

Smoking Cessation

We Believe in a Healthy Louisiana

In 2020, Ochsner Health unveiled Healthy State, a bold plan to partner with local and state leaders and organizations to realize a more equitable and healthier Louisiana. By engaging with healthcare, education and policy organizations from every sector and corner of the state, we are working together to tackle the leading causes of poor health and to create profound impact for Louisiana residents. Find out more at LiveHealthyState.org.

About the Healthy State Smoking Cessation Focus

Cigarette smoking is the **leading cause of preventable death and disease in the nation**. Smoking cessation is a focus for Healthy State because:

- ✔ The highest rates of smoking are among those with health and socioeconomic challenges.
- ✔ Smoking increases the risk of other health conditions.
- ✔ Lung cancer is among the leading causes of premature death in Louisiana.
- ✔ Smoking not only impacts the smoker, but also the health and wellness of those exposed to the smoke.
- ✔ The number of middle and high school smokers has increased, and prevention must address adults and children to limit new users.

What Are the Impacts of Smoking?

- ✔ Smoking damages nearly every organ and is associated with:
 - Heart disease
 - Stroke
 - Respiratory diseases (e.g., chronic obstructive pulmonary disease)
 - Diabetes
 - Cancer
- ✔ Smoking is responsible for more than **480,000 deaths** every year.
- ✔ Exposure to **secondhand smoke** is estimated to cause **41,000 deaths** among U.S. adults every year.
- ✔ Smoking is **estimated to cost** the U.S. between **\$132.5 and \$175.9 billion for medical expenses** as well as \$151 billion in lost productivity due to premature death every year.

Sources: America's Health Rankings, 2020 | American Cancer Society, Facts & Figures 2021 Report.



People who currently smoke a pack a day save an average of \$2,300 every year after they quit smoking.

Source: America's Health Rankings 2020



It can take a person 8 to 11 attempts to quit before they are successful.

Source: America's Health Rankings 2020



Smoking is the leading cause of preventable death in the U.S. with 400,000 lives lost.

Source: America's Health Rankings 2020

Impacted Groups

Individuals at greatest risk for poor health outcomes due to smoking:

- ✓ Adults 25 to 64 years old
- ✓ Males
- ✓ Native American/Alaska Native and multiracial adults in Central & Northeast Louisiana
- ✓ Adults who attained lower education, who have a GED but did not graduate high school
- ✓ Adults with less than \$25,000 annual household income
- ✓ Adults with a disability or limitations such as vision, hearing and movement
- ✓ LGBTQ+ adults
- ✓ Adults who are divorced, separated or widowed
- ✓ Adults who are on Medicaid or who are uninsured
- ✓ People with severe anxiety

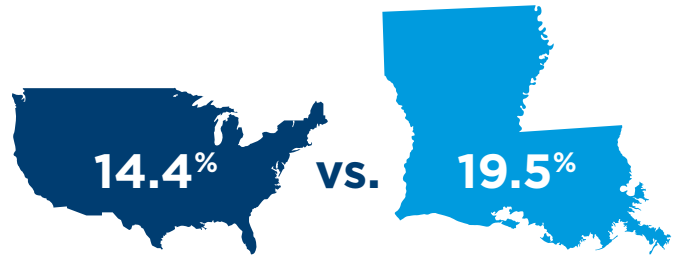
Annual Impact by 2030: >215,000 Lives

The Healthy State target is to reduce smoking rates by 6% by the year 2030. Prevention and early detection programs for key target audiences can positively impact the rate of smoking.



Louisiana Smoking Rate: 19.5%

The percentage of adults who reported smoking at least 100 cigarettes in their lifetime and currently smoke daily or some days.

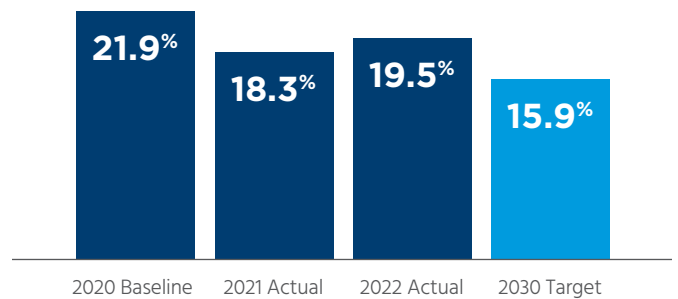


Source: County Health Rankings and Roadmaps, 2020 | America's Health Rankings, 2022

Success Measures

Goal: 214,000 fewer smokers

- ✓ Decrease the percentage of adults who report smoking 100 cigarettes in their lifetime and currently smoke daily or some days.



Questions? Email healthystate@ochsner.org

