



Connecticut Department of Public Health

Fact Sheet

WOMEN AND SMOKING

- Approximately 213,740 women in Connecticut smoke cigarettes.¹
- Over the past 16 years, the smoking rate among women in Connecticut has declined overall. Despite the decline, smoking related illnesses remains the #1 cause for death among women aged 35-64.²
- Smoking has detrimental effects on the entire body. It has been implicated in the development of many cancers, including lung, esophageal, pharyngeal, laryngeal, pancreatic, liver, kidney, bladder, cervical, and colorectal.
- For women in Connecticut, heart disease, stroke, lung cancer, and chronic obstructive pulmonary disease (COPD) are the top three causes of death, and smoking is a major risk factor for all of them.²
 - ∞ Heart disease is the #1 cause of hospitalization and death² among women in Connecticut, and smoking is the leading cause of heart disease.
 - ∞ Cigarettes will kill 1.5 times more women from heart disease than from lung cancer.
- Smoking has a damaging effect on a woman's reproductive health and is associated with impaired fertility and early menopause.
- Every year thousands of women in Connecticut will suffer devastating smoking-related health consequences.
- Cigarette smoking during pregnancy can cause serious health problems in an unborn child. In Connecticut, 2,601 women reported smoking during pregnancy. Of that number 67.9% were white, non-Hispanic women; 17.5% were Hispanic women; and 12.1% were black, non-Hispanic women.³
- Nicotine is found in the breast milk of women who smoke; therefore, her baby will be ingesting nicotine while nursing.
- According to several articles published in the *Journal of the National Cancer Institute*, it has been determined that there is no difference between men and women in overall lung cancer susceptibility. It is believed, however, that the increase of lung cancer risk in women is due to the increase in smoking and smoking patterns.⁴

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Keeping Connecticut Healthy



WOMEN AND SMOKING

*Even if you only smoke one pack of cigarettes a day, you will spend at least \$1,820 in a year, \$9,100 in 5 years and \$18,200 in 10 years. Imagine all the things you could do or buy with the money saved by **NOT** smoking.*

- **Smoking greatly increases a woman’s risk for disability and death from:**
 - **Stroke**
 - **Heart attack**
 - **Aneurysm**
 - **Emphysema**
 - **Osteoporosis**
 - **Arthritis**
 - **Macular degeneration and blindness**
 - **Premature menopause**
 - **Reproductive disorders**
 - **Chronic bronchitis**
 - **Gastric ulcers**
 - **Skin damage**
 - **Gum disease**
 - **Tooth decay and/or loss**

- **Women appear to be more susceptible to the addictive properties of nicotine and as a result, become addicted more quickly and have a more difficult time quitting smoking than men do.**

- **In 2006, women in Connecticut smoked at a lesser rate (15.2%) than women in the United States (18.4%). The smoking rate is the same, however, for women and high school girls in Connecticut.¹**

¹ Connecticut Adult Tobacco Survey, 2006

² Connecticut Department of Public Health, Morbidity and Mortality Reports, 2005

³ Connecticut Department of Public Health, Vital Records, 2005

⁴ Journal of the National Cancer Institute

Adults and high school students who are current cigarette smokers by sex and race/ethnicity

