

Cigarette Use in the Lesbian/Gay/Bisexual Communities of Iowa

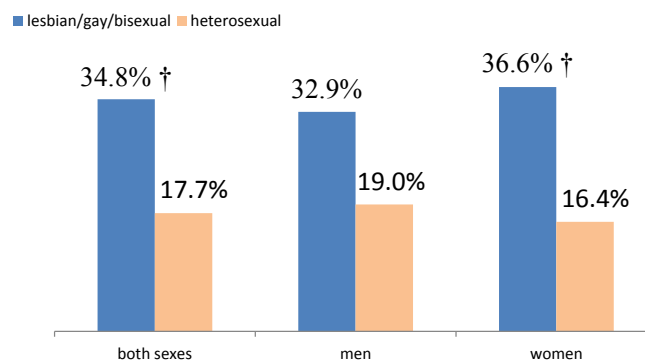
Tobacco use is the single most preventable cause of death and disease in the United States. Annually, tobacco use causes more deaths than alcohol, HIV disease, car accidents, illegal drugs, murders and suicides, combined. The impact of tobacco on Iowa is staggering, causing approximately 5,100 deaths annually.¹ Research indicates that both nationally and in Iowa tobacco use is higher among lesbian, gay and bisexual (LGB) individuals compared with the general population, substantially affecting the health of LGB communities.^{2,3}

Current Cigarette Smoking among LGB Adults in Iowa

- Iowa Behavioral Risk Factor Surveillance System (BRFSS) data indicate that LGB individuals were almost twice as likely to currently smoke cigarettes as heterosexual individuals (34.8% vs. 17.7%). (Transgender adults are excluded from this analysis due to small Iowa BRFSS sample size)
- 32.9% of gay/bisexual men currently smoke, compared with 19% of heterosexual men (an almost 75% higher rate).
- 36.6% of lesbian/bisexual women currently smoke compared to 6.4% of heterosexual women (an almost 125% higher rate).

Prevalence of current smoking among Iowa adults by sexual orientation

BRFSS, 2012, 2014 average²



†Significantly higher than among heterosexual adults. Rates for transgender adults are suppressed due to small sample size. (Data for transgender adults collected only in 2014.)

Current Cigarette Smoking among LGB Adults in Iowa, by Age

- In both age groups, LGB adults smoked at higher rates than heterosexual adults.
- Among Iowans age 18-34 years of age, LGB adults smoked at a rate 85% higher than did their same-age heterosexual counterparts.
- Among Iowans 35 years and older, LGB adults smoked at a rate more than 80% higher than did their same-age heterosexual counterparts.

Current smoking among Iowa adults by sexual orientation and age, 2012,2014 average, BRFSS²

age	lesbian, gay or bisexual	heterosexual
18-34	37.7% †	20.4%
35+	30.5%	16.6%

†Significantly higher than among heterosexual individuals. Transgender rates suppressed due to small sample size.

Smoking Cessation among LGB Adults in Iowa

An estimated 68% of LGB adult smokers in Iowa report trying to quit at some point in the past year, compared to 55% of heterosexual smokers attempting to quit in the past year. (2012, 2014 average).²

Resources for Quitting Tobacco Use in Iowa

Tobacco users should contact a health care provider for assistance and call 1-800-QuitNow (1-800-784-8669) or visit www.Quitlineiowa.org for free help quitting.

¹ Best Practices for Tobacco Control Programs, CDC, 2014.

² 2012, 2014 Iowa Behavioral Risk Factor Surveillance System (BRFSS).

³ Ward BW, Dahlhamer JM, Galinsky AM, Joestl SS. Sexual orientation and health among U.S. adults: National Health Interview Survey, 2013. National health statistics reports; no 77. Hyattsville, MD: National Center for Health Statistics, 2014.