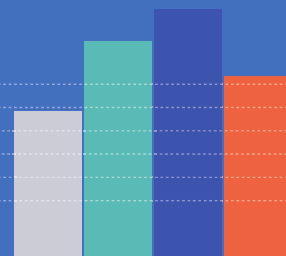




Thomas Farley, MD, MPH  
Commissioner

# CHART



## Smoking and Vaping in Philadelphia

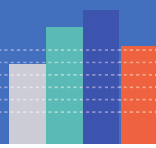
Public health policies at the national, state, and local levels have led to considerable decreases in cigarette smoking over the past five decades.<sup>1</sup> Despite this, cigarette smoking remains the number one cause of preventable death nationally and in Philadelphia. In recent years, there has been a surge in use of other tobacco products and of electronic vaping devices (e-products), which are primarily designed to deliver nicotine but can also be used to deliver tetrahydrocannabinol (THC), the active ingredient in marijuana, or other substances. For young people, e-products may serve as an introduction to nicotine and lead to future cigarette smoking, as well as exposing teens to unknown risks through unregulated products.<sup>2</sup> This issue of CHART highlights recent trends in use of cigarettes, cigars, smokeless tobacco, and e-products in Philadelphia.

### KEY TAKEAWAYS

Cigarette smoking has declined in Philadelphia for adults and youth.

Use of other harmful products—cigars, smokeless tobacco, and electronic vapor products—is common, especially in younger age groups.

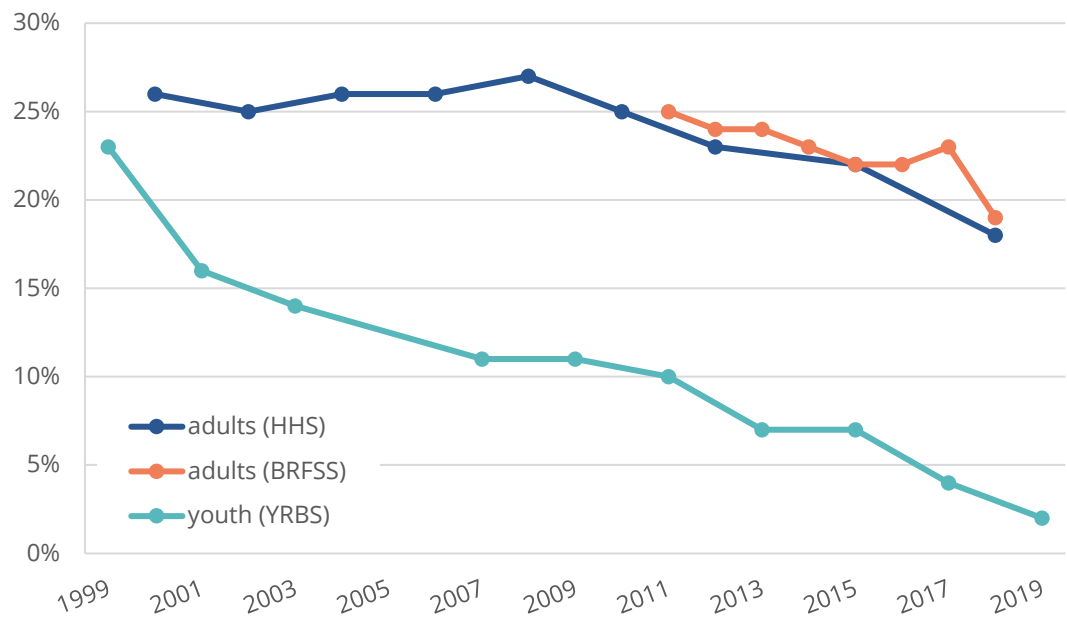
For many youth and young adults, e-products may serve as an introduction to nicotine.



## Cigarette Smoking has Declined in Philadelphia

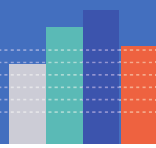
Note: Due to limited data on e-products and cigars in the BRFSS, the HHS is used for adults for the remainder of the CHART.

### Cigarette Smoking in Philadelphia, 1999 to 2019



- In 2019, 2% of Philadelphia high-school students reported cigarette use in the past 30 days, a 91% drop from the 1999 rate of 23%.
- Cigarette smoking among adults is estimated at 18-19%, depending on the survey.
- According to the Household Health Survey, the rate of cigarette smoking among adults stayed roughly constant from 1999 until 2010 and then decreased from 25% in 2010 to 18% in 2018, a 28% reduction.
- Data from the Behavioral Risk Factor Surveillance System shows a similar decline in smoking between 2011 and 2018.
- Adults in Philadelphia are more likely to smoke cigarettes than US adults (18-19% vs. 14%<sup>3</sup>) while youth in Philadelphia are less likely to smoke cigarettes than US youth (2% vs. 6%<sup>4</sup>).

