Smoking and Indiana Women

Tobacco use is the single most preventable cause of death and disease in the United States, and smoking is responsible for an estimated 11,100 deaths in Indiana annually. Smoking greatly impacts women’s health, as women are now as likely as men to die from many diseases caused by smoking. This fact sheet provides information on the burden of smoking among women in Indiana.

Smoking among Indiana Women, 2015

- In 2015, 19.3% of women in Indiana were current smokers, a significant decline from 23.8% in 2011. However, rates of smoking among Indiana women remain higher than the U.S. median rate among women nationwide (15.8%).
- Smoking rates tend to be higher among younger women.
- Smoking rates were similar among non-Hispanic white women (20.4%) and non-Hispanic African American women (19.3%), but lower among Hispanic women (5.8%).
- Smoking rates among women decline as education levels increase. Over 1 in 3 (36.9%) Hoosier women with less than a high school education were current smokers in 2015 compared with about 1 in 20 (5.0%) women who were college graduates.

Health Effects of Smoking among Women

The 2014 U.S. Surgeon General’s report on the health consequences of smoking concluded that women are now as likely as men to die from many diseases caused by smoking. Smoking substantially increases women’s risk of several chronic diseases including lung cancer, heart attack, stroke, emphysema, and other chronic illnesses such as diabetes.

Health Effects of Smoking during Pregnancy

Cigarette smoking among women of childbearing age increases the risk of infertility. Smoking among pregnant women also increases the risk of several pregnancy complications, ectopic pregnancy, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).
Smoking and Indiana Women

Smoking during Pregnancy in Indiana

- In 2014, Indiana’s smoking during pregnancy rate (15.1%) was considerably higher than the national average (8.4%)\(^6\).\(^7\)
- Even more alarming are rates in Indiana counties that exceed state and national averages. Forty-two counties have a smoking during pregnancy rate significantly higher than the state average, and all but four counties have rates higher than the national average.\(^6\)

Smoking Cessation among Indiana Women

- In 2015, nearly 3 in 5 (59.4%) Hoosier women who were current smokers reported trying to quit at least once in the past year.\(^3\)
- One in four (25.0%) Indiana women who smoke report intending to quit within the next 30 days, and about 7 in 10 (71.5%) report ever intending to quit.\(^8\)

Benefits of Cessation\(^9\),\(^10\)

Quitting smoking has numerous health benefits for women including:

- Reduced risk of chronic diseases such as heart disease, cancer, chronic lung disease, and stroke
- Reduced risk of infertility among women of childbearing age
- Increased energy levels and easier breathing
- Among pregnant women, reduced risk of low birth weight and premature birth

Resources for Quitting

The Indiana Tobacco Quitline (1-800-QUIT-NOW) offers free, evidence-based cessation treatment to help tobacco users quit. Pregnant tobacco users who call the Quitline receive even greater intensity of behavioral support – 10 calls instead of 4. The treatment plan is tailored to meet their needs, and for those who quit, the Quitline offers additional postpartum contact to prevent relapse. Call 1-800-QUIT-NOW or visit www.quitnowindiana.com for more resources and information about quitting tobacco.

---


* The national smoking during pregnancy rate is calculated from 46 states and the District of Columbia that reported smoking during pregnancy data in 2014.

Updated 11/23/2016