Indiana Latinos and Smoking

Tobacco use is the leading preventable cause of death in the United States.\(^1\) Furthermore, smoking is a significant risk factor for cancer, heart disease, and stroke - three of the five leading causes of death among Latinos.\(^1,2\)

**Smoking among Latinos in Indiana and the U.S.**

- In 2017, about 14.0\% of Latino adults in Indiana were current smokers.\(^3\) This was somewhat higher than the U.S. median smoking prevalence among Latinos (14.1\%).\(^4^*\)
- After declining steadily between 2011 and 2015, in 2016 smoking prevalence among Hoosier Latinos rose from 11.3\% in 2015 to 17.8\%. The current smoking rate (14.0\%) is now back down to a rate similar to 2014 (14.1\%)
- Smoking prevalence has historically been lower among Hoosier Latinos than among whites and African Americans.\(^3^+\) In 2017, this trend continued, including a statistically significant differences in smoking prevalence among Latinos and whites.

**Smoking and Lung Cancer among Latinos**

Smoking causes over 82\% of lung cancer deaths among adults nationwide.\(^1\) Lung cancer is the leading cause of cancer deaths among Latino men and the second leading cause of cancer deaths among Latina women.\(^5\)

**Smoking and Cardiovascular and Metabolic Diseases**

- Nearly 20\% of all cardiovascular and metabolic disease deaths among adults ages 35 and older in the U.S. are due to smoking.\(^1\)
- Smokers have an approximately 30-40\% higher risk of developing type 2 diabetes than nonsmokers.\(^1\)

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\(^*\) Among 49 states and the District of Columbia with Behavioral Risk Factor Surveillance System (BRFSS) data reported for Hispanic/Latino adults.

\(^+\) African Americans and whites include only non-Hispanic/non-Latino individuals. Hispanic/Latino individuals may be of any race.
Indiana Latinos and Smoking

Indiana Latino Youth Smoking

- In 2018, 2.8% of Latino middle school students were current smokers, compared with 1.9% of white middle school students and 1.0% of African American middle school students.
- Latino high school students smoked at significantly lower rates (3.3%) than white students (5.8%) but at slightly higher rates than African American students (2.9%) in 2018.

Resources for Quitting Tobacco

The Indiana Tobacco Quitline (1-800-QUIT-NOW) offers free, evidence-based cessation services to help tobacco users quit. Quitline services are available in several languages, including Spanish. Tobacco users may call 1-800-QUIT-NOW or visit www.quitnowindiana.com for more resources and information about quitting tobacco.

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*Relative standard error >30%. Estimates may be unstable and should be interpreted with caution.

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