoking kills more than 480,000 Americans each year, with more than 41,000 of these deaths from exposure to secondhand smoke.ⁱ Smoking causes cancer, heart disease, stroke, diabetes, and lung diseases such as emphysema, bronchitis, and chronic airway obstruction. It can also lead to lung cancer and heart disease in those exposed to secondhand smoke.^{ii iii}

Tobacco use has substantial economic impacts for individuals and communities. Smoking-related illness in the United States costs nearly \$170 billion in direct medical care for adults.^{iv} Annual health care expenditures resulting solely from secondhand smoke exposure total \$6.03 billion.^v In addition to the health care costs associated with smoking, the direct costs of purchasing tobacco products also adds up — the average pack costs \$5.82^{vi} in Florida. If a person has a pack-a-day habit, they can spend over \$2,000 on cigarettes.

Smoking causes more deaths each year than the following causes combined:^{vii}

- Human immunodeficiency virus (HIV)
- Illegal drug use
- Alcohol use
- Motor vehicle injuries
- Firearm-related incidents

A large percentage of adults (20.3%) in Pinellas County smoke compared to 15.5% in the state.^{viii} Pinellas County youth are also using tobacco products. According to the 2016 Florida Youth Tobacco Survey, 15.7% of Pinellas youth, aged 11-17, use cigarettes, cigars, smokeless tobacco, hookah or electronic vaping devices.^{ix} Considering nine out of 10 smokers start by age 18, it is crucial to prevent kids from using tobacco during these pivotal years.^x

Hookah & Water Pipes

Common tobacco products, such as cigarettes and cigars, are not the only harmful forms of nicotine. In recent years, alternative forms of nicotine, such as hookah and electronic cigarettes, have gained popularity. Both products are associated with negative health consequences.

Hookahs are water pipes that are used to smoke specially made tobacco that comes in different flavors, such as apple, mint, cherry, chocolate, coconut, licorice, cappuccino, and watermelon. Many tobacco users think smoking a hookah is safer than smoking a cigarette. In fact, hookah smoking is not a safe alternative to smoking cigarettes. Hookah smoking delivers nicotine, which is the addictive drug found in tobacco products, and because of the way a hookah is used, smokers may absorb more of the other toxic substances found in cigarette smoke than cigarette smokers do. The amount of smoke inhaled during a typical hookah session is about 90,000 milliliters (ml), compared with 500–600 ml inhaled when smoking a cigarette.^{xi}



HEALTH BEHAVIORS

E-Cigarettes

E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products. The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including: ^{xii}

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to a serious lung cancer
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin and lead

Secondhand smoke, whether from a hookah, cigarette, or other tobacco product, is also harmful. In fact, it harms both children and adults, and can worsen asthma and other health issues. According to the 2018 Pinellas County Community Health Needs Assessment, ^{xiii} 17.0% of those adults surveyed reported ever being told they had asthma and 11.0% reported ever being told they had Chronic Obstructive Pulmonary Disease.

According to the Johns Hopkins 2016 Community Health Needs Assessment ^{xiv} allergies and asthma were ranked in the top five health issues for low-income 25% and 40% respectively; and for other-income 44% and 46%. Also, 21.2% of middle schoolers and 20.9% of high schoolers in Pinellas report having asthma. The 2017 Florida CHARTS data ^{xv} indicate that, 360 per 100,000 children aged 5-11 and 574.4 per 100,000 aged 12-18, were hospitalized for asthma in Pinellas County.

Smokeless tobacco is also dangerous to use. It can lead to dental problems, cancer, heart problems, and nicotine poisoning (especially among kids). ^{xvi}

PLEASE NOTE:

This series of Pinellas Highlights is intended to illustrate the Foundation's definitions of the Social Determinants of Health framework and to provide specific data related to the Foundation's geographic focus area. The data presented is not comprehensive.

ABOUT THE FOUNDATION FOR A HEALTHY ST. PETERSBURG

The Foundation for a Healthy St. Petersburg (FHSP) is a private foundation formed in 2013 following the sale of the nonprofit Bayfront Health St. Petersburg. It is the steward of almost \$180 million in assets to support health equity in Pinellas County. Our mission is to end differences in health due to social or structural disadvantages to improve population health. We do this by inspiring and empowering people, ideas, information exchange, organizations and relationships.

Not everyone in Pinellas County is able to attain their highest level of health and well-being. Too often, the place where a person is born, grows, lives, works, learns, or ages contains impediments stemming from entrenched social or demographic factors such as race, gender, personal attribute, income, or geography. This is unacceptable and ultimately unsustainable. The Foundation for a Healthy St. Petersburg seeks to address health disparities, advance population health, and achieve health equity in Pinellas County.

The Foundation is focused on social factors, which directly impact health outcomes, such as housing, income, education, transit, and many others as listed in the Social Determinants of Health Framework below.



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