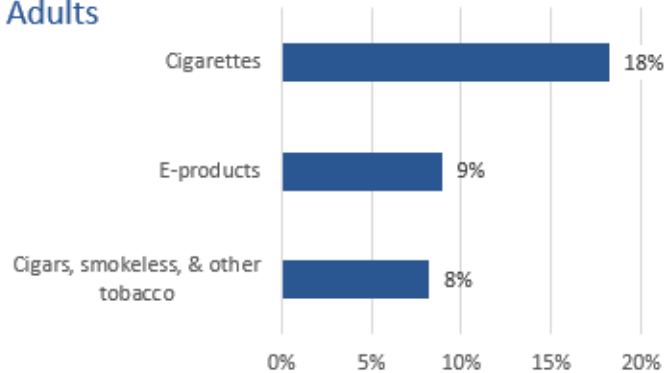
Sources: Pennsylvania Household Health Survey 2000-2018 (adults HHS), Behavioral Risk Factor Surveillance System 2012-2018 (adults BRFSS), and Youth Risk Behavior Survey 1999-2019 (youth).



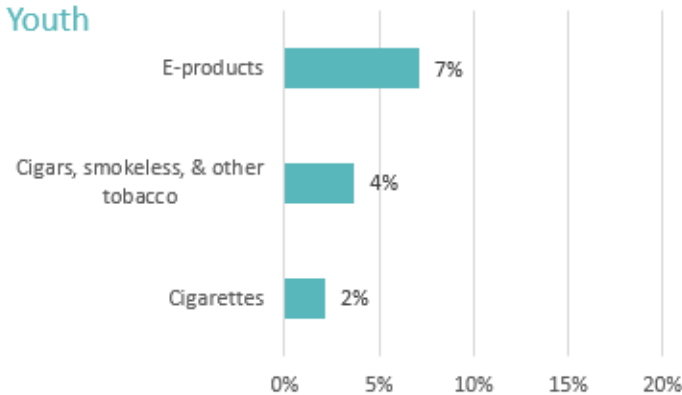
However, Use of Other Harmful Products is Common, Especially Among Youth and Young Adults

## Use of Cigarettes; Cigars, Smokeless, & Other Tobacco; and E-products in Philadelphia 2018/19

### Adults



### Youth



- Among adults, cigarette smoking remains more common than use of e-products or cigars, smokeless, and other tobacco. However, use of these other products—9% for e-products and 8% for cigars, smokeless, & other tobacco—is concerning, especially for younger adults who use them at higher rates:
  - 17% of those 18-34 years reported use of e-products and 15% used cigars, smokeless, & other tobacco (data not shown).
- Youth use e-products (7%) and cigars, smokeless, & other tobacco (4%) at higher rates than cigarettes (2%).
- For adults, trends in cigars, smokeless, and other tobacco have been stable over time.
- Among youth, there is some evidence that cigars, smokeless, and other tobacco use has decreased in recent years.
- There are not enough data to measure time trends in e-products.
- In the next section, we present demographic characteristics of e-product users and of users of cigarettes combined with cigars, smokeless, & other tobacco.

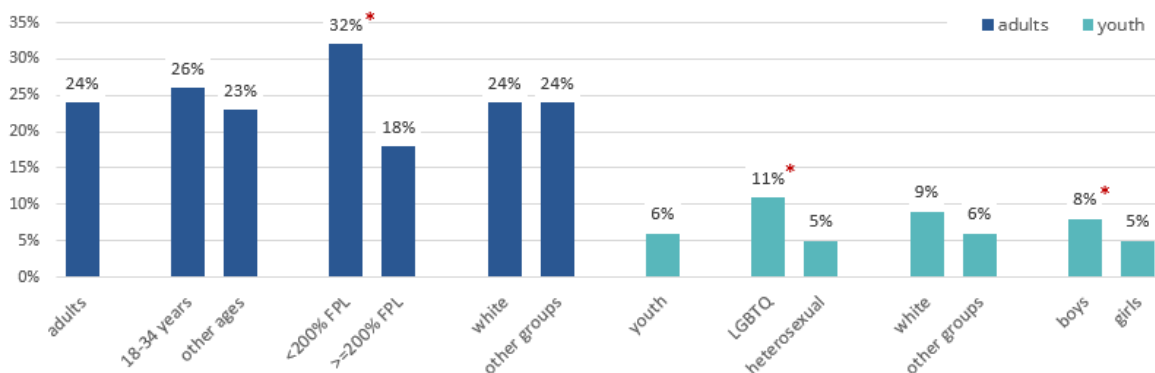
Sources: Pennsylvania Household Health Survey 2018 (adults) and Youth Risk Behavior Survey 2019 (youth).

