



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Health Promotion and Disease Prevention

Adult Tobacco Use in Delaware

Summary of Data from the 2016
Behavioral Risk Factor Survey (BRFS)
of Adult Delaware Residents



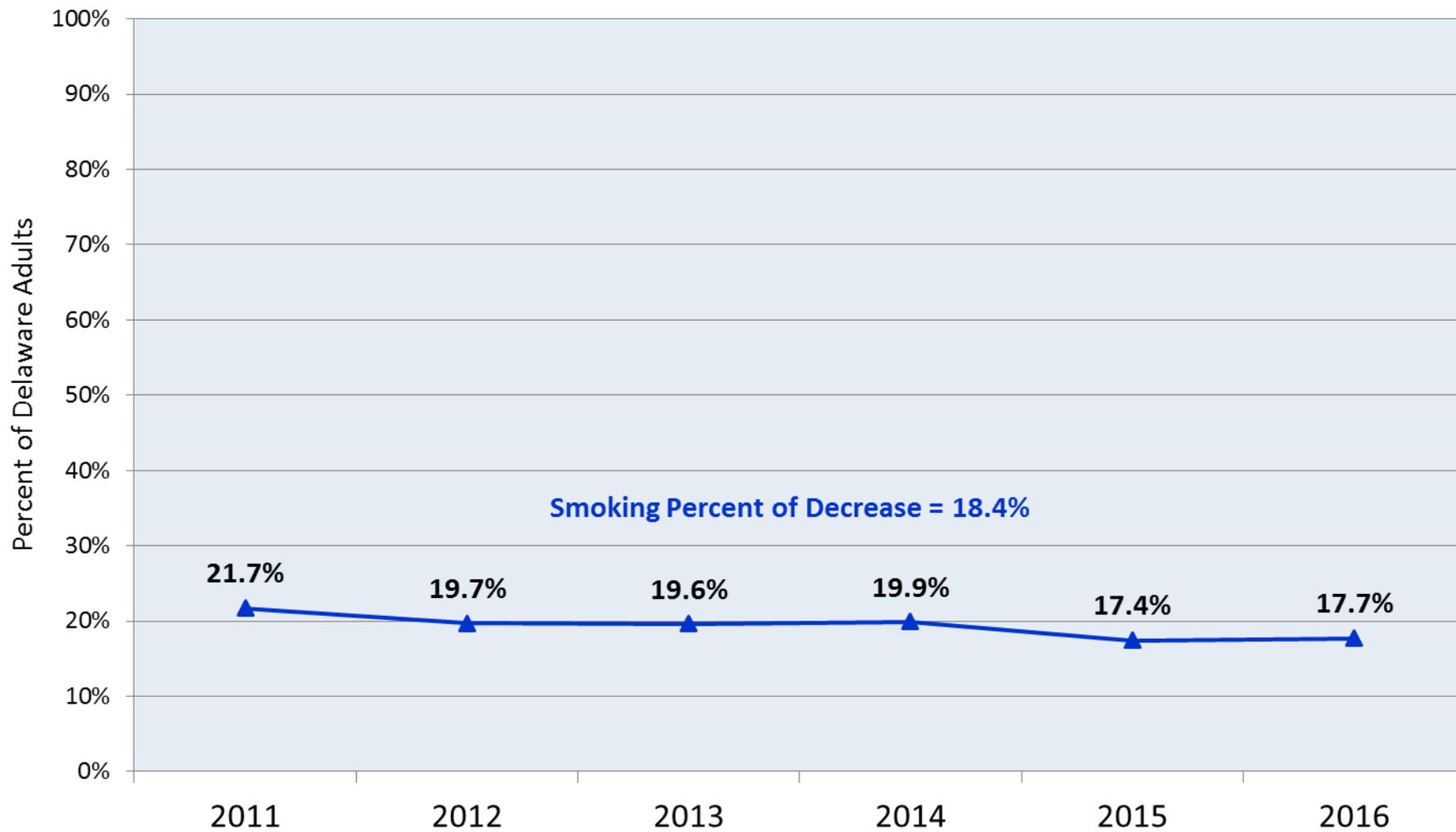
- The adult Behavioral Risk Factor Survey (BRFS) is administered on an ongoing basis, with prevalence data compiled annually
- Random sample of ~ 4,000 Delaware adults, age 18 and older
- Response rates vary from 40 - 46%
- Data are weighted to reflect the Delaware adult population from the most recent U.S. Census
- All data are self-reported



