



Highlighted Health Indicators:



Adults who Smoke

	2008-2010	2009-2011	2010-2012
Lancaster County	13%	13%	14%
PA	20%	19%	21%
US (2012)			18%

The percentage of adults who smoke is lower in Lancaster County in comparison to PA and the U.S. It appears that the percentage of current smokers in Lancaster County increased between the 2009-2011 and 2010-2012 measurement periods, however the confidence intervals indicate that there has been no significant change. The Healthy People 2020 goal is 12%.

Percentage of Lancaster County Students who Ever Smoked Cigarettes, 2009-2013

Grade	2009	2011	2013
6 th	4.6%	4.7%	2.7%
8 th	13.9%	12.9%	9.7%
10 th	24.1%	25.5%	20.8%
12 th	37.4%	29.5%	25.6%
Average	19.5%	17.3%	14.4%

According to the 2013 Pennsylvania Youth Survey for Lancaster County, the percentage of Lancaster County students who ever smoked cigarettes has decreased for all grades illustrated in the table since 2009.

Students who had Ever Smoked Cigarettes, 2013 Lancaster County Comparison to PA and US

Grade	Lancaster County	PA	US
6 th	2.7%	2.4%	n/a
8 th	9.7%	10.2%	14.8%
10 th	20.8%	21.2%	25.7%
12 th	25.6%	35.2%	38.1%
Average	14.4%	17.6%	n/a

This data was reported in the 2013 Pennsylvania Youth Survey for Lancaster County. Fewer Lancaster County students in 8th, 10th, and 12th grades ever smoked cigarettes as compared to PA and the US. The percentage of 6th grade students who ever smoked cigarettes is slightly higher in the County compared to the State.

Please direct questions to
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Why is This Information Important?

Smoking is the leading preventable cause of death in the United States, according to the Center for Disease Control and Prevention (CDC). Cigarette smoking causes more than 480,000 deaths each year in the U.S., about 1 in 5 deaths. Smoking causes more deaths each year than any off of these combined: human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, and firearm-related incidents. In addition, when non-smokers are exposed to secondhand smoking through burning of a tobacco product, such as a cigarette, cigar or pipe, it can cause health issues like cardiovascular disease and lung cancer.

How Can You Make A Difference?

A list of promising practice initiatives can be found at www.lghealth.org/countyhealthdata.

What You can do:

- Set a quit date. Tell family and friends you plan to quit.
- Anticipate and plan for challenges while quitting.
- Remove cigarettes and other tobacco from your home, car and work.
- Talk to your doctor or pharmacist about quit options, and consider nicotine replacement therapy such as the patch, gum, or lozenge.

What Family, Friends, & Loved Ones can do:

- Acknowledge that smoking is an addiction and is very difficult to quit.
- Be encouraging and express your confidence that he or she will be able to quit smoking.
- Let the person know that he or she can count on you when they need someone to just listen or to hear words of encouragement.

What Schools can do:

- Ensure that your school provides comprehensive tobacco education to each student.
- Ensure policies include all tobacco products – not just cigarettes.
- Develop, make accessible, distribute, and enforce tobacco-free policies for staff, students, and visitors.

What Employers can do:

- Adopt a comprehensive tobacco-free worksite policy.
- Offer employees free tobacco cessation classes and establish a workplace wellness committee.
- Ensure all FDA approved smoking cessation medications are covered by your organization's health insurance.
- Participate in a community coalition addressing tobacco-free living.

What Policy Makers can do:

- Educate your local municipalities on the benefit of smoke free green spaces (i.e. Young Lungs at Play policies).
- Participate in the Tobacco Free Coalition of Lancaster County.
- Advocate for smoke-free multi-unit housing units.
- Advocate for tax equity of all tobacco products.