## Risk of Use Differs by Product Type and Demographic Characteristics

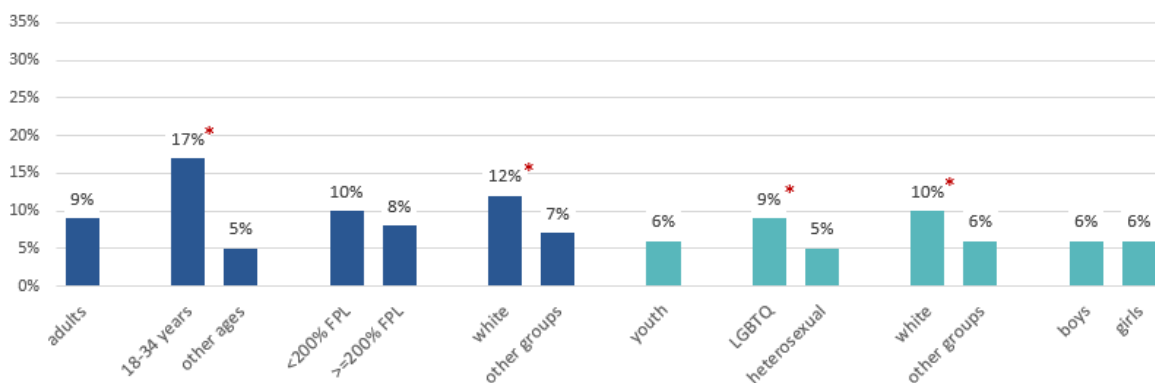
Note: Groups with significantly more use than peers are denoted with a red asterisk \*. For youth, two survey cycles were combined (2017 and 2019) to obtain sufficient sample size.

### Demographic Characteristics of Smoking and Vaping, 2017-19

#### Cigarettes, cigars, or smokeless tobacco

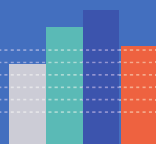


#### E-products



- The demographic characteristics of adults at highest risk for use of cigarettes, cigars, or smokeless tobacco are not the same as those for e-product use:
  - Lower income groups are more likely than higher income groups to use cigarette, cigars, or smokeless tobacco: 32% of those below 200% of the federal poverty line (FPL) use one of these products compared to 18% of those at or above 200% of the federal poverty line.
  - E-product use is higher among younger adults than older adults (17% for those 18-35 vs 5% for older ages) and higher among non-Hispanic white adults than adults of other race/ethnicities (12% vs 7%).
- Among youth:
  - Those identifying as LGBTQ are at higher risk for use of cigarettes, cigars, or smokeless tobacco and e-product than their non-LGBTQ peers.
  - Boys use cigarettes, cigars, or smokeless tobacco at higher rates than girls (8% vs 5%).
  - Non-Hispanic white youth use e-products at higher rates than other racial and ethnic groups (10% vs 6%).

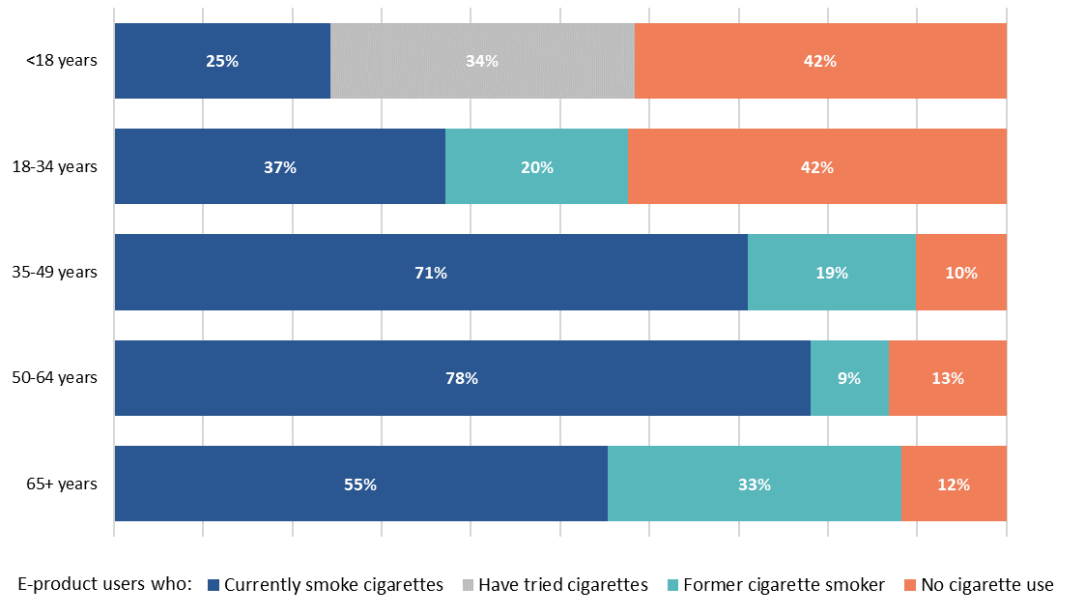
Sources: Pennsylvania Household Health Survey 2018 (adults) and Youth Risk Behavior Survey 2017-19 (youth).



