



MOTHER'S DAY DATA ON SMOKING MOMS AND RELATED HARMS

For many kids, Mother's Day means taking mom out to breakfast, giving her a gift or just saying thanks. On this special day for moms, we should also remember that a terrific way to celebrate Mother's Day could be to pledge to give moms who currently smoke the kind of loving support, encouragement and information that could help them make this the year they become tobacco-free.

In the United States, more than 13.2 million adult women currently smoke, putting them at risk for heart attacks, strokes, lung cancer, emphysema and other life-threatening illnesses. Lung cancer is the leading cancer killer among women, and smoking is attributable for 78 percent of these deaths. Smoking also accounts for about one of every three deaths from heart disease, the overall leading cause of death among women. When women quit smoking, they improve their own health as well as the health of the people around them. Mothers who give up smoking improve the likelihood that their children will grow-up to be tobacco-free and live longer, healthier lives.

States	Smoking Rate Among Women	State Rank Women Smoking (1 = low)	Number of Women Smokers	Annual Women Smoking Deaths	Pregnant Women Smoking Rate	State Rank Pregnant Smoking (1 = low)	Smoking-Affected Births Per Year	State Kids Who Have Already Lost Their Moms to Smoking	New Kids Who Lose Their Moms to Smoking Each Year	Total State Health Costs to Treat Female Smokers (millions/year)
United States	10.1%	--	13,289,400	183,300	4.6%	--	168,500	86,000	12,100	\$101,162.8
Alabama	14.4%	36th	294,100	3,360	6.1%	29th	3,500	1,600	230	\$851.2
Alaska	13.8%	33rd	36,000	250	7.6%	35th	700	230	30	\$208.6
Arizona	11.2%	19th	319,500	3,530	3.3%	11th	2,500	1,500	220	\$1,184.7
Arkansas	16.0%	47th	190,400	2,290	9.5%	45th	3,400	1,000	140	\$558.4
California	7.0%	2nd	1,073,800	17,340	0.8%	1st	3,300	8,600	1,200	\$6,703.5
Colorado	8.9%	6th	201,100	2,240	3.7%	16th	2,300	1,000	150	\$970.8
Connecticut	8.4%	5th	124,100	2,340	2.4%	7th	800	840	110	\$1,131.4
Delaware	11.6%	21st	47,900	650	5.2%	2nd	500	250	30	\$279.0
Washington, DC	9.0%	7th	26,000	350	1.6%	22nd	100	200	20	\$201.3
Florida	9.7%	11th	870,400	13,890	2.9%	9th	6,200	5,600	790	\$4,319.1
Georgia	12.5%	24th	536,400	4,700	3.5%	15th	4,300	2,800	400	\$1,487.0
Hawaii	8.3%	4th	47,100	500	1.7%	3rd	200	300	40	\$215.2
Idaho	11.0%	16th	78,500	730	5.5%	24th	1,200	360	50	\$239.4
Illinois	10.5%	14th	528,700	7,950	4.4%	20th	5,800	3,400	480	\$2,777.3
Indiana	15.2%	43rd	403,500	4,740	9.0%	40th	7,100	1,800	260	\$1,457.7
Iowa	12.9%	26th	159,000	2,060	8.7%	39th	3,200	640	90	\$606.7
Kansas	13.3%	29th	149,100	1,850	6.9%	32nd	2,300	670	90	\$552.3
Kentucky	15.5%	44th	276,000	3,740	12.7%	50th	6,600	1,400	190	\$945.1
Louisiana	14.7%	42nd	268,700	2,890	4.4%	20th	2,500	1,900	270	\$881.2
Maine	14.1%	35th	80,800	1,040	10.0%	47th	1,200	320	40	\$410.0
Maryland	8.2%	3rd	204,651	3,460	3.3%	11th	2,200	1,700	250	\$1,454.6
Massachusetts	9.3%	10th	270,400	4,450	2.8%	8th	1,900	1,400	200	\$2,268.9
Michigan	14.5%	39th	582,900	7,010	8.3%	37th	8,700	3,000	430	\$2,312.1

