

Tobacco Use Among Adults in Ohio, 2020 Highlights of the Ohio Adult Tobacco Survey



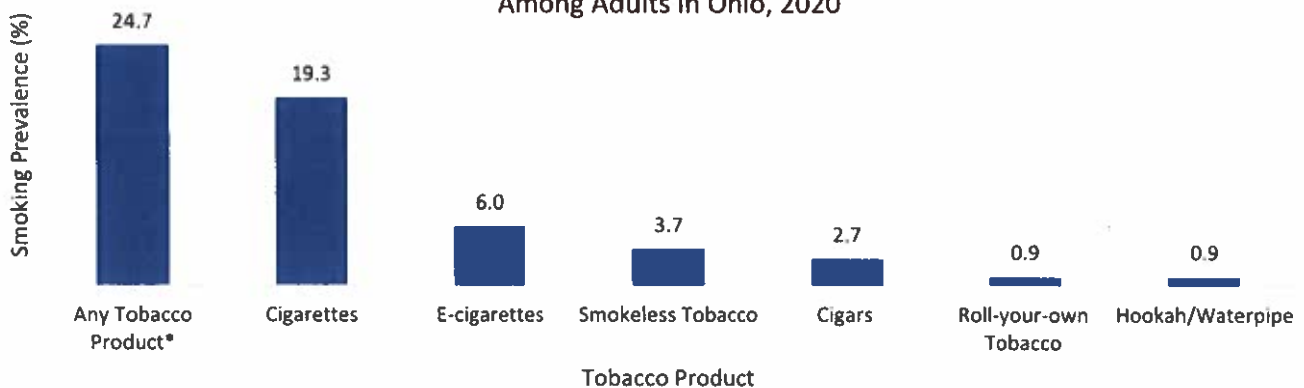
Department of Health

Current Tobacco Use

Cigarettes are the most commonly used tobacco product among Ohio adults (age 18+); approximately 1 in 5 adults (19.3%) currently smoke cigarettes.

The prevalence of e-cigarette use among adults (6.0%) has not significantly increased since 2018, despite the increase in the prevalence of e-cigarette use among youth and young adults observed in the past several years.

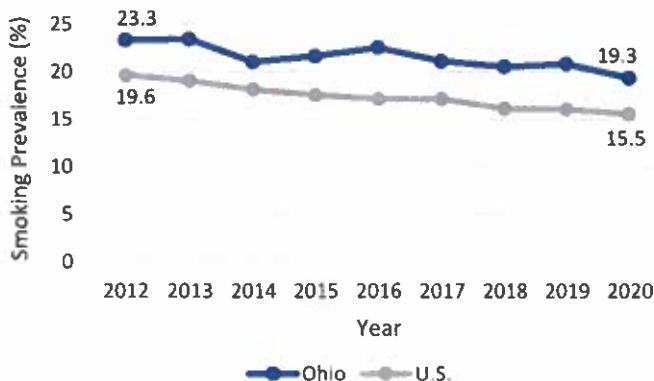
Figure 1. Prevalence of Current Tobacco Product Use Among Adults in Ohio, 2020



*Any Tobacco Product includes cigarettes, e-cigarettes, smokeless tobacco, cigars, roll-your-own tobacco, and hookah/waterpipes.

The prevalence of current cigarette smoking among adults in Ohio decreased significantly from 2012 to 2020 but remains well above the national prevalence.

Figure 2. Prevalence of Current Cigarette Smoking Among Adults in Ohio and the United States, 2012-2020



More than half (58.9%) of adult cigarette smokers reported smoking regularly before the age of 18; almost all (92.1%) reported smoking before the age of 26.



One in three (29.3%) adult cigarette smokers smoke more than one pack of cigarettes a day.



