



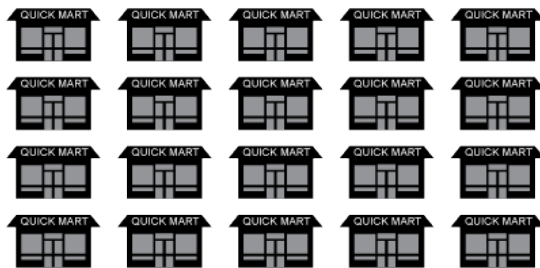
Tobacco Use in Cottage Grove

January 2015

Every child deserves to live in a community where they have the best opportunity to make choices that lead to good health. Lane County's Community Health Improvement Plan identifies tobacco as a priority health issue¹. Tobacco is the leading cause of preventable death and imposes a significant economic burden on Lane County communities². Most adults smokers started before age 18³. **Preventing youth access** to tobacco is an important part of a comprehensive approach to reduce youth initiation and use⁴.

Tobacco Use Among Youth & Adults

In Cottage Grove, **20% of 11th graders and over 10% of 8th graders smoke cigarettes**⁵, and most become addicted and continue using into adulthood⁶. The most recent data shows that 17% of adults use tobacco⁷, and about **1 in 4 women smoke during pregnancy**⁸. In a year, 19 people die of tobacco-related diseases, and 379 people suffer from a serious illness caused by tobacco, such as heart disease, lung cancer, and COPD⁹.



20 Tobacco Retailers



5 Fresh Fruit & Vegetable Retailers

Retail Access to Tobacco

Cottage Grove has the highest density of tobacco retailers in Lane County. There is 1 tobacco retailer for every 500 people¹⁰, which is twice that for Lane County. It is **4 times easier to get tobacco than fresh fruits and vegetables**¹¹. Additionally, 2012-13 Synar inspections showed that **1 in 4 tobacco retailers made a sale to a minor** in Cottage Grove¹². In the 2014 Lane County Health & Human Services survey, **71% of people said they support requiring a license to sell tobacco**¹³.

E-cigarettes

E-cigarettes (e-cigs) allow users to mimic the act of smoking cigarettes while inhaling nicotine aerosol, or "vapor," instead of smoke. There are over 7,700 flavors available¹⁴, such as Gummy Bear, which entice youth to "vape"¹⁵. Currently, minors can legally buy e-cigs. From 2011 to 2013, **use of e-cigs nearly tripled among Oregon 11th graders**¹⁶. In Cottage Grove, **9 in 10 tobacco retailers sell e-cigarettes**¹⁰.

E-cigarettes:

- Encourage smoking initiation¹⁵
- Contain some of the same carcinogens and toxic chemicals as tobacco smoke¹⁵
- Pose potential health risks¹⁵
- Have not been shown to be effective to help people quit tobacco¹⁵
- Counter effectiveness of smoke-free policies¹⁵
- Pose safety issues from poisonings¹⁷ & fires¹⁸

References

1. Lane County Public Health, PeaceHealth, Trillium Community Health Plan, & United Way of Lane County. Lane County Community Health Improvement Plan (CHIP). April 2013. Available at <http://www.preventionlane.org/chip>
2. Centers for Disease Control and Prevention, Chronic Disease Prevention and Health Promotion. *Tobacco Use: Targeting the Nation's Leading Killer*. 2011. Available at <http://www.cdc.gov/chronicdisease/resources/publications/aag/osh.htm>
3. U.S. Department of Health & Human Services. *Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health & Human Services, Centers for Disease Control & Prevention, National Center for Chronic Disease Prevention & Health Promotion, Office on Smoking and Health, 2012. Available at <http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/index.html>
4. Guide to Community Preventive Services. Community mobilization with additional interventions to restrict minors' access to tobacco products. Available at <http://www.thecommunityguide.org/tobacco/communityinterventions.html>. Last updated: June 2001.
5. Oregon Health Authority, Addictions and Mental Health Division. Student Wellness Survey, 2014.
6. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General, 2014. Available at <http://www.surgeongeneral.gov/library/reports/50-years-of-progress/>
7. Oregon Health Authority, Public Health Division. Oregon Behavioral Risk Factor Surveillance System (BRFSS) Survey, 2008-2012.
8. Oregon Center for Health Statistics, Vital Records Office. Birth Certificates, 2009-2013.
9. Extrapolated from Oregon Tobacco Facts by County: Lane County. Available at <https://public.health.oregon.gov/PreventionWellness/TobaccoPrevention/Documents/countyfacts/lanefac.pdf>; Computations based upon Hyland A, Vena, C, Bauer, J et al Cigarette Attributable Morbidity-United States 2000, *MMWR* 2003, September 5, 52(35) 842-843.
10. Lane County Tobacco Prevention & Education Program. Retail Assessment, 2014.
11. Computed using Lane County Site Addresses (RLID, 2013), ACS 2008 to 2012 Household Size Estimates (US Census Bureau), Lane County Roads (RLID, 2013), Supermarkets, (Reference USA, 2013), Farmers Markets, Farm Stands (Willamette Farm and Food Coalition, 2013).
12. Oregon Health Authority, Addictions & Mental Health Division. Synar Inspection Results: Lane County, 2012-2013.
13. Johnson S, McCaslin C. Lane County Health & Human Services 2014 Survey.
14. Zhu SH et al. Four hundred and sixty brands of e-cigarettes and counting: implications for product regulation, *Tob Control* 2014;23(suppl 3):iii3-iii9. Available at http://tobaccocontrol.bmj.com/content/23/suppl_3/iii3.full
15. Oregon Health Authority, Public Health Division. E-Cigarette Primer. Available at <http://public.health.oregon.gov/PreventionWellness/TobaccoPrevention/SmokefreeWorkplaceLaw/Documents/E-cigFactSheet.pdf>
16. Oregon Health Authority, Public Health Division. Oregon Healthy Teens Surveys, 2011 & 2013. Available at <https://public.health.oregon.gov/BirthDeathCertificates/Surveys/OregonHealthyTeens/Pages/index.aspx>
17. Chatham-Stephens, K et al. *Notes from the Field: Calls to Poison Centers for Exposures to Electronic Cigarettes – United States, September 2010-February 2014*, *MMWR*, April 4, 2014/63(13);292-293. Available at http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6313a4.htm?s_cid=mm6313a4_w
18. FEMA, U.S. Fire Administration. Electronic Cigarette Fires and Explosions, October 2014. Available at https://www.usfa.fema.gov/downloads/pdf/publications/electronic_cigarettes.pdf