

2009 New Mexico Tobacco Data Highlights

Adult Tobacco Use

- 19.3% of NM adults are current smokers, which is similar to the US smoking rate (18.3%) and the first time that adult smoking in NM has dropped below 20%.¹
- NM adult smoking has dropped significantly between 2001 (23.8%) and 2008 (19.3%).^{1,7}
- Smoking rates are highest among adults who are young (18-24 years), low-income (under \$20,000/yr), low education (less than high school diploma), the unemployed, the uninsured, and among lesbian, gay, and bisexual individuals.^{2,3}
- About 4.6% of NM adults currently use spit tobacco and 5.3% use cigars.³

Youth Tobacco Use

- 24.2% of NM high school students were current smokers in 2007, compared to 20% in the US. ^{5,11}
- Smoking by NM high school youth declined significantly from 30.2% in 2003 to 24.2% in 2007.^{5,8}
- Smoking among high school boys is 24.9%, similar to girls at 23.7%.⁵
- 11.8% of NM high school youth use spit tobacco, which is higher than the 7.9% nationally. Boys are significantly more likely (17.4%) to use spit tobacco than girls (5.7%).⁵
- About 13.4% of NM middle school students were current smokers in 2007.⁶

Smoking Cessation

- Over half (57.5%) of NM adult smokers tried to quit smoking in the year prior to being surveyed.⁷
- Among high school youth smokers, about half have tried to quit smoking in the past year.⁵
- In 2006, 64% of NM adult smokers who saw a health care provider in the past year were advised to quit smoking, compared to less than half (49%) in 2001.^{3,9}
- Other than cold turkey, the cessation aid most commonly used by NM adult smokers was a medication such as Bupropion, Wellbutrin, or Zyban, followed by nicotine patches and gum.³

Secondhand Smoke

- 92% of New Mexicans are protected from secondhand smoke through strong state and local laws that entirely prohibit smoking in public places and/or worksites.¹⁰
- More than eight in ten (83%) New Mexicans do not allow smoking anywhere in their home.³
- 83% of working New Mexicans report having a smoke-free workplace.³
- In 2007, 53.8% of high school youth were exposed to secondhand smoke in the past week, compared to 61.4% in 2003. ^{5,8}

Tobacco-Related Deaths, Diseases, and Economic Costs

- 2,106 New Mexicans die annually from smoking.¹²
- An estimated 54,976 New Mexicans suffer with at least one serious illness from smoking.¹²
- Annual smoking costs in New Mexico are \$976 million [\$483 million for direct medical costs; \$493 million for lost productivity].¹²
- Each pack of cigarettes sold costs the State \$14.00 in smoking-attributable medical and lost productivity costs. The average retail price of a pack of cigarettes in NM is \$4.85.¹³

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- ¹ 2008 Behavioral Risk Factor Surveillance System (BRFSS), NM Department of Health and Centers for Disease Control and Prevention.
- ² 2004-2006 Behavioral Risk Factor Surveillance System (BRFSS), multi-year aggregate data, as reported in Padilla JL. Adults and Tobacco in New Mexico: 2008 Report. Chronic Disease Prevention and Control Bureau, New Mexico Department of Health, Albuquerque, NM, October 2008.
- ³ 2006 New Mexico Adult Tobacco Survey (ATS), NM Department of Health.
- ⁴ New Mexico Taxation and Revenue Department (cigarette stamp sales data, FY03-FY07) and US Census Bureau (2003-2007 NM population estimates).
- ⁵ 2007 New Mexico High School Youth Risk and Resiliency Survey (YRRS), NM Department of Health.
- ⁶ 2007 New Mexico Middle School Youth Risk and Resiliency Survey (YRRS), NM Department of Health.
- ⁷ 2001 Behavioral Risk Factor Surveillance System (BRFSS), NM Department of Health.
- ⁸ 2003 New Mexico Youth Risk and Resiliency Survey (YRRS), NM Department of Health.
- ⁹ 2001 New Mexico Adult Tobacco Survey (ATS), NM Department of Health.
- ¹⁰ NM Tobacco Use Prevention and Control Program (NM Department of Health) calculated the proportion of NM population covered by strong local clean indoor air policies, both local and statewide laws using 2006 US Census Bureau population estimates. Populations for tribal lands were not counted because they are not covered by the Dee Johnson Clean Indoor Air Act.
- ¹¹ Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2007. Surveillance Summaries, June 6, 2008. *MMWR*; 57(No. SS-4).
- ¹² Giovino GA, Chaloupka FJ, Hartman AM et al. *Cigarette Smoking Prevalence and Policies in the 50 States: An Era of Change – The Robert Wood Johnson Foundation ImpacTeen Tobacco Chart Book*. Buffalo, NY: University at Buffalo, State University of New York, 2009. www.impactteen.org/tobaccodata.htm
- ¹³ Sustaining State Programs for Tobacco Control: Data Highlights 2006, CDC and Orzechowski & Walker, *Tax Burden on Tobacco*, 2008. See: <http://www.tobaccofreekids.org/research/factsheets/pdf/0099.pdf>