

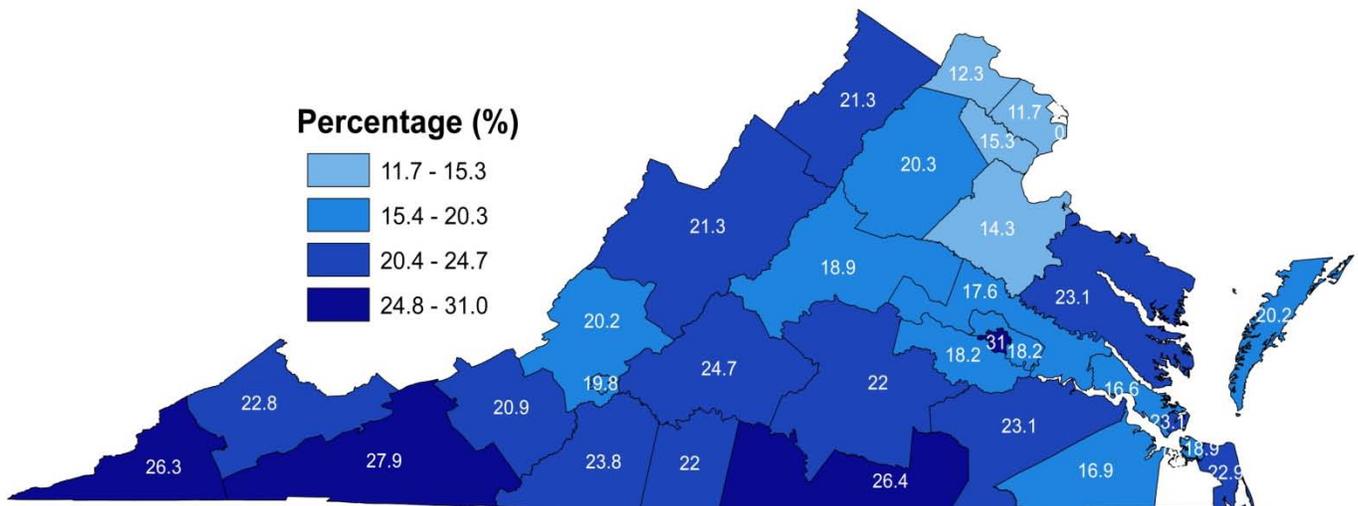
In Virginia, in 2013, smoking rates varied by subgroup (see [chart](#)).

Adults who had significantly higher smoking rates were:¹

- Male
- 25 to 34 years old
- Non-Hispanic Black
- Low income (e.g., less than \$15,000)
- Those without a high school diploma
- Unemployed or unable to work
- Medically uninsured
- Physically, mentally or emotionally disabled
- In frequent mental distress*
- Binge drinker
- Physically inactive
- Suffering from a chronic disease (e.g., asthma)

Specific districts in southwest and central Virginia have higher smoking rates compared to other districts (Figure 1)². Smoking prevalence rates ranged from 11.7% in Fairfax to 27.9% in Mount Rogers. Lenowisco (26.3%) and Southside (26.4%) health districts also have some of the highest rates of current smoking among adults.

Figure 1. Percentage of Adults who are Current Smokers by Health District, Virginia, 2013



Source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2013.

At this time, there is little or no data to estimate smoking prevalence among certain populations in Virginia. Findings from national surveys and other epidemiological studies indicate that the following groups have higher smoking prevalence rates:

- **Lesbians, gays and bisexuals (LGB) persons:** Prevalence of *every day* or *some day* use of any tobacco product was higher among LGB adults (30.8%) than heterosexual adults (20.5%).³
- **Persons with Mental Health or Substance Abuse Problems:** In Virginia the prevalence of current smoking† was 35.1% among adults with any mental illness* (AMI), compared with 19.7% of adults with no mental illness.⁴ Adults who abuse alcohol or other drugs also have high smoking rates.
- **Homeless:** Sixty nine percent (69%) of homeless adults in the Richmond metro area smoke compared to 20% of non-homeless adults.⁵
- **Military Personnel:** Forty nine point two percent (49.2%) of military service members used a nicotine product* in the past 12 months. Nearly 1 in 4 (24.0%) of active duty military personnel currently smoke in comparison with the 19% of the non-military population.⁶
- **Prison Population:** The estimates of smoking prevalence among the prison population range from 50 to 83%.⁷

For more information about tobacco use and tobacco use control, contact the Virginia Department of Health's Tobacco Use Control Project (TUCP) at (804)864-7749, or access information on our website <http://www.vdh.virginia.gov/ofhs/prevention/tucp/>

*Any mental illness is defined as a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder that met the criteria found in the 4th edition of the "Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)."†Persons who reported ever smoking part or all of a cigarette, and who at the time of interview, reported smoking part or all of a cigarette within the preceding 30 days.

¹Source: Virginia Department of Health (VDH), Office of Family Health Services (OFHS), Virginia Behavioral Risk Factor Surveillance System (BRFSS), 2013. * Frequent mental distress defined as mental health was not good for 14 or more days. Available at <http://www.vdh.virginia.gov/ofhs/prevention/tucp/documents/pdf/subGroup.pdf>. Accessed December 17, 2014.

²Source: Virginia Department of Health (VDH), Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2013. Percentages are weighted.

³Centers for Disease Control and Prevention. [Tobacco Product Use Among Adults—United States, 2012–2013](#). Morbidity and Mortality Weekly Report 2014; 63(25):542–547. Available at http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6325a3.htm?s_cid=mm6325a3_w. Accessed December 17, 2014.

⁴Centers for the Disease Control and Prevention. Vital Signs: Current Cigarette Smoking Among Adults Aged ≥18 Years with Mental Illness — United States, 2009–2011. Morbidity and Mortality Weekly Report 2014; 62: 1-7. Available at <http://www.cdc.gov/mmwr/pdf/wk/mm62e0205.pdf>. Accessed December 17, 2014.

⁵Homeward, January 2009 point-in-time census, unpublished data.

⁶Campaign for Tobacco Free Kids, "Tobacco Use and the Military Fact Sheet", July 15, 2014. Data from 2011. Available at (<http://www.tobaccofreekids.org/research/factsheets/pdf/0369.pdf>). Accessed December 18, 2014.

⁷Sabol W, Steiner J, Mueller S, Carson A, Binswanger I. Prison tobacco control policies and deaths from smoking in the United States prisons: population based retrospective analysis. *BMJ*.2014; 349:45-49. Available at <http://www.bmj.com/content/bmj/349/bmj.g4542.full.pdf>. Accessed December 23, 2014.