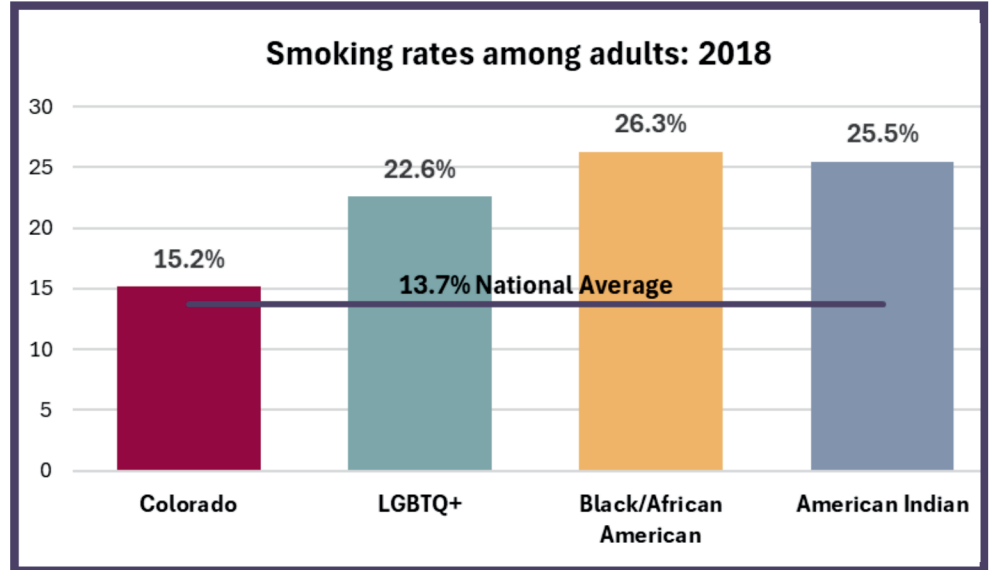


Smoking Rates in Colorado

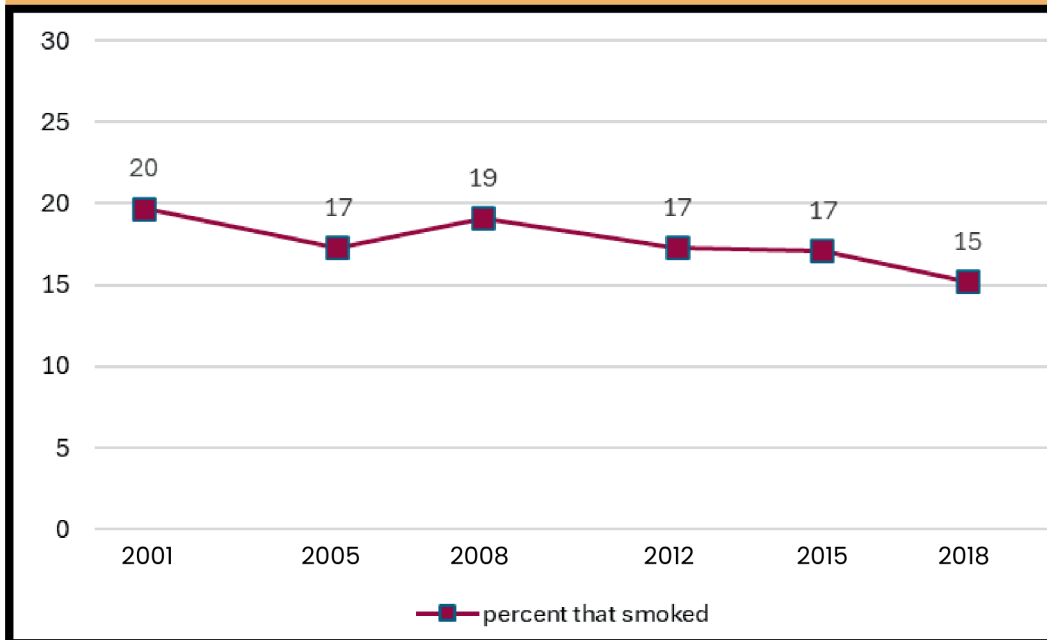
Tobacco use is the single most preventable cause of disease, disability and death. **Smoking rates across Colorado continue to decline**, but they are still higher than the national average.

The rate of smoking among Colorado adults (**15.2%**) is higher than the national average of **13.7%**.

In Colorado, some groups have higher than average smoking rates including the LGBTQ+ community, Black/African Americans and American Indians.



Cigarette smoking declined from 19.7% in 2001 to 15.2% in 2018



WILL YOU HELP WITH A NEW SURVEY?

Please confirm your contact information and complete a brief survey to receive a **\$20** gift card. You may also be eligible for other health surveys with added incentive.

Please scan the QR code to access your unique survey.

Nicotine Cessation

55% In 2018, over half of Colorado adults who smoked tried to quit at least once



Fewer than 1 in 5 Coloradans who tried to quit stayed off cigarettes for at least 3 months

People who use nicotine replacement therapy (NRTs) to quit smoking are

50-70% more likely

to be successful according to the National Cancer Institute

Personal QR
Code

Vaping Among Adults in Colorado

What is vaping?

