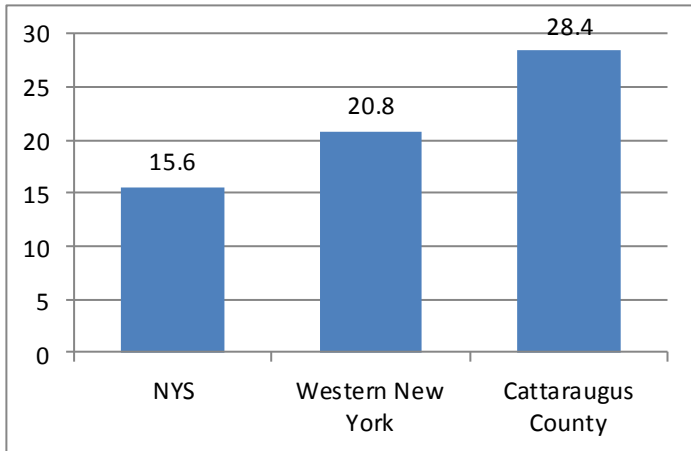
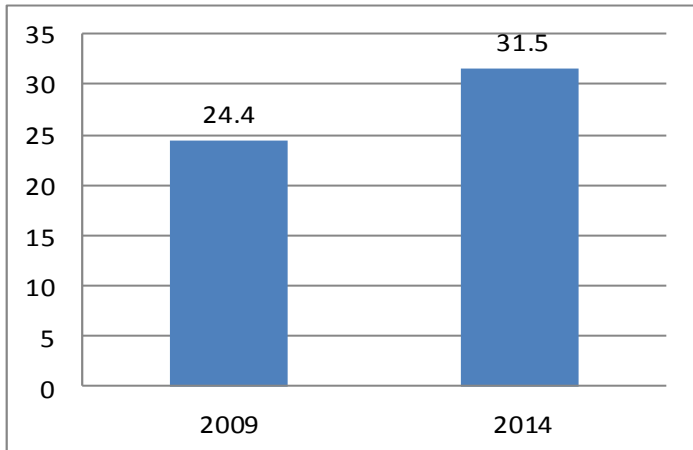




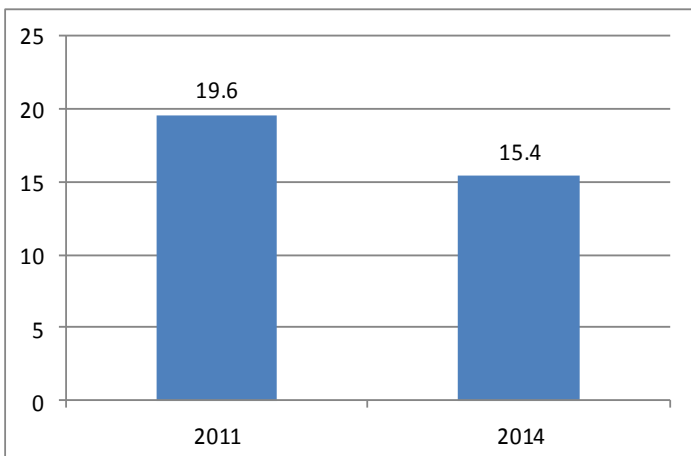
**Figure 1: Percentage of Adults who Smoke—Crude Rate<sup>1</sup>**



**Figure 2: Percentage of Adults who Smoke in Cattaraugus County Change over Time—Age Adjusted<sup>2</sup>**



**Figure 3: Percentage of Adults who Smoke in NYS exc. NYC—Crude Rate**



**Tobacco use in Cattaraugus County remains highest in the state.**

Cattaraugus County ranks third in the state of New York for the number of adults who smoke tobacco. The county has the highest number of adults who smoke tobacco in Western New York. The age adjusted percentage of adults who smoke in Cattaraugus County is 31.5 which is twice the New York State rate of 15.4% (Figure 1).<sup>1</sup> In Western New York, the age adjusted percentage of adults who smoke is 20.8 (Figure 1).<sup>1</sup>

**Statewide decrease is not seen in Cattaraugus County.**

The number of adults who smoke has increased from 24.4% in 2009 to 31.5% in 2014 (Figure 2). Cattaraugus County has not experienced the decreasing trend in adults who smoke as has the rest of the state.

Evidence has shown that the rate of smoking among adults has decreased statewide from 19.6% in 2011 to 15.4% in 2014 (Figure 3). There are a few possible reasons for this decrease, the Clean Indoor Air Act prohibiting smoking in most public places, including restaurants and bars, continues to be enforced. The New York State Department of Health has a strong anti-tobacco media campaign, blanketing communities with ads on television, radio, and billboards. In addition to federal, state and county excise taxes, New York State has the highest excise tax on cigarettes in the nation, charging smokers \$4.35 driving up the cost of a pack of name brand cigarettes to over ten dollars a pack.

Despite the efforts of Cattaraugus County Health Department and Tobacco-Free Chautauqua, Cattaraugus, Allegany Coalition, Cattaraugus County has not been able to experience the same success as the rest of the state because of the availability of tobacco products with no excise tax on two Seneca Nation territories that are located within the county.

