

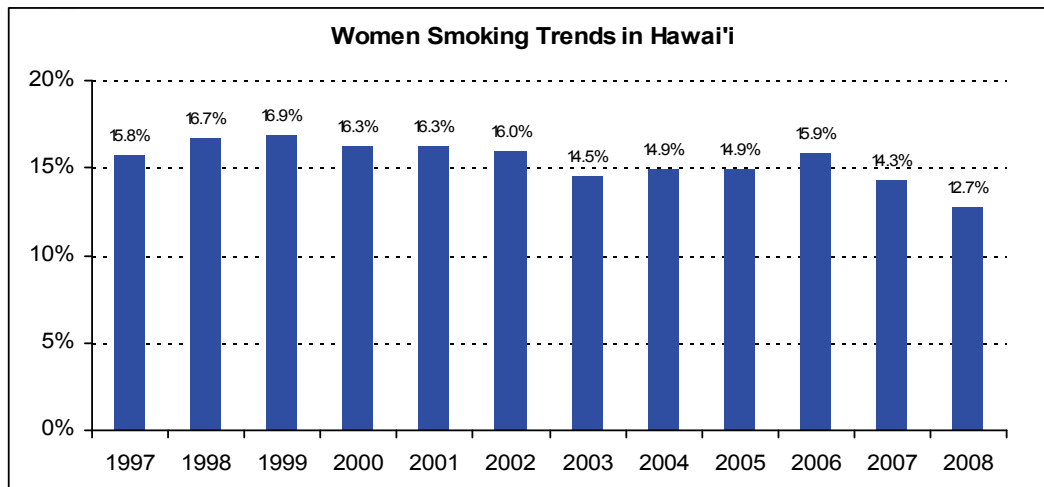
Tobacco Facts



Hawai'i Tobacco Prevention and Education Program

Smoking and Women

January 2010



Hawaii Behavioral Risk Factor Surveillance Survey—2008

- In 2008, approximately 18% of women aged 18 years or older smoked cigarettes in the U.S. However, in Hawai'i 13% of the women smoke.¹
- Tobacco use is the leading cause of preventable death among women. Cigarette smoking kills more than 170,000 women in the U.S. annually, amounting to nearly 2.1 million years of potential life lost prematurely because of smoking-attributable diseases.²
- In 1987, lung cancer overcame breast cancer as the leading cause of cancer death among women.³ Smoking causes about 90% of all lung cancer deaths among women.⁴
- Coronary heart disease, including heart attacks and strokes, is the overall leading cause of death among women, killing more than 450,000 annually. Smoking is a major cause of CHD and doubles the risk for CHD among women.⁵
- Cigarette smoking is the primary cause of chronic obstructive pulmonary disease (COPD) which includes bronchitis and emphysema in women, and the risk increases with the amount and duration of smoking.⁶
- Prominent facial wrinkling is significantly more common among women smokers than in non-smokers.³
- Smoking may affect menstruation by increasing the risks for painful menstrual cycles and irregularities.³
- Smoking can lead to menopause at an earlier age. Smokers will also have more menopausal symptoms.³

References

1. [2008 Behavioral Risk Factor Surveillance Survey](#); Hawai'i State Department of Health
2. CDC, "Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses" – United States, 2000-2004 MMWR 57(45), November 14, 2008.
3. HHS, [Women and Smoking: A Report of the Surgeon General](#), Washington, DC: HHS, Public Health Service, Office of the Surgeon General, 2001.
4. Jemal, A, et al., "Annual Report to the Nation on the Status of Cancer, 1975 – 2005, Featuring Trends in Lung Cancer, Tobacco Use, and Tobacco Control," [Journal of the National Cancer Institute](#).
5. CDC, "Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses" – United States, 2000-2004, MMWR 57(45), November 14, 2008.
6. HHS, [The Health Consequences of Smoking. A Report of the Surgeon General](#), Washington, DC: HHS, Public Health Service, Office of the Surgeon General, 2004.

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