

Tobacco Use Among Indiana Adults



November 2025

Everyone deserves the opportunity to be as healthy as possible, free from the harm that commercial tobacco can cause. Tobacco use continues to be the leading cause of early death and disease in the United States and leads to over 11,000 deaths annually in Indiana.

Cigarette Smoking:

- In 2024, 13.9%, or about 721,000 Hoosier adults (18 and older), reported currently smoking
- While Indiana’s smoking rate has declined since 2011, it is still consistently higher than the U.S. median* (13.9% versus 11.6%)

E-cigarette Use:

- While cigarette smoking continues to decline, e-cigarette use has only increased since 2016, when use was first measured. In 2024, 9.2% of adults in Indiana reported using an e-cigarette (in the past 30 days) compared to only 4.7% in 2016
- Indiana’s rate of adult e-cigarette use remains higher than the U.S. median* rate (9.2% versus 8.0%). Nationally, the use of e-cigarettes is increasing

Smokeless Tobacco Use:

- In 2024, 3.5% of Indiana adults reported use of smokeless tobacco
- Use of smokeless tobacco in Indiana (3.5%) remains similar to the U.S. median* (3.4%)
- Use of smokeless tobacco is significantly higher among Hoosier adult men compared to Hoosier adult women (6.2% vs. 0.9%)

Disparities Among Indiana Adults

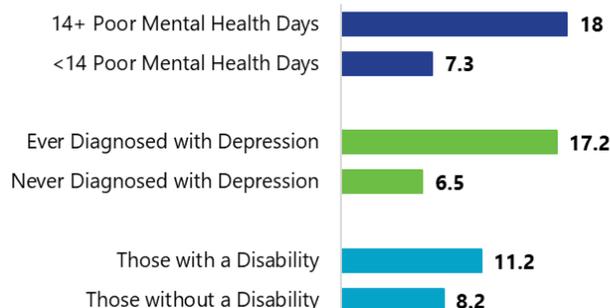
In Indiana, there are some groups that use tobacco at higher rates than what we see across all adults. Achieving optimal health means addressing root causes that negatively impact the health of certain groups – like the harms caused by the commercial tobacco industry.

Both **cigarette smoking** and the **use of e-cigarettes** is higher among certain groups. In Indiana there are **significantly higher rates of use for these tobacco products** among **adults who have poor mental health** (14 or more poor mental health days in the past month), those **ever diagnosed with depression** and those **with a disability**.

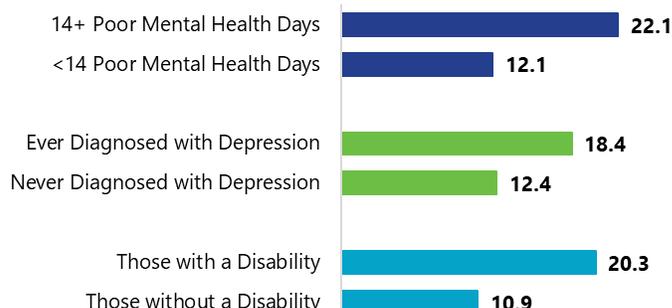
Fast Facts

- **13.9%** of Indiana adults reported smoking in 2024
- **9.2%** of Indiana adults reported using e-cigarettes in 2023
- **3.5%** of Indiana adults reported using smokeless tobacco
- More than **one third of Indiana adults** who smoke or use e-cigarettes have tried to quit in the past year

E-cigarette Use Among Indiana Populations Most Impacted by Tobacco, BRFSS 2024



Cigarette Smoking Among Indiana Populations Most Impacted by Tobacco, BRFSS 2024



*Among 50 states and the District of Columbia with 2024 Behavioral Risk Factor Surveillance System (BRFSS) data.

Tobacco Cessation[^]

Many Indiana adults who smoke cigarettes, use e-cigarettes or other tobacco products like smokeless tobacco, want to quit and have tried to quit.

Nearly **1 in 2** adults who use **e-cigarettes or smoke cigarettes** want to quit.



About **2 in 5** adults who use other tobacco products (such as smokeless tobacco, cigarillos/little cigars, cigars, and nicotine pouches) want to quit.



More than **1 in 3** adults who **use e-cigarettes or smoke cigarettes** have tried to quit in the past year.



Nearly **2 in 5** adults who use other tobacco products tried to quit.



When trying to quit tobacco, fewer than half of adults who use tobacco report using support in their recent quit attempt. Services like behavioral counseling (Quitlines) and support like medications, including nicotine replacement therapy (NRT) like the patch, gum, or lozenge, are all approved methods to assist in quitting.



Healthcare providers can also play an important role in helping people to quit tobacco by helping motivate people and connecting them to effective treatment. Quit Now Indiana ([QuitNowIndiana.com](https://www.QuitNowIndiana.com)) offers free, evidence-based treatment to Hoosiers who use commercial tobacco products and want to quit. Services include phone-based, online, and text based coaching sessions, free nicotine replacement therapy (NRT), and access to an online dashboard that allows members to design their personal quit journey.

[^]2023-2024 Indiana Adult Tobacco Survey

Resources for Treating Tobacco Dependence

Those who use tobacco, including e-cigarettes, who want to end their dependence on tobacco should call 1-800-QUIT-NOW, visit [QuitNowIndiana.com](https://www.QuitNowIndiana.com) or contact their healthcare provider for assistance.

Additional resources include [Live Vape Free](#) and [EX Program](#), texting services for youth and young adults who want to quit e-cigarettes.

References:

- Campaign for Tobacco Free Kids. *The toll of tobacco in Indiana*. <https://www.tobaccofreekids.org/problem/toll-us/indiana>. August 16, 2024.
- Behavioral Risk Factor Surveillance System, 2011-2024
- Adult Tobacco Survey, 2023/2024

For additional information on tobacco use among Indiana adults: in.gov/health/tpc

