#Tobacco21
Raise the Age to Save Lives
THAT'S 5.6 MILLION
BUT IF WE DON’T DO MORE
High School Smoking - Two Age Limits

30 Day Prevalence

- MetroWest (age 18)
- Needham (age 21)

Frequent Use (20 / 30 days)

- MetroWest (age 18)
- Needham (age 21)
Public Health Benefit of Tobacco 21

• The Institute of Medicine Report in 2015.

• Data predict substantial improvements in public health.

• Specific impacts over the long run:
  ✓ reduce the smoking rate by 12 percent
  ✓ reduce smoking-related deaths by 10 percent
  • 223,000 fewer premature deaths
  • 50,000 fewer deaths from lung cancer
  • 4.2 million fewer years of life lost
A Key to Reducing Long Term Tobacco Use

• 95 percent of adult smokers begin smoking before they turn 21, and a substantial number of smokers start even younger—about 80 percent of adult smokers first try smoking before age 18.

• While less than half (46%) of adult smokers become regular, daily smokers before age 18, four out of five become regular, daily smokers before they turn 21. This means the 18 to 21 age range is a time when many smokers transition to regular use of cigarettes.
Older Adolescents Are a Key Source of Tobacco for Youth

- A California Tobacco Survey found that 82 percent of adolescent ever smokers obtained their cigarettes from others, most of whom were friends. A substantial percentage (40.9%) of the people buying or giving the cigarettes were of legal age (18 years or older) to purchase them, with most (31.3%) being between 18 and 20 years of age.

- The IOM found that although changes in the minimum age of legal access [MLA] to tobacco products will pertain to individuals who are 18 and older, the largest proportionate reduction in initiation of tobacco use will likely occur among adolescents of ages 15 to 17 years.
The IOM Found

• “An earlier age of initiation is associated with greater levels of nicotine dependence.”

• “An earlier age of initiation is associated with greater intensity and persistence of smoking beyond adolescence and through adulthood.”

• “A younger age of initiation is associated with an increased risk of many adverse health outcomes, such as a hospital inpatient stay in the past year and lifetime risk of respiratory disease, especially chronic obstructive pulmonary disease, and lung cancer.”
Resources

Fact sheets on:

- Increasing the sale age to 21
- Marketing to kids
- Harms of tobacco use
- Toll of tobacco use (e.g. smoking rates)

Talking points

Policy analysis

http://www.tobaccofreekids.org/what_we_do/state_local/sales_21
Tobacco 21: Over time...

- 25% decline in smoking initiation by 15-17 year olds
- 12% overall drop in smoking prevalence
- 10% reduction of smoking related deaths

For kids alive today, **4.2 million years of life** would be saved by virtue of this logical, simple policy change.

Other Important Impacts...

- 12% Decline in premature births
- 16% Drop in SIDS cases
Tobacco 21 ‘Wins’

✅ Improve Health

✅ Save Lives

✅ Popular
#Tobacco21
A Win-Win For Everyone
Tobacco 21
Raising the Minimum Sales Age to 21

NYC Department of Health and Mental Hygiene
April 2016
Adult Smoking in New York City

1993-2001, smoking prevalence was stable, 21.5%-21.7%

- NYC & NYS tax increases
- Smoke-free Air Act (SFAA)
- Free patch programs start
- Hard-hitting media campaigns
- NYS tax increase
- SFAA extended to include hospital entrances
- Federal tax increase, NYC banned flavored sales, & SFAA extended to include e-cigarettes, Sensible Tobacco Enforcement & Tobacco 21 laws implemented in August

% of adults


Source: CDC Behavioral Risk Factor Surveillance Survey; NYC Community Health Survey
Reductions in prevalence have **stalled since 2007, 8.2%**

Source: NYC Community Health Survey, 2001-2013
## Total Annual Excess Cost of a Smoker to a Private Employer

<table>
<thead>
<tr>
<th>Description</th>
<th>Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excess Absenteeism</td>
<td>$517</td>
</tr>
<tr>
<td>Presenteeism</td>
<td>$462</td>
</tr>
<tr>
<td>Smoke Breaks</td>
<td>$3,077</td>
</tr>
<tr>
<td>Excess Health Care Costs</td>
<td>$2,056</td>
</tr>
<tr>
<td>Pension Benefit (if provided)</td>
<td>($296)</td>
</tr>
<tr>
<td><strong>Total Costs</strong></td>
<td><strong>$5,816</strong></td>
</tr>
</tbody>
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Berman M, et al., Estimating the cost of a smoking employee, Tob Control 2014;23:5 428-433
Published Online First: 3 June 2013 doi:10.1136/tobaccocontrol-2012-050888
Cities with T21 Policies:

- Kansas City, MO: 470,800
- Unified Government of Wyandotte County, KS: 149,636
- Independence, MO: 117,494
- Olathe, KS: 133,062
- Gladstone, MO: 25,410
- Prairie Village, KS: 21,877
- Bonner Springs, KS: 7,553
- Lenexa, KS: 50,344

**TOTAL:** 976,176
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