Vaping is the use of an electronic device that vaporizes fluids containing nicotine and other substances. There are many types of electronic devices including rechargeable e-cigarettes, disposable e-cigarettes and tanks and mods.

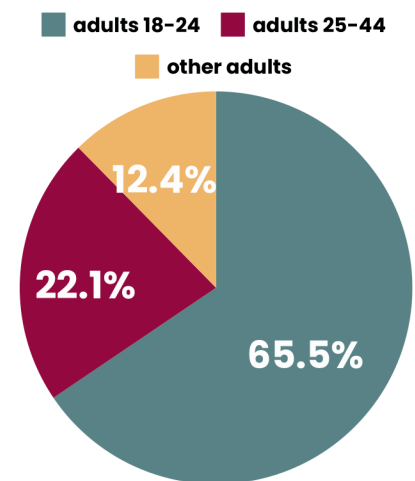
To learn more, check out this <https://www.tobaccofreeco.org/product-facts/vaping-ecigs/>

According to TABS 2018

Vape/e-cigarette Use in Colorado

- **25.5%** of all Colorado adults reported trying vaping at least once
- **6.9%** considered themselves current, regular users of e-cigarettes
- adults who smoked were almost **3 times** as likely as other adults to report current e-cigarette use

Among Colorado adults who vape, most are 24 years old or younger



Resources for Quitting

Did you know?

Most people qualify for free counseling services, medications and NRTs through their insurance or the **Colorado Quitline**.

<https://www.coquitline.org/en-US/>

Do you need help quitting vaping?






<https://smokefree.gov/quit-vaping-resources>

Additional cessation resources at the

Colorado Department of Public Health and Environment :

<https://cdphe.colorado.gov/prevention-and-wellness/smoking-and-tobacco/quit-tobacco-or-nicotine>

Nicotine use in any form is addictive. The FDA has not approved e-cigarettes or vaping as a quit smoking aid.

Cessation Aids	How to Get
Nicotine Gum 	OVER THE COUNTER or PRESCRIPTION
Nicotine Patch 	
Nicotine Lozenge 	
Medication Bupropion, Varenicline 	PRESCRIPTION
Inhaler & Nasal Spray 	

You can find the full 2018 Colorado Adult Tobacco Use and Exposure: The Attitudes and Behavior Survey on Health (TABS) report here: <https://drive.google.com/file/d/1UaAUxJV4h1YpS-hm7WjJSQlIbY6eflI/view>

Your participation is important. It ensures that our study represents you and all Coloradans. As with all our surveys, your contact information and your survey responses are confidential. We will never share your information with anyone outside of the University of Colorado Health Surveys Registry.

To access your survey:

1. Open the camera app on your phone or tablet
2. Point your camera at the QR code
3. Wait for the banner to appear at the top or bottom of the QR code
4. Tap the banner and you will be directed to your survey

OR follow this link: [URL]



Personal QR
Code

Questions? Please email them to **CUHealthSurveys@cuanschutz.edu** and a member of our team will reach out to you. Or call us at **855-227-5431**.

How is survey information used?

Your anonymous answers are combined with answers of all other participants. Public health planners use results to:

- watch trends in tobacco-related measures such as smoking, vaping and cessation attempts
- identify Coloradans who remain at high risk for nicotine addiction including young adults, those who struggle with mental conditions and those who live in rural parts of the state, among others
- understand how events such as the COVID-19 pandemic affects Coloradans health, mental health and use of tobacco products

The Colorado Department of Health and Environment used 2018 survey results to fund programs that:

- make it harder for youth to get nicotine products through local and state policies
- reduce exposure to toxic waste from discarded vaping devices through policy and media campaigns
- increase access to resources to help people quit such as the Colorado Quitline

Funding for this newsletter was provided in part by Amendment 35 Tobacco Education, Prevention and Cessation Grant Program. The views expressed do not necessarily reflect the official policies of, nor does the mention of imply endorsement by, the Colorado Department of Public Health and Environment.

{Survey_UID}

University of Colorado Health Surveys Registry

Thank you for participating in our health surveys!

We want to share survey results and ways survey information is used to understand health behaviors and use of nicotine products across Colorado!



Past survey topics include:

- sugar-sweetened beverages
- managing chronic conditions
- COVID-19's impact on daily life
- mental health
- use of tobacco
- cancer and access to care

Learn more about our team and our projects:

<https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/cepeg>

The Attitudes and Behaviors Survey (TABS): Spring, 2022

Around **14,000** Coloradans, including you, completed this survey through the Colorado Department of Health and Environment (CDPHE)

Survey to Confirm your Contact Information: Fall, 2022

3,425 of you responded. Thank you!

Colorado Health, Exposures, and Smoking Survey (CHESS): Spring 2023

4,203 responded to our follow-up of the TABS survey. Amazing!