



New York State Behavioral Risk Factor Surveillance System Brief

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey of adults developed by the Centers for Disease Control and Prevention conducted in all 50 States, the District of Columbia, and several US Territories. The New York Behavioral Risk Factor Surveillance System is administered by the New York State Department of Health to provide statewide and regional information on behaviors, risk factors, and use of preventive health services related to the leading causes of chronic and infectious diseases, disability, injury, and death.

Cigarette Smoking

New York State Adults, 2022



Introduction

Cigarette smoking is the leading cause of preventable death and disease in the United States.¹ In New York, smoking and secondhand smoke kills over 30,000 people each year.² Smoking harms nearly every organ of the body, causes multiple diseases, including cancer, heart disease, stroke, diabetes, respiratory disease, and diminishes overall health status.¹ An estimated 30% of all cancer deaths are related to cigarette smoking, and 80 to 90% of all lung cancer deaths are caused by smoking.^{1,3} Secondhand smoke exposure increases the risk of respiratory infections, ear infections, more frequent and severe asthma, and sudden infant death syndrome. Smoking costs the United States over \$240 billion in healthcare spending annually.⁴ In New York, \$9.7 billion a year is spent on preventable smoking-related healthcare expenditures.⁵ It is well established that most people who smoke want to quit smoking.

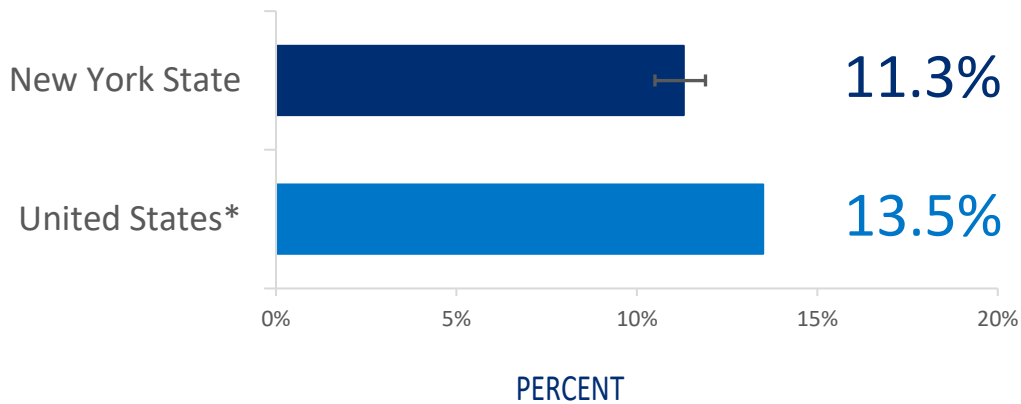
Health Equity

Many individuals have been disproportionately targeted with advertising and marketing by the tobacco industry, including people from racial and ethnic minority groups; the lesbian, gay, bisexual, transgender, queer or questioning, intersex, and asexual community; people living with mental illness and substance use disorders; and those living in lower-income communities. This has contributed to stark inequities in tobacco-related marketing exposure, tobacco use, and tobacco-related health outcomes.⁶ The New York State Department of Health is committed to reducing the burden of commercial tobacco and addressing tobacco-related health disparities through evidence-based, policy-driven, and cost-effective approaches to decrease tobacco initiation by youth, motivate people who smoke to quit, and eliminate exposure to secondhand smoke.

Key Findings

- > The prevalence of cigarette smoking among New York State adults in 2022 was 11.3% (Figure 1). Approximately 1.6 million New Yorkers currently smoke (Table 1).
- > Statewide, smoking rates remained highest among adults with an annual household income of less than \$25,000 (18.4%) and adults reporting frequent mental distress (18.4%) (Figure 2, Table 1).
- > Smoking rates were also higher among adults with less than a high school education (18.1%); adults enrolled in Medicaid (17.5%); adults who were unemployed (16.7%); and adults living with disability (15.4%) (Figure 2, Table 1).
- > Smoking rates were higher among males (12.9%) compared to females (9.7%) and among adults living in New York State excluding New York City (12.3%) compared to New York City (9.7%) (Table 1).

