

# Iowa Adult Use by Tobacco Type

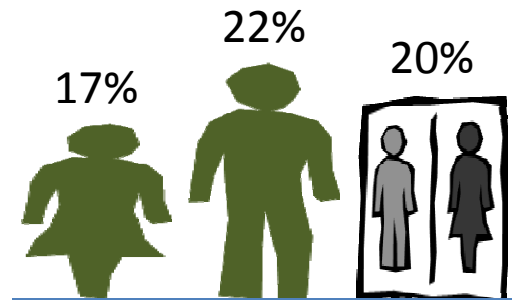
**1 in 4 to 5 men** 

**1 in 6 women** 

More than 1 in every 4 men (255,000) in Iowa smoke cigarettes compared to 1 in every 6 women (196,000).

Almost 75% of all Iowa adult cigarette smokers smoke every day and almost one-third smoke one or more packs per day.

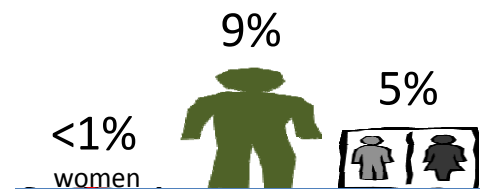
Almost half of smokers want to quit and more than half (56%) try to quit each year. Between 5% and 15% are able to succeed and become former smokers.



Overall, one in five adults (450,000, 20%) smoke cigarettes. Of the 28,000 deaths in Iowa each year, 4,400 (16%) are caused by cardiovascular disease, chronic lung disease and cancer related to smoking.

**1 in 11 men** 

While 1 in every 11 men in Iowa use smokeless tobacco, only about 1 in every 200 women use smokeless tobacco (108,000 men vs. 5,600 women). Two-thirds of users of smokeless tobacco dip, snuff or chew or use snus every day of the month.



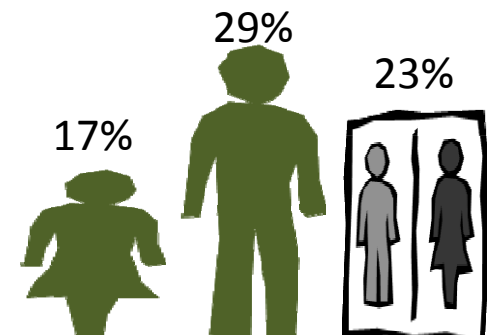
Smokeless tobacco, used primarily by men, is not a safe substitute for cigarettes and its use is related to increased risk of oral, stomach, throat and pancreatic cancer. Among youth in the U.S., smokeless tobacco use is on the increase.



**1 in 3 to 4 men**

**1 in 6 women**

Almost 1 in every 3 men and 1 in every 6 women in Iowa use either cigarettes or smokeless tobacco (333,000 men, vs. 198,000 women).



The BRFSS\* survey questions that are asked every year cover only cigarette and smokeless tobacco use. In 2013, about 1 in 4 Iowa adults (23%) either smoked cigarettes or used smokeless tobacco: about 2% of adults used both cigarettes and smokeless tobacco.

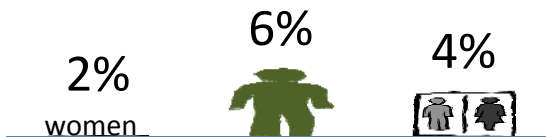
# One in every four adults in Iowa uses tobacco

**1 in 17 men**



**1 in 55 women**

Men are more than three times as likely to smoke cigars as are women. Unlike smokeless tobacco users, of whom 67% use every day, only 15% of cigar smokers report smoking daily.



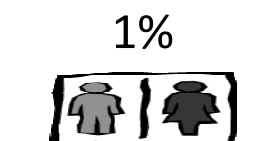
Cigar use is associated with increased risk of oral, throat and lung cancer. Heavy use is associated with heart disease and chronic obstructive lung disease. As for smokeless tobacco use, cigar smoking is more common among men than women.

**1 in 100 Iowa adults**



One percent of adults smoke tobacco in hookahs (water pipes).

Young adults age 18 to 34 years are almost 7 times more likely to have ever smoked tobacco in a hookah compared to adults age 55 and older. (19% vs. 3%)



As for cigarette and cigar smoking, the smoking of tobacco in water pipes is associated with increased risk of oral and lung cancer, heart disease, stroke and chronic respiratory disease.

Like smokeless tobacco use and cigar smoking, the smoking of water pipes is much more common among males than females—about twice as many men as women in Iowa (11% vs. 5%) have ever smoked tobacco in a water pipe.

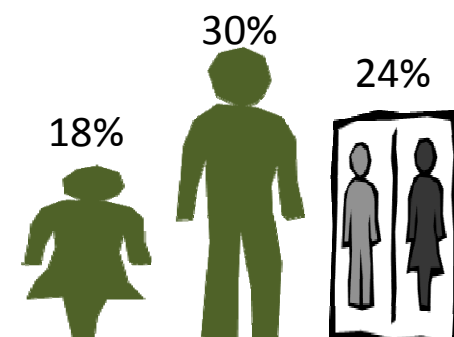
**1 in 4 adults**



Almost 1 in every 4 Iowa adults (24% or about 550,000) use some form of tobacco (cigarettes, smokeless, cigars or water pipes).



Men are about 70% more likely than women to use tobacco (30% vs. 18%). To varying degrees, men are more likely than women to use cigarettes, cigars, smokeless tobacco and water pipes.



While tobacco use has declined over the last 50 years in the U.S. and in Iowa, one in four adults still use tobacco. In Iowa, 75% of smokers start use before age 18, while 23% start between the ages of 18 and 24 years. Statewide, 17% of all 11th grade students in Iowa currently use cigarettes, smokeless tobacco or cigars.