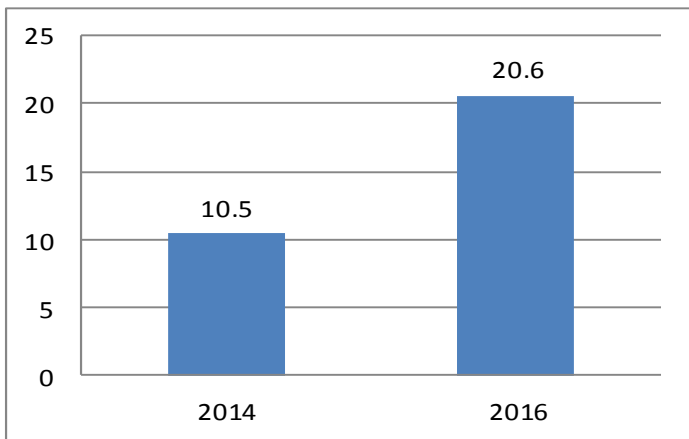
**Electronic-cigarettes**

New York State's high school student smoking rate in 2016 was the lowest on record at 4.3 percent, down from 27.1 percent in 2000. A survey<sup>3</sup> recently released by the New York State Department of Health found that e-cigarette use by high school students nearly doubled in the last two years from 10.5 percent in 2014 to 20.6 percent in 2016 (Figure 4). E-cigarette use by youth can be a gateway to nicotine addiction.

**What is being done to reverse the trend?**

On September 14, 2016, the Cattaraugus County Legislature approved a local law raising the legal age for the purchase of tobacco products in Cattaraugus County from 18 to twenty-one. Studies have shown that 95% of smokers start before the age of 21, and many smokers transition from experimental to regular tobacco use between the ages of 18—twenty-one.<sup>4</sup> Delaying the age when young people first experiment or begin using tobacco can reduce the risk of them transitioning

**Figure 4: Percentage of High School Students who Use E-Cigarettes in New York State— Change over Time<sup>3</sup>**



**Resources:**

1. New York State Department of Health Prevention Agenda Dashboard 2013 – 2018. Percentage of cigarette smoking adults 2013-2014. [https://webbi1.health.ny.gov/SASStoredProcess/guest?\\_program=/EBI/PHIG/ apps/ dashboard/pa\\_dashboard&p=it&ind\\_id=pa20\\_0](https://webbi1.health.ny.gov/SASStoredProcess/guest?_program=/EBI/PHIG/ apps/ dashboard/pa_dashboard&p=it&ind_id=pa20_0). Accessed 9/26/2016.
2. The Behavioral Risk Factor Surveillance System Brief. Cigarette Smoking – New York State Adults. [https://www.health.ny.gov/statistics/brfss/reports/docs/brfssbrief\\_smoking\\_1603.pdf](https://www.health.ny.gov/statistics/brfss/reports/docs/brfssbrief_smoking_1603.pdf). Accessed 9/26/2016.
3. Campaign for Tobacco Free Kids. 2015. Increasing the minimum legal sale age for tobacco products to 21. Accessed 9/26/2016 from <https://www.tobaccofreekids.org/research/factsheets/pdf/0376.pdf>
4. Youth Cigarette Use at All-Time Low, ENDS Use Doubles [https://www.health.ny.gov/prevention/tobacco\\_control/reports/statshots/volume10/n1\\_youth\\_cigarette\\_and\\_ends\\_use.pdf](https://www.health.ny.gov/prevention/tobacco_control/reports/statshots/volume10/n1_youth_cigarette_and_ends_use.pdf)
5. Center for Disease Control and Prevention. Health Effects of Cigarette Smoking. (2016, December 01). Retrieved March 17, 2017, from [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/)

**Risk Factors<sup>5</sup>**

Tobacco use harms every organ in the body, and affects a persons overall health. Smoking is estimated to increase the risk of—

- blindness
- cancer almost anywhere in the body
- chronic bronchitis
- Chronic Obstructive Pulmonary Disease (COPD)
- coronary heart disease
- decreased fertility in women and men
- emphysema
- high blood pressure
- stroke
- tooth loss
- Type 2 Diabetes

**Risk Factors for Pregnant Women who Smoke.**

Pregnant women who smoke increase the risk of—

- Preterm (early) delivery
- Stillbirth (death of the baby before birth)
- Low birth weight
- Sudden infant death syndrome (known as SIDS or crib death)
- Ectopic pregnancy
- Orofacial clefts in infants

**What happens after you quit?**

**20 Minutes**

After 20 minutes, your pulse and blood pressure start to drop back to normal. And your hands and feet warm up to their usual temperature.

**8 Hours**

By the end of a work day, you have half the amount of nicotine and carbon monoxide in your blood.

**12 Hours**

Your carbon monoxide level is back to normal. Your heart doesn't have to pump so hard to try to get enough oxygen to your body.

**24 Hours**

If you smoke a pack a day, you're twice as likely to have a heart attack as a nonsmoker. But go one full day without a cigarette, and you've lowered your chances. That's huge.

**3 Days**

By the end of day 3, you breathe easier and have more energy. Your lungs start to recover and will keep getting better. Your senses of taste and smell get sharper as your nerve endings start to heal.

**2 Weeks - 3 Months**

Your lungs are stronger and clearer, and your blood flow has improved. You can exercise without getting as winded. And your risk of a heart attack goes down even more.

**1 Year**

Your risk of heart disease is cut in half.