

## BACKGROUND

Tobacco use is the leading cause of preventable disease, disability, and death in the United States and an avoidable contributor to chronic diseases such as heart disease, lung disease, cancer, and stroke.<sup>1</sup>

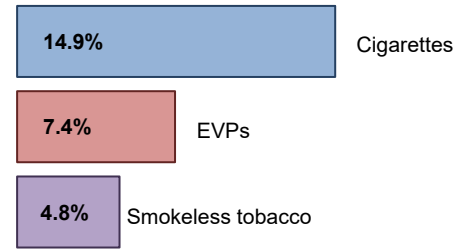
This factsheet describes tobacco use among adults in Pennsylvania (PA) based on the 2022 PA Behavioral Risk Factor Surveillance System data.<sup>2</sup>

## WHO DOES THE ISSUE IMPACT?

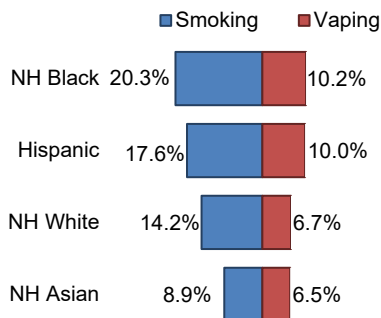
In 2022, approximately one quarter (22.2%) of PA adults used tobacco products, including cigarettes (14.9%), electronic vapor products (EVPs) (7.4%), and smokeless tobacco products (4.8%) [Figure 1].

For cigarette smoking, the prevalence was 15.9% among males and 14% among females. Non-Hispanic (NH) Blacks had the highest smoking prevalence (20.3%), and NH Asians had the lowest smoking prevalence (8.9%) [Figure 2]. The smoking prevalence was highest among adults aged 30-44 years (20%) [Figure 3]. The smoking prevalence was highest among adults with the lowest level of annual household income (less than \$25,000) (25%) [Figure 4] and also was highest among adults with a high school or less education (20.9%) [Figure 5]. The smoking prevalence was higher among adults in rural counties (21.6%) than in urban counties (14.7%).

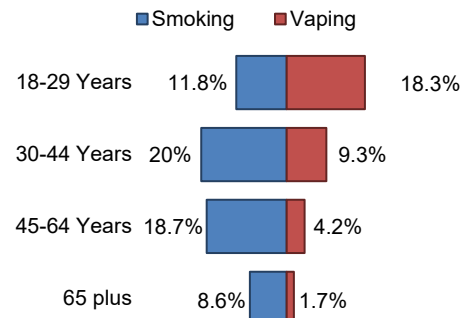
**Figure 1. Adult Tobacco Use (%) by Tobacco Product Type, PA BRFSS, 2022**



**Figure 2. Smoking vs Vaping Prevalence (%) by Race/Ethnicity, PA BRFSS, 2022**



**Figure 3. Smoking vs Vaping Prevalence (%) by Age Group, PA BRFSS, 2022**

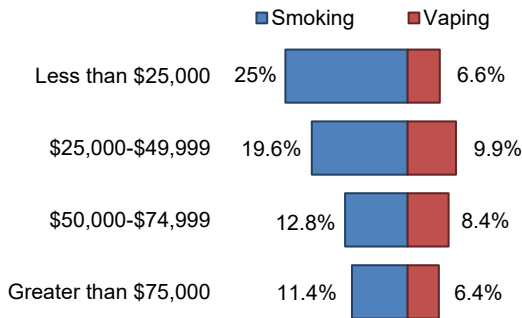


Similar to cigarette smoking prevalence, the vaping prevalence was also higher among males than among females (8.1% vs 6.7%). NH Blacks had the highest vaping prevalence (10.2%), and NH Asians had the lowest vaping prevalence (6.5%) [Figure 2]. The vaping prevalence was highest among adults aged 18-29 years (18.3%) [Figure 3]. The vaping prevalence was highest among adults with annual household incomes between \$25,000-\$49,999 (9.9%) [Figure 4]. By education attainment level, the vaping prevalence was highest among adults with some college or technical school education (9.2%) [Figure 5]. The vaping prevalence was higher among adults in urban counties (7.5%) than in rural counties (4.8%). In 2022, 9.4% of former smokers currently used EVPs.

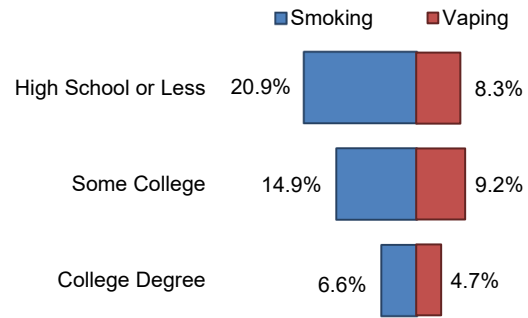
1. CDC. Office on Smoking and Health. 2024. <https://www.cdc.gov/tobacco/about/osh/index.htm>

2. CDC. Behavior Risk Factor Surveillance System. 2022. <https://www.cdc.gov/brfss/>

**Figure 4. Smoking vs Vaping Prevalence (%) by Income, PA BRFSS, 2022**



**Figure 5. Smoking vs Vaping Prevalence (%) by Education, PA BRFSS, 2022**



Limitations exist in the presented data. The data is self-reported by a telephone survey, which may lead to over or underreporting health behaviors. The COVID-19 pandemic may have affected survey participation and adult health risk behaviors.

## WHAT ARE WE DOING?

The PA Department of Health Division of Tobacco Prevention and Control (DTPC) collaborates with community partners and stakeholders to implement a strategic plan for reducing tobacco-associated morbidity and mortality in the Commonwealth.<sup>3</sup> The strategic plan aligns with the Centers for Disease Control and Prevention's *Best Practices for Comprehensive Tobacco Control Programs* and includes the following goals:<sup>4</sup>

- Prevent initiation of all tobacco product use among youth and young adults
- Promote quitting among adults and youth
- Eliminate exposure to secondhand smoke
- Advance health equity by identifying and eliminating commercial tobacco product-related inequalities and disparities

DTPC leads multiple statewide and regional initiatives including, but not limited to, operating a free tobacco quitline service (1-800-QUIT-NOW), enforcing PA's Clean Indoor Air Act, and establishing community-based intervention programs.

## WHAT CAN YOU DO?

- Do not initiate tobacco use by smoking, vaping, or using smokeless tobacco products
- If currently using tobacco products, seek assistance with quitting through counseling services, nicotine replacement therapy, and professional guidance
- Avoid exposure to secondhand smoke
- Educate youth on the dangers of tobacco use

## RESOURCES FOR MORE INFORMATION

- PA Department of Health Division of Tobacco Prevention and Control: <https://www.health.pa.gov/topics/programs/tobacco/pages/tobacco.aspx>
- The Centers for Disease Control and Prevention Office on Smoking and Health: <https://www.cdc.gov/tobacco/index.htm>
- PA Free Quitline: <https://pa.quitlogix.org>

3. PA DOH DTPC. *Strategic Plan 2023-2027*. <https://www.health.pa.gov/topics/Documents/Programs/Tobacco/PA%20Tobacco%20Strategic%20Plan%202023-2027.pdf>

4. CDC. *Best Practices for Comprehensive Tobacco Control Programs*. 2014. <https://www.cdc.gov/tobacco/stateandcommunity/guides/pdfs/2014/comprehensive.pdf>