Delaware Behavioral Risk Factor Survey (BRFS)

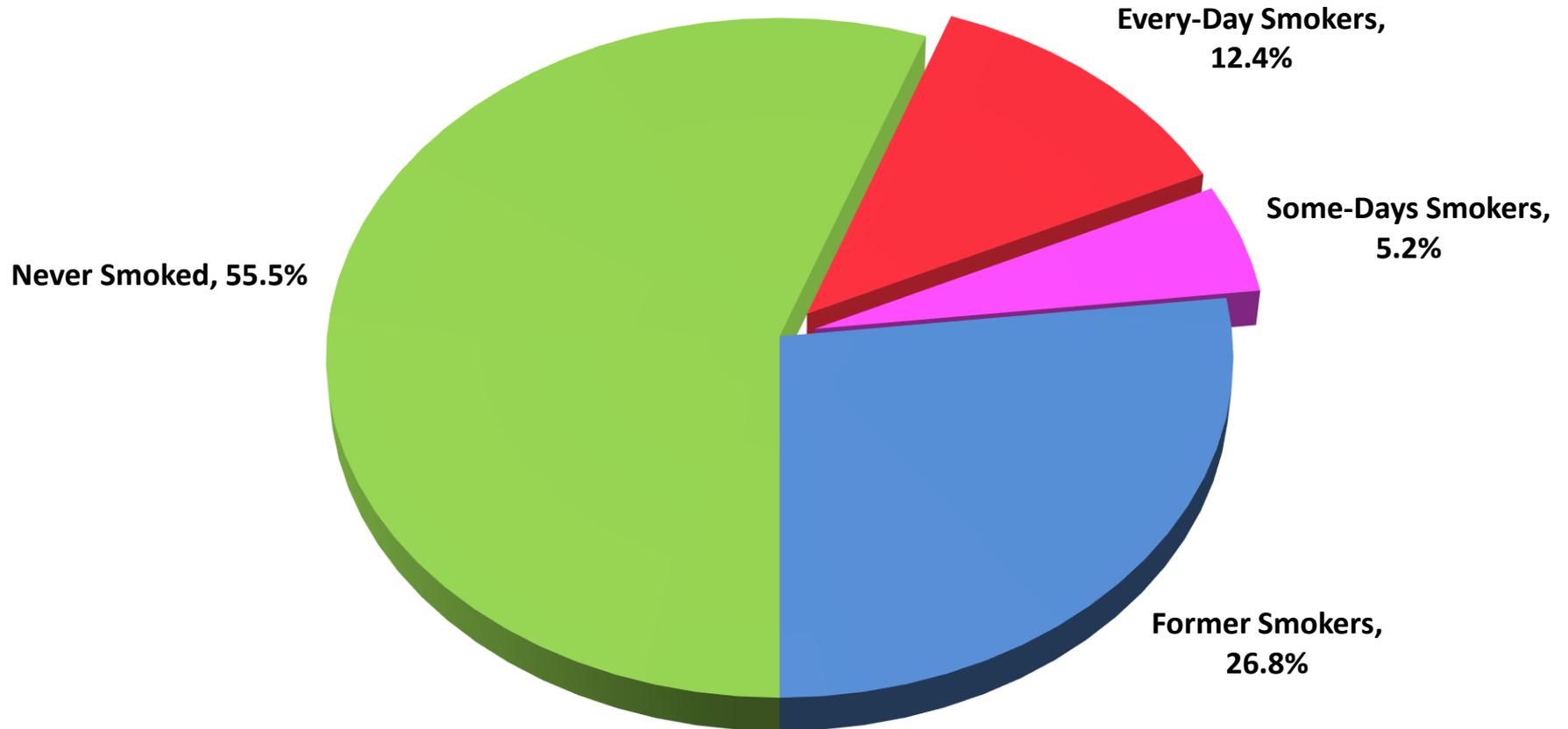
ADULT TOBACCO USE PREVALENCE 2016

Delaware Adult Cigarette Smoking Prevalence, 2011-2016



Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2011-2016.
New baseline in 2011, due to change in methodology to multi-mode survey and new weights.