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Minnesota	12.4%	23rd	273,100	2,480	5.6%	25th	3,600	970	130	\$1,228.2
Mississippi	14.4%	36th	169,200	2,050	6.8%	31st	2,300	1,300	180	\$544.6
Missouri	16.2%	48th	396,700	4,760	10.1%	48th	7,000	2,000	290	\$1,528.7
Montana	15.6%	46th	67,200	680	10.7%	49th	1,200	300	40	\$221.4
Nebraska	12.2%	22nd	90,500	1,010	6.5%	30th	1,500	420	50	\$371.7
Nevada	14.6%	40th	177,900	1,760	3.3%	11th	1,100	660	90	\$545.3
New Hampshire	11.0%	16th	62,800	890	6.0%	28th	700	300	40	\$388.6
New Jersey	9.0%	7th	334,500	5,470	1.9%	5th	1,900	2,200	310	\$2,193.8
New Mexico	12.9%	26th	107,200	1,100	4.3%	19th	900	670	90	\$410.2
New York	9.7%	11th	788,900	13,360	3.0%	10th	6,300	4,600	650	\$5,725.5
North Carolina	13.6%	31st	580,400	5,840	5.6%	25th	6,700	2,500	360	\$1,818.1
North Dakota	15.5%	44th	44,300	380	8.5%	38th	800	150	20	\$146.9
Ohio	16.5%	49th	774,700	8,680	9.4%	43rd	12,200	2,800	400	\$2,822.3
Oklahoma	14.6%	40th	223,800	3,120	7.7%	36th	3,700	1,300	180	\$785.1
Oregon	11.3%	20th	193,200	2,400	5.6%	25th	2,200	1,000	140	\$789.2
Pennsylvania	14.0%	34th	736,500	9,600	7.3%	34th	9,600	3,200	450	\$3,234.9
Rhode Island	11.0%	16th	50,200	860	3.4%	14th	300	250	30	\$359.3
South Carolina	13.6%	31st	288,200	2,760	5.3%	23rd	3,000	1,500	220	\$845.9
South Dakota	13.5%	30th	44,900	470	9.2%	42nd	1,000	260	30	\$163.0
Tennessee	16.7%	50th	467,900	4,610	9.1%	41st	7,400	2,300	320	\$1,258.2
Texas	10.7%	15th	1,191,200	11,460	1.7%	3rd	6,300	7,100	1,000	\$4,207.1
Utah	4.9%	1st	58,100	460	1.9%	5th	800	460	60	\$216.2
Vermont	12.5%	24th	33,500	430	9.4%	43rd	500	150	20	\$181.1
Virginia	10.1%	13th	347,900	4,430	4.1%	18th	3,900	1,900	270	\$1,554.2
Washington	9.1%	9th	275,100	3,690	4.0%	17th	3,300	1,500	220	\$1,454.3
West Virginia	21.1%	51st	151,700	1,840	18.2%	51st	3,100	620	80	\$503.5
Wisconsin	13.1%	28th	303,900	3,320	6.9%	32nd	4,200	1,100	160	\$1,308.6
Wyoming	14.4%	36th	31,400	350	9.8%	46th	600	170	20	\$131.2
United States	10.1%	--	13,289,400	183,300	4.6%	--	168,500	86,000	12,100	\$101,162.8

Women = 18 years and older. Kids = Less than 18 years old

*Florida not included in adult smoking rate ranking because data is from a different year.

Campaign for Tobacco-Free Kids, September 27, 2023 / Hope Neuling

Sources: State-specific smoking rates: 2022 Behavioral Risk Factor Surveillance System (BRFSS). National: 2021 National Health Interview Survey (NHIS). U.S. Bureau of Census 2021 population estimates used to compute state-specific number of women smokers. National and state-specific annual smoking deaths from the CDC's STATE System (average annual deaths from 2005-2009), which is the most current state-specific data by gender available; Pregnant women national and state smoking rates from Martin JA, et al. Declines in cigarette smoking during pregnancy in the United States, 2016–2021. NCHS Data Brief, no 458. Hyattsville, MD: National Center for Health Statistics. 2023. Births: Osterman, Michelle J.K., et al., Births: CDC, "Births: Final Data for 2021," National Vital Statistics Reports Volume 72, Number 1, January 31, 2023. Lost mothers: Leistikow, B, et al., "Estimates of Smoking-Attributable Deaths at Ages 15-54, Motherless or Fatherless Youths, and Resulting Social Security Costs in the United States in 1994," *Preventive Medicine* 30(5): 353-360, May 2000, and state-specific data provided by the author. Costs: CDC, *Best Practices for Comprehensive Tobacco Control Programs 2014*, http://www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2014/comprehensive.pdf, based on female proportion of annual smoking deaths. Cost data have been adjusted to 2018 dollars by the CDC's methodology of using the Bureau of Economic Analysis' price indexes for Gross Domestic Products.