

FACT SHEET – Adult Cigarette Smoking

PROGRESS SUMMARY

- Cigarette smoking among New Mexico adults declined to a historic low of 17.5% in 2015, following a similar downward trend in the United States. Adult smoking in New Mexico has declined nearly 20% since 2011, representing about 63,500 fewer adult smokers in 2015.
- Although smoking rates are declining, there are still about 280,000 adult smokers in the state and many more who are addicted to nicotine in other tobacco products such as cigars, spit/chew tobacco, or e-cigarettes.
- Cigarette smoking rates remain higher among certain groups: disabled, low-income, low-education, unemployed, lesbian/gay/bisexual, and people under age 35.
- More than 8,000 New Mexicans access QUIT NOW services annually. One in three New Mexico tobacco users are successful in quitting after using tobacco cessation services.

DEPARTMENT OF HEALTH EFFORTS

NMDOH's Tobacco Use Prevention and Control Program (TUPAC) and its partners use comprehensive, evidence-based approaches to promote healthy lifestyles that are free from tobacco abuse and addiction.

TUPAC follows recommendations from the Centers for Disease Control and Prevention (CDC), including free quitting coaching through QUIT NOW and DEJELO YA (Spanish) telephone and web-based services, free nicotine replacement medications, and text message support.

TUPAC also trains health care providers and clinics around the state in changing systems to screen for tobacco use, conduct brief tobacco interventions, and refer tobacco users to quitting services.

The use of emerging tobacco products, such as e-cigarettes, complicates the landscape of nicotine addiction and cessation. The TUPAC Program has been updating its data collection and evaluation systems to gather and use this new information.

TUPAC focuses tobacco prevention and cessation interventions on populations at greatest risk in an effort to reduce tobacco-related health disparities.

BACKGROUND

Smoking is the leading preventable cause of death in the United States. Smoking is initiated and established primarily during adolescence, with more than 80% of adult smoking first smoking before age 18. About half of all lifetime smokers will die early because of their tobacco use. In New Mexico, over 2,600 people die from tobacco use annually and another 78,000 live with tobacco-related diseases. Annual smoking-related medical costs in NM total \$844.