Figure 1. Prevalence of Current Smoking Among Adults in New York State and the United States, Behavioral Risk Factor Surveillance System, 2022



*Median percent; includes data from all 50 states and the District of Columbia.

Figure 2. Trends in the Prevalence of Current Smoking among All Adults and in Groups with the Highest Smoking Rates in New York State, Behavioral Risk Factor Surveillance System, 2019-2022

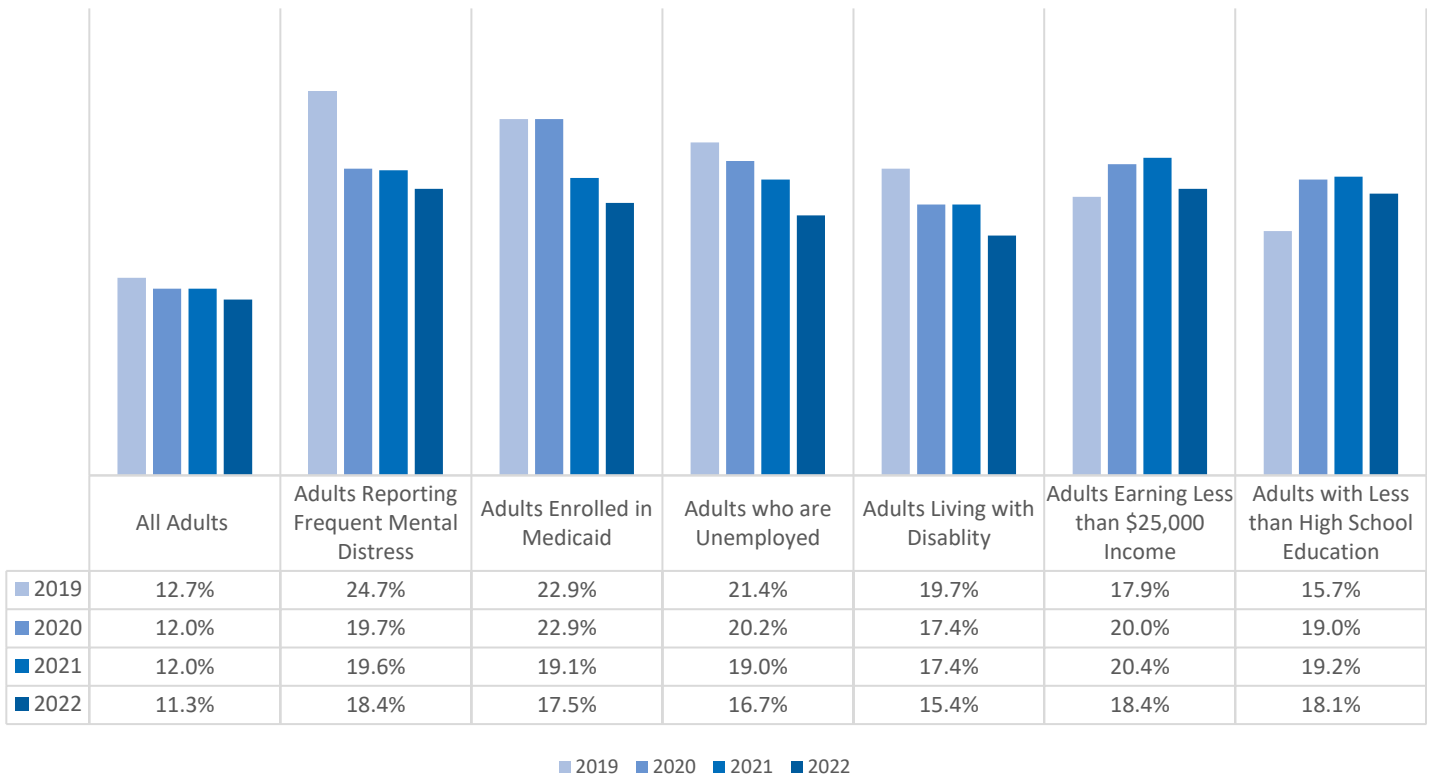


Table I. Prevalence of Current Cigarette Smoking by Population Groups in New York State, Behavioral Risk Factor Surveillance System, 2022

