

Smoking Cessation Among Mississippi Adults in 2020

Background

Tobacco use is one of the leading preventable causes of death, disability, and disease in the United States.¹ Smoking has been linked to heart disease, stroke, lung disease, cancer, diabetes, and chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis.¹ In addition, smoking increases the risk of tuberculosis, eye diseases, and immune system problems such as rheumatoid arthritis.¹ About 16 million Americans live with a disease caused by smoking.¹

The harm from tobacco use is not limited to its effects on the smoker. Exposure to secondhand smoke has been linked to stroke, lung cancer, and coronary heart disease in adults.² Children exposed to secondhand smoke are at increased risk for sudden infant death, middle ear disease, acute respiratory infections, respiratory symptoms, and severe asthma.² Exposure to secondhand smoke also causes 41,000 deaths among non-smoking adults each year and approximately 400 deaths among infants.³

Quitting smoking, also known as smoking cessation, has immediate and long-term benefits, no matter how long a person has smoked.⁴ In 2015, more than two-thirds of adult smokers reported wanting to quit smoking, and in 2018, more than half of adult smokers said that they had attempted to quit in the last year.⁵ Although quitting smoking can be difficult, there are resources available that can help people transition to healthier, smoke-free lives.

Mississippi

Mississippi collects information about the smoking habits of adults who participate in the Behavioral Risk Factor Surveillance System (BRFSS).⁶ The BRFSS is a telephone survey that is conducted every year to monitor behaviors that contribute to the leading causes of illness and death among adults in our state, such as tobacco use.⁶

In Mississippi, 20.1% of adults were current smokers in 2020.⁶ A current smoker was defined as someone who had ever smoked at least 100 cigarettes and currently smoked on some days or every day. Of the current smokers, more than half (61.2%) said that they had tried to quit smoking in the past 12 months.⁶ Approximately 20% of all respondents in 2020 were former smokers; that is, they had smoked at least 100 cigarettes in their lifetime but now do not smoke at all.⁶

The percentage of Mississippi adults who tried to quit smoking was significantly higher among Black respondents compared to Whites, especially among Black males compared to White males (Figure 2). Trying to quit smoking was also significantly higher among adults in the 25-34 age group (73.1%) compared to adults 65 years and older (52.0%).

Benefits of Quitting Smoking⁴

- Improves health and increases life expectancy – by as much as 10 years!
- Improves quality of life
- Lowers the risk of 12 types of cancer, including those of the lungs, mouth and throat, stomach, liver, and cervix
- Reduces the risk of illness or death from cardiovascular diseases, even among those who already have heart disease
- Lowers the risk of developing chronic obstructive pulmonary disease (COPD)
- Reduces the risk of respiratory infections, such as bronchitis and pneumonia
- Lowers the risk of some poor reproductive health outcomes, such as pre-term delivery and low birthweight

It is never too late to quit smoking.

Figure 1. Percentage of Adult Smokers Who Tried to Quit Smoking in the Past 12 Months, Mississippi, 2020

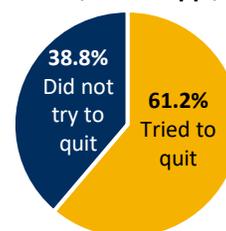
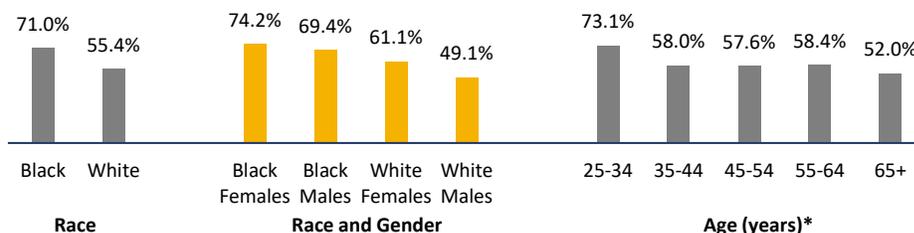


Figure 2. Percentage of Adult Smokers Who Tried to Quit Smoking in the Past 12 Months by Demographic Characteristic, Mississippi, 2020

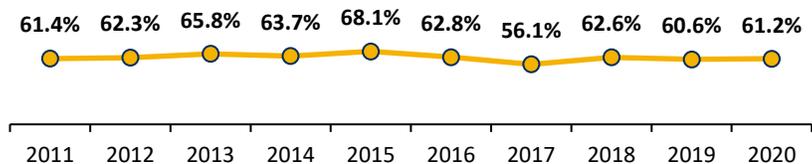


*Note: Data for the 18-24 age group is suppressed due to <50 responses.

Mississippi (continued)

No significant change was detected in the percentage of adults who had tried to quit smoking in the past 12 months in the period of 2011 to 2020.⁶ (Figure 3)

Figure 3. 2011-2020 Trend of Mississippi Adults Who Tried to Quit Smoking in Past 12 Months



Resources

If you want to quit smoking, there are helpful resources available to you, such as:

- Your primary care provider. If you have questions about the health risks posed by smoking or the benefits of quitting, or if you need help in your journey of quitting smoking, contact your doctor or health care provider.
- The Tobacco Quitline: 1-800-QUIT-NOW (1-800-784-8669)
- Chat with an online Quit Coach: <https://www.quitnow.net/mve/quitnow>
- Receive daily text messages to support you in quitting smoking: https://smokefree.gov/tools-tips/text-programs/quit-for-good/smokefreetxt?s_cid=OSH_tips_D9402
- Design your personalized plan to quit smoking at <https://smokefree.gov/build-your-quit-plan>
- University of Mississippi Medical Center's ACT Center for Tobacco Treatment, Education, and Research: <http://www.act2quit.org/treatment/>
- Baby & Me – Tobacco Free Program (Mississippi): <https://chcams.org/baby-me-tobacco-free-program/>
- quitSTART (free smartphone app): <https://smokefree.gov/tools-tips/apps/quitstart>
- For more resources: <https://www.cancer.net/navigating-cancer-care/prevention-and-healthy-living/stopping-tobacco-use-after-cancer-diagnosis/resources-help-you-quit-smoking>

References

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4. Centers for Disease Control and Prevention. (2020, September 23). Benefits of quitting. Retrieved 5/16/22 from https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm
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6. Centers for Disease Control and Prevention. (2022, May 4). Behavioral Risk Factor Surveillance System. Retrieved 5/16/22 from <https://www.cdc.gov/brfss/index.html>

Benefits of Quitting Smoking: A Timeline by the CDC⁴

According to the CDC, the benefits of quitting smoking begin within minutes of finishing your last cigarette and can continue for decades.

- Within **minutes**, your heart rate slows.
- Within **24 hours**, the level of nicotine in your blood drops to zero.
- Within **several days**, the level of carbon monoxide in your blood drops to that of a non-smoker.
- Within **1 to 12 months**, coughing and shortness of breath decrease.
- Within **1 to 2 years**, your risk of having a heart attack drops dramatically.
- Within **3 to 6 years**, the added risk of coronary heart disease from smoking drops by half.
- Within **5 to 10 years**, your risk of stroke decreases, and the added risk of mouth and throat cancers from smoking drops by half.
- Within **10 years**, your risk of bladder, esophagus, and kidney cancers decreases.
- Within **10 to 15 years**, the added risk of lung cancer drops by half.
- Within **15 years**, your risk of coronary heart disease drops to close to that of someone who does not smoke.
- Within **20 years**, your risk of cancers of the pancreas, mouth, throat, and voice box drops to similar to that of someone who does not smoke, and your added risk of cervical cancer drops by approximately half.

For More Information, Contact:
Mississippi State Department of Health