Cigarette Smoking Among Delaware Adults, 2016

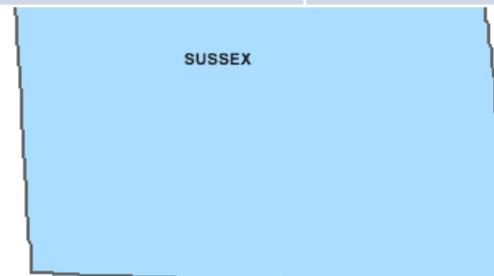


Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016.

Current Adult Cigarette Smoking Prevalence by County, 2016



	Statewide	New Castle Co.	Kent County	Sussex County
Current Smokers	17.7% (16 - 19.4)	17.3% (14.7 – 19.9)	17% (14.4 – 19.7)	19% (16.2 - 21.7)



Source: Delaware Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016

Who's smoking?

16.4%
of
women

19%
of
men

Age of current smokers

11.8%
of
adults
18-24

23.3%
of adults
25-34

23%
of adults
45-64

9.4%
of
adults
>65

Source: Delaware Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016

Age of Initiation to Smoking

Among Delaware adults who **currently smoke** every day:

- **76 %** first tried smoking a cigarette before the age 18. (~66,500 adults)
- **20.5%** first tried smoking *after* they turned 18 but *before* age 21. (~18,000 adults)
- Only **3.5%** first tried smoking after age 21. (~3,100)

Who Are At Risk From Smoking?

- Among adults reporting a significant number of **bad mental health** days each month, **35.6%** are smokers (compared to **15.5%** of adults who report good mental health).
- **33.1%** of adults who report diagnosed **depressive disorders** smoke cigarettes (vs. **14.5%** of those without depression). About **39%** of adults with diagnosed depression use *some form of tobacco* (vs. **21.2%** of adults without depression).
- **28%** of adults with **disabilities** smoke (compared to **14.8%** of adults without disabilities).

*Defined as 15 or more “bad mental health” days per month.

