California Tobacco Cessation Data

California Adult (18+) Smoking Cessation Data 2017-2018

Current (past 30 day use) of Adult Cigarette Smokers in California

Developed by the California Tobacco Control Program
Quit 1 Day or Longer in the Past 12 Months

Called a Quitline in the Past 12 Months
Had a Professional Advise Them to Quit Smoking in the Past 12 Months

<table>
<thead>
<tr>
<th>Age</th>
<th>Gender</th>
<th>Race</th>
<th>Insurance</th>
<th>Education</th>
<th>Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-25</td>
<td>34%</td>
<td>56%</td>
<td>44%</td>
<td>42%</td>
<td>63%</td>
</tr>
<tr>
<td>26-44</td>
<td>36%</td>
<td>52%</td>
<td>49%</td>
<td>44%</td>
<td>51%</td>
</tr>
<tr>
<td>45-64</td>
<td>38%</td>
<td>51%</td>
<td>46%</td>
<td>42%</td>
<td>49%</td>
</tr>
<tr>
<td>65+</td>
<td>71%</td>
<td>56%</td>
<td>44%</td>
<td>51%</td>
<td>49%</td>
</tr>
</tbody>
</table>

Statewide 47%

Had a Health Professional Refer Them to a Cessation Program in the Past 12 Months

<table>
<thead>
<tr>
<th>Age</th>
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<th>Race</th>
<th>Insurance</th>
<th>Education</th>
<th>Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-25</td>
<td>12%</td>
<td>20%</td>
<td>23%</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>26-44</td>
<td>33%</td>
<td>40%</td>
<td>29%</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>45-64</td>
<td>44%</td>
<td>30%</td>
<td>29%</td>
<td>24%</td>
<td>29%</td>
</tr>
<tr>
<td>65+</td>
<td>31%</td>
<td>29%</td>
<td>22%</td>
<td>28%</td>
<td>31%</td>
</tr>
</tbody>
</table>

Statewide 26%
**Used Nicotine Gum, Lozenges, or an Inhaler in the Past 12 Months**

- **Statewide**: 10%
- **18-25**: 8%
- **26-44**: 9%
- **45-64**: 13%
- **Males**: 10%
- **Females**: 11%
- **Hispanic**: 7%
- **White**: 14%
- **Covered by Medi-Cal**: 10%
- **Not Covered by Medi-Cal**: 11%
- **Less Than HS**: 9%
- **HS Graduate**: 11%
- **Some College**: 9%
- **AA or AS Degree**: 10%
- **Urban**: 10%
- **Rural**: 10%

**California Smokers Thinking about Quitting Smoking in Next 6 Months**

- **Statewide**: 70%
- **18-25**: 69%
- **26-44**: 70%
- **45-64**: 71%
- **65+**: 66%
- **Males**: 70%
- **Females**: 72%
- **Hispanic**: 68%
- **White**: 77%
- **Black**: 58%
- **Asian**: 71%
- **Other/Multirace**: 72%
- **Covered by Medi-Cal**: 68%
- **Not Covered by Medi-Cal**: 74%
- **Less Than HS**: 68%
- **HS Graduate**: 68%
- **Some College**: 73%
- **AA or AS Degree**: 75%
- **BA or BS Degree**: 66%
- **MA or MS**: 66%
- **Urban**: 70%
- **Rural**: 69%
**Most common methods used to quit smoking among adult respondents:**

- Quit completely on their own or cold turkey
- Use e-cigarettes to help you quit or reduce cigarette smoking
- Nicotine patches, nicotine gum, or nicotine lozenges

**Key Points in California Adult Smokers:**

- In 2017-2018, 11% of California adults reported to be current smokers.
- 39% if California adults reported to have no plans to quit smoking cigarettes and 40% had no plans to quit e-cigarettes or other electronic vaping products.
- Males had a higher percentage than females to had quit smoking 1 day or longer.

### California Adults Who Plan to Quit Smoking

<table>
<thead>
<tr>
<th>Plan to Quit Cigarettes</th>
<th>Plan to Quit E-cigarettes or Other Electronic Vaping Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Plan</td>
<td>39% 40%</td>
</tr>
<tr>
<td>Next 30 Days</td>
<td>24% 26%</td>
</tr>
<tr>
<td>Next Year</td>
<td>19% 16%</td>
</tr>
<tr>
<td>Next 3 Months</td>
<td>10% 11%</td>
</tr>
<tr>
<td>Next 6 Months</td>
<td>8% 7%</td>
</tr>
</tbody>
</table>

The most common referral source among residents who called the vape and smokers helpline were:
- Mass media/advertising
- Healthcare

Key Points in California Adults who Called the California Smokers Helpline:
- Among the callers who called the helpline:
  - 49% were 45 to 64 years old
  - 53% were males
  - 46% were whites

Key Points in California Adults who Called the California Vape Helpline:
- Among the callers who called the helpline:
  - 42% were 45 to 64 years old
  - 56% were females
  - 54% were whites


California High School (HS) Student Smoking Cessation Data (2017-2018)

Perceived Difficulty/Ease of Receiving Help at School to Quit using Cigarettes, E-cigarettes, and/or Marijuana among CA HS Students

11.49% of high school students reported that they had helped someone their age quit smoking cigarettes.
Past 30 day Users That Plan to Quit Using Cigarettes, Little Cigars or Cigarillos, E-Cigarettes, Hookah, and/or Marijuana among CA HS Students, 2017-2018

Key Points in California High School Students:

- 46% of high schools’ students tried to quit smoking cigarettes and 36% tried to quit e-cigarettes.
- Among high school students, most of the students said it was “somewhat easy” to quit smoking cigarettes, e-cigarettes, or marijuana.