## For Many Youth and Young Adults E-Products are Their Introduction to Nicotine

Note: For youth (<18 years) and adults (18+ years), two survey cycles were combined to obtain adequate sample sizes.

### Cigarette Smoking Among E-product Users by Age, 2015-19

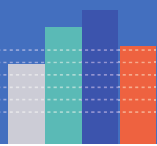


- About half (53%) of all adult e-product users also smoke cigarettes.
- A large portion of young adult (18-34 years, 42%) e-product users have never used cigarettes. The fraction of e-product users who have never smoked cigarettes is substantially lower among adults 35+ (12%).
- Among high-school youth, 25% of e-product users also smoke cigarettes. 34% have tried cigarettes in the past and 42% have never tried a cigarette.
- Research shows that the odds of becoming a cigarette smoker are 3.5 times greater among young people who have ever tried an e-product than those who abstained from e-products.<sup>2</sup>

Sources: Pennsylvania Household Health Survey 2014-18 (18 and older: adults) and Youth Risk Behavior Survey 2017-19 (< 18 years: youth).

## References

1. Farrelly MC, Chaloupka FJ, Berg CJ, et al. Taking Stock of Tobacco Control Program and Policy Science and Impact in the United States. *J Addict Behav Ther.* 2017;1(2). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6124688/>. Accessed November 25, 2019.
2. Soneji S, Barrington-Trimis JL, Wills TA, et al. Association Between Initial Use of e-Cigarettes and Subsequent Cigarette Smoking Among Adolescents and Young Adults: A Systematic Review and Meta-analysis. *JAMA Pediatr.* 2017;171(8):788. doi:10.1001/jamapediatrics.2017.1488
3. CDC. Current Cigarette Smoking Among Adults in the United States. Centers for Disease Control and Prevention. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/adult\\_data/cig\\_smoking/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm). Published November 18, 2019. Accessed November 27, 2019.
4. CDC. Youth and Tobacco Use. Centers for Disease Control and Prevention. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm). Published November 8, 2019. Accessed November 27, 2019.



## WHAT CAN BE DONE

### The Health Department is:

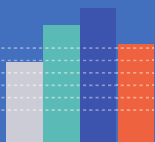
- Implementing new laws that prohibit the sale of flavored cigars and cigarillos and restrict the sale of flavored and high nicotine salt e-cigarettes to adults-only stores.
  - Conducting youth tobacco compliance checks to ensure that stores do not sell tobacco products to minors.
  - Implementing regulations that limit the number of retailers permitted to sell tobacco in the city.
  - Running mass media campaigns to help educate Philadelphians about the dangers of smoking and vaping.
  - Working with partners across the city to expand smoke-free and vape-free spaces and change norms around tobacco use.
- 

### Health care providers should:

- Screen all patients for tobacco use and vaping.
  - Offer FDA-approved cessation products and refer to cessation programs for patients interested in help quitting.
  - Counsel all pre-teens and teens about the dangers of these products.
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### People can:

- Avoid smoking and vaping.
- Report any retailer selling tobacco products illegally by texting "SMOKE" to 474747.
- Ask your doctor for help quitting if you smoke or vape.
- Use FDA approved cessation medications and counseling for tobacco use. E-cigarettes are not approved by the FDA to help people quit smoking.
- Talk to the children and teens in your life about the dangers of tobacco and vaping products.



## RESOURCES

### For help quitting:

1-800-Quit-Now

[smokefreephilly.org](http://smokefreephilly.org)

### To report illegal tobacco sales to youth, of loosies, or at an unlicensed retailer:

Text "SMOKE" to 474747

1-888-99-SMOKE

[smokefreephilly.org](http://smokefreephilly.org)

### For resources you can use to combat harmful smoking products:

[smokefreephilly.org/resources/downloadable-media](http://smokefreephilly.org/resources/downloadable-media)

### For more information on e-products:

[behindthehazephilly.com](http://behindthehazephilly.com)

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