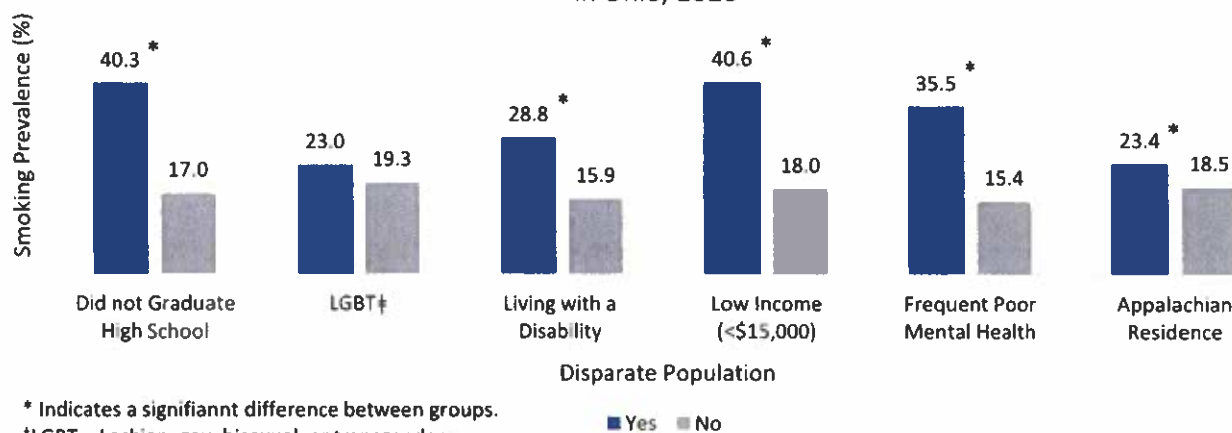
More than half (52.3%) of adult cigarette smokers in Ohio made at least one attempt to quit smoking cigarettes in the past year.

Disparities

Ohio adults with the lowest income (40.6%) and those who did not graduate from high school (40.3%) have the highest prevalence of current cigarette smoking.

The prevalence of current cigarette smoking is significantly higher among adult Ohioans with less than a high school education, those living with a disability, those with low annual household income (<\$15,000), those reporting poor mental health on 14 or more days in the past 30 days, and those residing in Appalachian counties.

Figure 3. Prevalence of Current Cigarette Smoking-Related Disparities Among Adults in Ohio, 2020

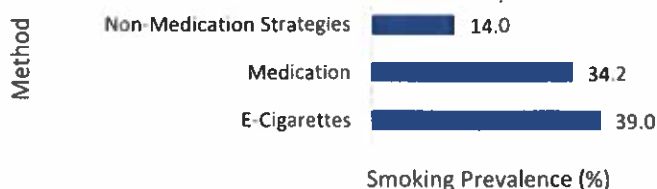


Methods Used to Quit Smoking

Nearly two in five cigarette smokers (39.0%) reported using e-cigarettes to assist with smoking cessation. However, e-cigarettes have not been approved by the U.S. Food and Drug Administration (FDA) as smoking cessation devices. Evidence is insufficient to recommend e-cigarettes for smoking cessation in adults. Most adult e-cigarette users do not stop smoking cigarettes and are instead continuing to use both products "dual use."

The use of cessation medications (such as the nicotine patch) is the most common evidence-based strategy Ohio adults use to quit smoking.

Figure 4. Methods Used to Quit Smoking Cigarettes Among Adults in Ohio, 2020

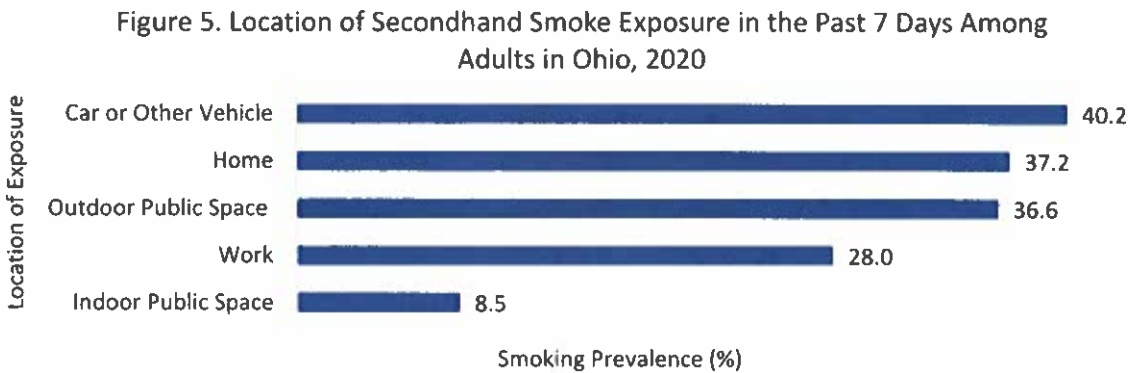


Exposure to Secondhand Smoke and Vapor

Nearly one third (32.4%) of adults in Ohio were exposed to secondhand smoke from someone who was smoking a cigarette or other tobacco product nearby in the past seven days.

The most common location of secondhand smoke exposure from a cigarette is in a car or other vehicle (40.2%), followed by exposure at home (37.2%).

About one in seven Ohio adults (14.9%) were exposed to secondhand vapor from someone who was using an e-cigarette or other electronic vaping product nearby in the past seven days.



For more data and information on tobacco prevention and control in Ohio:

[Ohio Tobacco Use Prevention and Cessation Program, Ohio Department of Health.](#)