

Connecticut Department of Public Health Fact Sheet

Tobacco Control Program | December 2022

TOBACCO USE CESSATION

Overview: Tobacco use is the single largest cause of death and disease, causing a variety of serious health consequences, including 12 different types of cancer. Each year in Connecticut, an estimated 4,300 adults die as a result of their own smoking.¹

Health Benefits of Quitting: Cessation of tobacco use reduces the risk of many negative health effects, including reproductive health outcomes, cardiovascular diseases, and chronic obstructive pulmonary disease (or COPD).¹



In 2021, an estimated 164,700 or 37.8% of Connecticut adults aged 18 years or older who used tobacco stopped using all tobacco products for a day or longer in the past year because they were trying to quit for good²

Fast Facts on Quitting:¹

- Quitting has immediate health benefits
- Stopping the use of tobacco products is difficult but one of the most important things a person can do for their health
- There are benefits from cessation no matter a person's age or number of years of tobacco use
- Quitting smoking reduces the risk of early death and can add up to ten years to a person's life

Cost Benefits of Quitting: Although the rate of cigarette smoking in Connecticut continues to decline, in 2021 more than 290,000 adults still smoked cigarettes.² Connecticut has the highest state

cigarette excise tax in the nation at \$4.35,³ and the average price of a pack of cigarettes is \$9.52.⁴ Therefore, a pack-a-day smoker could save about \$3,500 per year by quitting cigarettes alone.

Financial Toll of Smoking in Connecticut:⁵



- Tobacco-caused health costs are \$2.6 billion each year, with \$686.7 million in Medicaid expenditures
- Each member who uses tobacco costs insurers an additional \$4,000 per year
- For every person who quits, Connecticut taxpayers can save \$10,500

Using ENDS to Quit: Vapes, vaporizers, vape pens, hookah pens, electronic cigarettes (e-cigarettes or e-cigs), e-cigars, and e-pipes are some of the many tobacco product terms used to describe electronic nicotine delivery systems (ENDS):⁶



- Some smokers report that ENDS have helped them stop using combustible cigarettes
- There remains inadequate evidence that ENDS can be used successfully for tobacco cessation
- Certain types may be associated with quitting, however with the wide variety of devices, brands and ingredients on the market, more testing is needed to determine what works best for quitting
- Additional research is also needed on the potential harm and long-term health effects from using ENDS

In 2021, approximately 130,900 or 5% of Connecticut adults used ENDS some days or every day. Among these users, 49% were multi- or poly-tobacco users, which means they also reported using at least one other type of tobacco product. About 50% of these multi-users tried to quit all tobacco products in the past year.²

Among high school youth, about 15,600 or 11% used ENDS on 1 or more of the past 30 days. Of these students, 22% were poly-tobacco users, and 53% of these multi-users tried to quit using all tobacco products for good at least once in the past year.⁷

Final Thoughts:

- Tobacco use can lead to tobacco dependence and serious health problems⁸
- Quitting smoking greatly reduces the risk of developing smoking-related diseases⁸
- Tobacco/nicotine dependence is a condition that often requires repeated treatments, but there are helpful treatments and resources for quitting⁸
- Smokers can and do quit smoking for good—in fact, since 2002 there have been more former smokers than current smokers in the US.⁸ In 2021, 11.1% of Connecticut adults smoked cigarettes and 25.8% were former smokers²

Cessation Resources:

- Call the [CT Quitline](#) at [1-800-QUIT-NOW](#) (1-800-784-8669) for free help or information on quitting, or
 - For the hearing impaired, the TTY number is [1-877-777-6534](#)
 - For services in Spanish, call [1-855-DEJELO-YA](#) (1-855-335-3569)
- Re-learn life without cigarettes or vapes through the online [Become an EX](#) program, and
 - In-person programs are available – see the [Local Community Cessation Directory](#) available at www.CT.gov/DPH/Tobacco
 - Smartphone apps and more information are available at SmokeFree.gov
- Visit [CommitToQuitCT](#) to enroll for Quitline services online



Cessation Resources for Youth:

- Text [DitchVape](#) at 88709 for help through a cessation program from [Truth Initiative](#)
- Get the [quitSTART](#) app - available at Teen.SmokeFree.gov or in the App store
- For parents (or other adults) who want to help their kids quit, text [Quit](#) to 202-899-7550; this same number can also give adults assistance with their own quitting

What We're Doing to Help End the Tobacco Epidemic...

In alignment with the Centers for Disease Control and Prevention National Tobacco Control Program goals, the Connecticut Department of Public Health's Tobacco Control Program coordinates state and local initiatives to 1) **PREVENT** initiation of tobacco product use, including e-cigarettes and other emerging products, among youth and young adults; 2) **PROMOTE** cessation and assist tobacco users to quit; 3) **PROTECT** people from secondhand smoke; and 4) **ADVANCE** health equity by identifying and eliminating commercial tobacco product-related inequities and disparities.



For More Information, Contact:

Connecticut Department of Public Health | Tobacco Control Program

410 Capitol Avenue, PO Box 340308, MS #11HLS

Hartford, CT 06134-0308

Call: 860-509-8251 or visit: www.ct.gov/DPH/Tobacco



Fact sheet layout and icons courtesy of Centers for Disease Control and Prevention National Center for Injury Prevention and Control
Last updated: December 20, 2022

References:

- ¹U.S. Department of Health and Human Services. Smoking Cessation. A Report of the Surgeon General. Atlanta, GA. 2020.
- ²State of Connecticut, Department of Public Health; Connecticut Behavioral Risk Factor Surveillance System, 2021.
- ³Federation of Tax Administrators, January 2022.
- ⁴Balancing Everything; [Cigarette Prices by State in 2022 | Balancing Everything](#) [accessed 2022 Aug 15].
- ⁵Truth Initiative CT Facts: 2016-Connecticut-Fact-Sheet.pdf; www.TruthInitiative.org.
- ⁶[Tobacco Products | FDA](#) [accessed 2022 Aug 16].
- ⁷State of Connecticut Department of Public Health; Connecticut Youth Risk Behavior Survey, 2021.
- ⁸Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion; <https://www.cdc.gov/tobacco/about/osh/>.