	Percent ^a	95% Confidence Interval	Estimated Weighted Number of People
New York State	11.3	[10.5,12.0]	1,551,000
Region			
New York State excluding New York City (Rest of State)	12.3	[11.3,13.4]	986,000
New York City	9.7	[8.7,10.8]	565,000
Sex			
Male	12.9	[11.8,14.1]	859,000
Female	9.7	[8.7,10.7]	693,000
Race/Ethnicity			
White, non-Hispanic	11.7	[10.7,12.6]	833,000
Black, non-Hispanic	9.9	[8.0,11.7]	170,000
Hispanic	11.3	[9.5,13.0]	283,000
All other race groups combined ^b	9.6	[7.1,12.1]	177,000
Age			
18-24 Years Old	5.7	[3.7,7.7]	88,000
25-34 Years Old	12.7	[10.7,14.8]	311,000
35-44 Years Old	14.5	[12.4,16.5]	303,000
45-54 Years Old	13.3	[11.3,15.2]	253,000
55-64 Years Old	13.8	[12.0,15.5]	311,000
65+ Years Old	8.0	[6.7,9.4]	256,000
Educational Attainment			
Less than High School	18.1	[15.0,21.2]	307,000
High School or GED	15.2	[13.6,16.9]	533,000
Some College	12.8	[11.3,14.3]	461,000
College Graduate	4.9	[4.3,5.5]	241,000
Annual Household Income			
Less than \$25,000	18.4	[16.0,20.8]	353,000
\$25,000 to \$34,999	14.2	[11.3,17.0]	190,000
\$35,000 to \$49,999	11.4	[9.3,13.5]	148,000
\$50,000 to \$74,999	11.9	[9.7,14.1]	187,000
More than \$75,000	7.5	[6.5,8.5]	340,000
Employment Status			
Employed/Self-Employed	10.8	[9.8,11.7]	818,000
Unemployed	16.7	[13.4,19.9]	163,000
Not in Labor Force	10.9	[9.6,12.1]	546,000
Health Insurance Type			
Private	8.2	[7.3,9.1]	498,000
Medicare	9.9	[8.4,11.4]	284,000
Medicaid	17.5	[14.9,20.0]	326,000
No Insurance	18.0	[14.1,21.8]	201,000
Other	15.9	[13.1,18.8]	139,000
Frequent Mental Distress ^c			
Yes	18.4	[15.9,20.9]	384,000
No	10.0	[9.3,10.8]	1,143,000
Disability Status ^d			
Yes	15.4	[13.8,17.1]	588,000
No	9.6	[8.8,10.3]	938,000
Identifies as Lesbian, Gay, Bisexual, or Other Sexual Orientation OR Transgender			
Yes	14.8	[11.9,17.8]	183,000
No	11.3	[10.4,12.1]	1,216,000

^a Percentages are weighted to population characteristics.

^b Include individuals who identify as American Indian, Alaskan Native, Asian, Native Hawaiian or other Pacific Islander, Multiracial, or other race

^c Frequent mental distress is defined as yes if respondents report problems with stress, depression, or emotions on at least 14 of the previous 30 days.

^d Disability status is defined as yes if respondents report having at least one type of disability (cognitive, independent living, self-care, mobility, vision, or hearing).



References

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Behavioral Risk Factor Surveillance System Survey Questions



Current Smoker

- Have you smoked at least 100 cigarettes in your entire life?
- Do you now smoke cigarettes every day, some days, or not at all?

The Behavioral Risk Factor Surveillance System defines “current smoker” as an adult over the age of 18 who has smoked at least 100 cigarettes in their lifetime and currently smokes on at least some days.



Program Contributions

New York State Department of Health

Bureau of Chronic Disease Evaluation and Research

Bureau of Tobacco Control



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