

# Burden of Tobacco/Nicotine Use in Rhode Island

Tobacco use remains the leading preventable cause of death and disease in the United States and in Rhode Island. Approximately 480,000 deaths each year are attributed to smoking and other tobacco use in the United States, with 1,800 deaths in Rhode Island<sup>1</sup>. Approximately 29.8% of cancer deaths in Rhode Island are attributable to smoking<sup>1</sup>. Nationally and locally, tobacco-related disparities exist that negatively impact health equity<sup>2</sup>.

An estimated 1,400 youth in Rhode Island will try smoking cigarettes for the first time this year<sup>1</sup>. Nearly 9 out of 10 (90%) adults who currently smoke cigarettes started using tobacco/nicotine products by age 18, and 99% started by age 26<sup>2</sup>. Youth are more likely to use flavored tobacco/nicotine products. In Rhode Island, 93% of high school students who use e-cigarettes use flavored products<sup>3</sup>, and the most common flavors used nationwide are fruit, candy, mint, and menthol. Youth and young adults up to age 25 are most vulnerable to nicotine's effects as their brains and bodies are still developing, and sustained nicotine use impairs memory, learning, concentration, emotional processing, and impulse control, while also priming the brain for further addiction<sup>5</sup>.

#### **Rhode Island Current Tobacco Use**

High School, 2021 <sup>3</sup>	Percent (%)
E-cigarettes	17.8
Daily e-cigarette use	4.6
Cigars, cigarillos, or little cigars	2.7
Cigarettes	3.0
Smokeless tobacco products	2.5
Middle School, 2021 <sup>3</sup>	Percent (%)
E-cigarettes	5.6
Adults, 2022⁴	Percent (%)
Cigarettes	11.8
E-cigarettes	6.7
Menthol cigarettes*	49.0

<sup>\*</sup>among current adult cigarette users

#### **Rhode Island Youth Tobacco Use Behaviors**

High School, 2021 <sup>3</sup>	Percent (%)
Ever tried cigarettes	11.9
Ever tried e-cigarettes	32.0
Flavored e-cigarette use	16.6
Purchased cigarettes from store*	15.6
Purchased e-cigarettes from store	12.8
Borrowed e-cigarette from someone†	50.63

<sup>\*</sup>not including e-cigarettes

### For more information please contact the Rhode Island Department of Health Tobacco Control Program:

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### Reducing the Tobacco/Nicotine Use Burden with Treatment:

Rhode Island offers free, effective, customized, and confidential help for adults and youth interested in quitting or reducing tobacco/nicotine use:

#### **Rhode Island Nicotine Helpline**

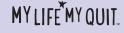
- Recommended for adults ages 18+
- Text: "Start" to 300500
- Call: 1-800-QUIT-NOW /
- 1-800-8-DEJALO
- Visit: QuitNowRl.com

### QuitNowRI.com



#### My Life, My Quit™

- Recommended for youth ages 13-17
- Text: "Start" to 36072
- Call: 855-891-9989
- Visit: mylifemyquit.com





# Smoking-Caused Monetary Costs for Rhode Island per Year<sup>1</sup>

\$744 million

Annual healthcare costs

\$233.0 million

Medicaid costs

\$1.1 billion

Losses in productivity

#### References:

- <sup>1</sup> Campaign for Tobacco-Free Kids. The Toll of Tobacco in Rhode Island.
- <sup>2</sup> Office of the Surgeon General. The Health Consequences of Smoking-50 Years of Progress: A Report of the Surgeon General.
- <sup>3</sup> Rhode Island Department of Health. Center for Health Data Analysis. <u>2021 Youth Risk Behavior Survey</u>.
- <sup>4</sup> Rhode Island Department of Health. Center for Health Data Analysis. <u>2022 Behavioral Risk Factor Surveillance System</u>.
- <sup>5</sup> Centers for Disease Control and Prevention. Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults.

tamong current e-cigarette users under 18