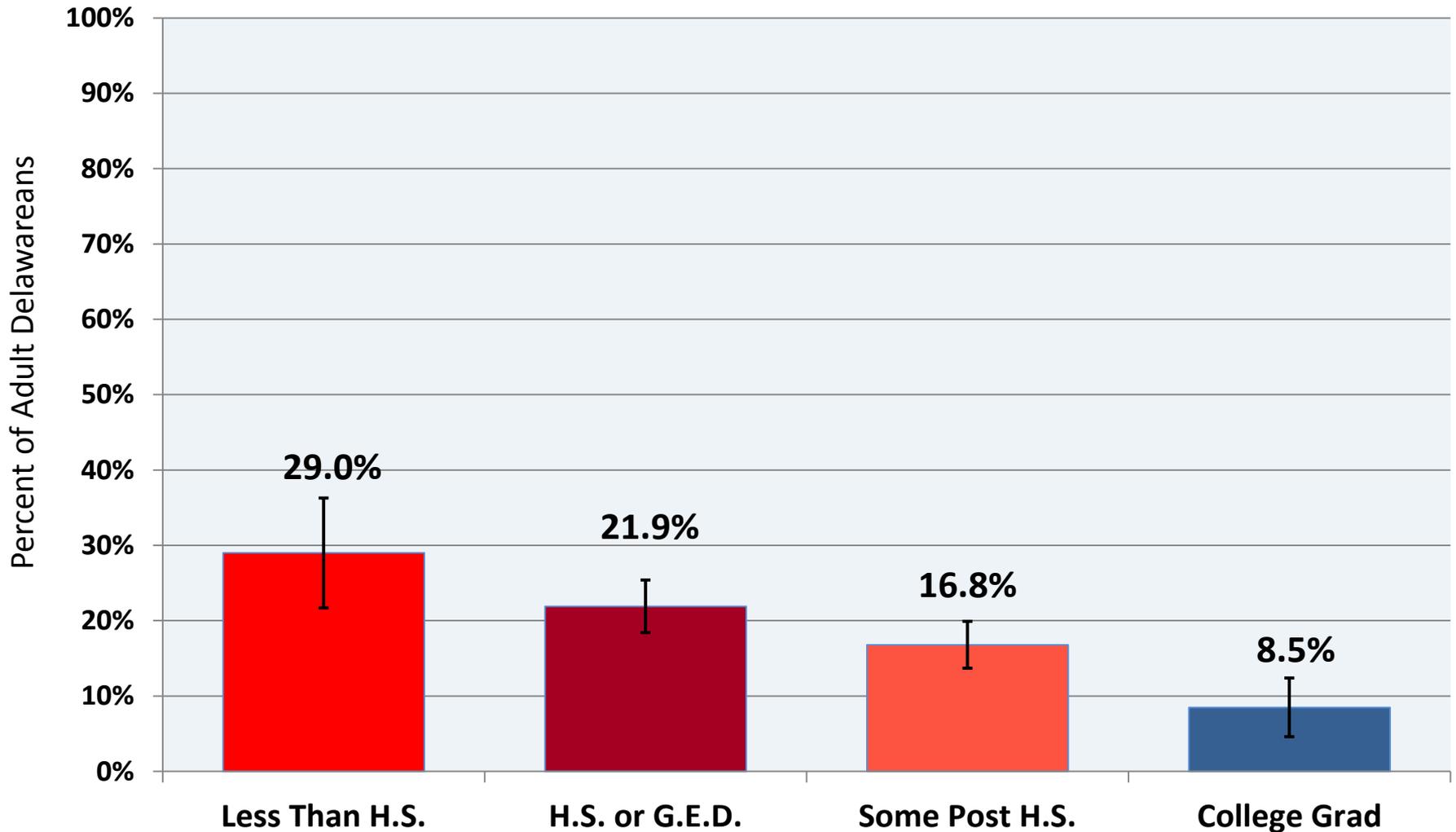
Who Are At Risk From Smoking?

- There is **no statistically significant difference** in adult cigarette smoking prevalence **by race or ethnicity** in Delaware.
- The highest smoking prevalence is among adults with less than a \$15,000 per year income (**33.3%**).
- Only **8.5%** of adults with a college education or higher are current smokers.



Source: Delaware Health and Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016

Adult Cigarette Smoking Prevalence In Delaware by Educational Level, 2016



Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016.



Other Tobacco Products



- **8.4%** of adult Delawareans reported using “other tobacco products,” such as cigars, little cigars, hookahs, pipes, bidis, kreteks, orbs or strips.
 - **12.8%** of adult men used these products
 - **22.6%** of young adults, age 18-24
- **6.3%** of adult men smoked little cigars in 2016



e-Cigarettes

In 2016, about **4%** of Delaware adults said they currently use **e-cigarettes**. This is statistically unchanged from 2015.

