

## Smoking Cessation By Race/Ethnicity

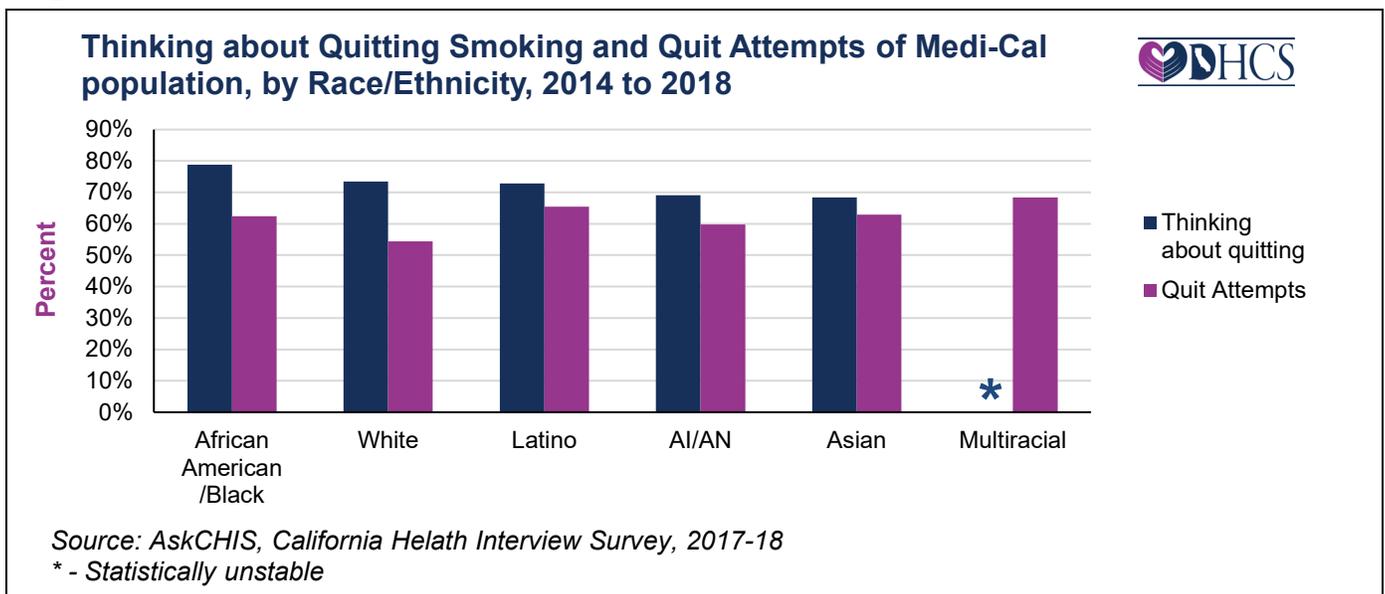


National and state smoking cessation programs have been successful at decreasing smoking prevalence in the United States (U.S.) and California. However, smoking prevalence continues to be a national and state public health issue, with 1,300 deaths a day in the U.S. attributed to smoking<sup>2</sup> and California being the state with the highest amount of adult smokers.<sup>1</sup> The rate of smoking varies by race/ethnicity in California with higher rates among American Indians/Alaska Natives and African Americans/Blacks and lower rates among Hispanics and Asians/Pacific Islanders.<sup>2</sup>

Smoking is a risk factor for various chronic diseases, heart disease, and lung cancer; however, quitting can mediate and, in some cases, eliminate these health risks.<sup>2</sup> African Americans/Blacks have reported higher rates of wanting to quit than others groups.<sup>3</sup> Those who are able to quit smoking before age 40 decrease their risk of dying from smoking-related diseases by 90%.<sup>4</sup>

For Medi-Cal adults, rates were higher for thinking about quitting in the next six months than making a quit attempt. Also, African Americans/Blacks reported the highest rates of thinking about quitting both in Medi-Cal and California in general. There were not enough people in the Native Hawaiian/Pacific Islander group to report their rates (see figure).

**Figure**



1. California Department of Public Health, California Tobacco Control Program, *California Tobacco Facts and Figures, 2016*, Sacramento, CA: California Department of Public Health, 2016.
2. U.S. Department of Health and Human Services. *The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Accessed Jul 27 2018.
3. Centers for Disease Control and Prevention. Quitting smoking among adults- United States, 2001-2010. *MMWR*, 2011;60(44):1513-9. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6044a2.htm> . Accessed Aug 3 2018.
4. Jha P, Ramasundarahettige C, landsman V, et al. 21<sup>st</sup> Century hazards of smoking and benefits of cessation in the United States. *New England JN of Med*, 2013;368(4):341-50.