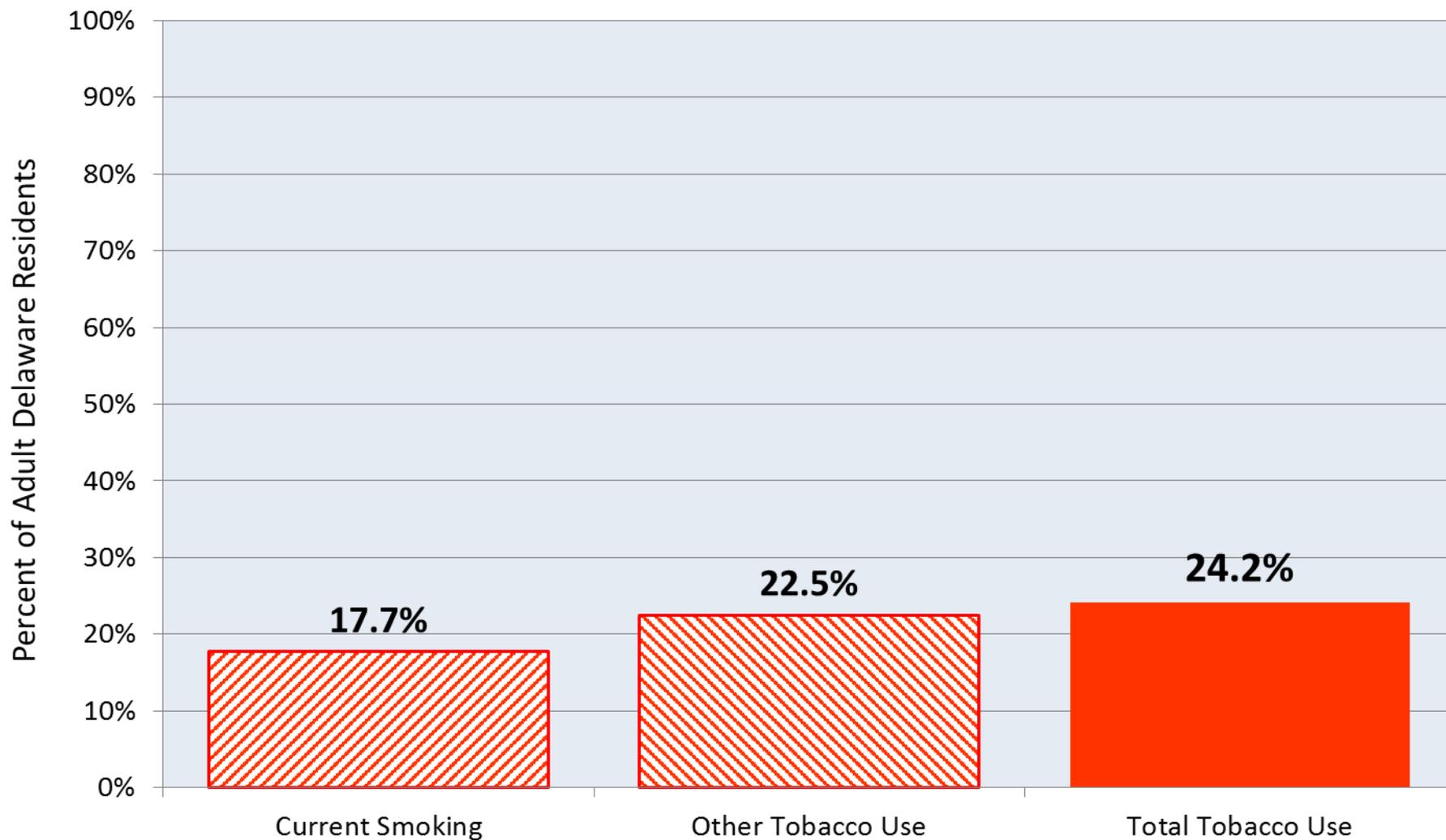
However, **9.6%** of **18 to 24-year-old** adults were “current users” of e-cigarettes.

Total Tobacco Use Among Delaware Adults, 2016

- About **3.4% of adult Delaware men** report using smokeless tobacco. Users are more likely to be young (18-24) adults (**5.1%**).
- While 17.7% of Delaware adults smoke cigarettes, the **total tobacco use** prevalence is actually **24.2%**.
 - This includes use of cigarettes, smokeless tobacco, cigars & little cigars, e-cigarettes, hookahs, and other tobacco products.



Delaware Adult Cigarette Smoking, Other Tobacco Use, & Total Tobacco Use, 2016



Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2016



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<http://dhss.delaware.gov/dph/dpc/brfsurveys.html>



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