

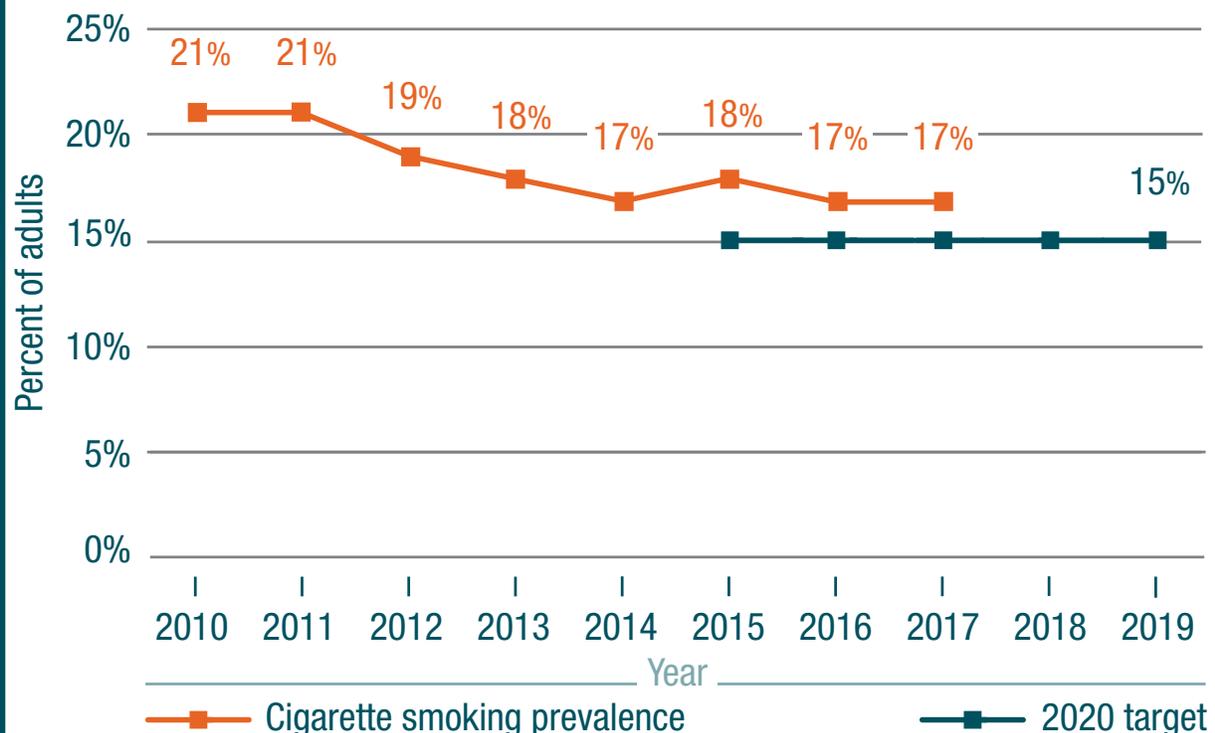
2018 Fact Sheet: Prevent and reduce tobacco use.

This fact sheet is a summary of progress made in year four of the 2015-2019 State Health Improvement Plan (SHIP). Tobacco use continues to be the leading preventable cause of death and disability in Oregon. Cigarette smoking among youth has decreased over time. However, many youth still use tobacco, an addiction which often continues into adulthood. The rise in use of little cigars, electronic cigarettes and hookah is also a concern. Achievements within the priority area to prevent and reduce tobacco use include:

- The Tobacco 21 law raised the minimum age for a person to buy tobacco products from 18 to 21. This law went into effect in Oregon on Jan. 1, 2018. This law is important because raising the age to buy tobacco products is an effective strategy to reduce youth tobacco initiation.
- The [Oregon Tobacco Quit Line](#) is piloting a program to meet the needs of American Indian and Alaska Native (AIAN) populations. The program includes counseling and medication support by a team of quit coaches. Many quit coaches identify as AIAN. The pilot will ensure culturally responsive services. This is critical because of cultural tobacco use among AIAN populations.

Figure 1.

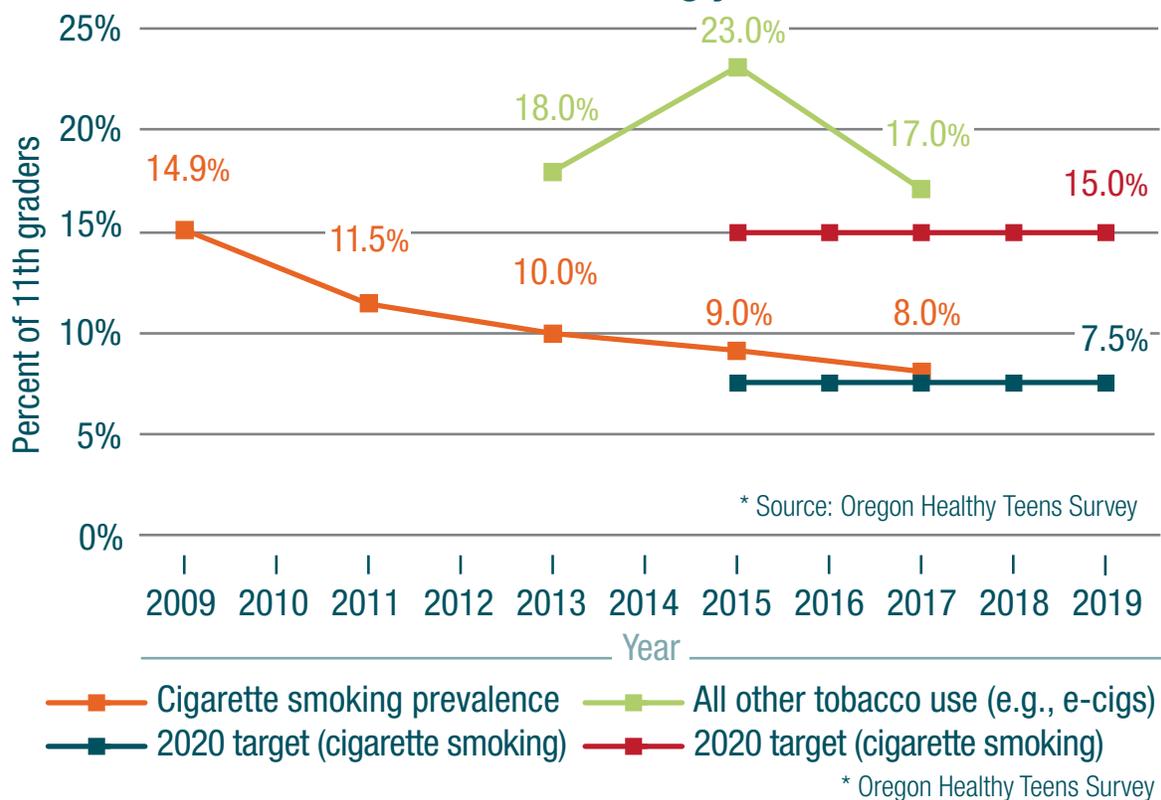
Cigarette smoking among adults*



* Behavioral Source: Risk Factor Surveillance System

Figure 2.

Tobacco use among youth*



Challenges

The following challenges may affect the ability of the state to meet goals and achieve priority targets for tobacco by the end of 2019:

- Non-cigarette tobacco products such as little cigars and e-cigarettes are popular among youth. These products remain sweet, cheap and easy to get. Nearly one in six Oregon 11th graders report using non-cigarette tobacco products (Figure 2). Youth use of e-cigarettes alone nearly tripled from 2013 to 2017 from 5 percent to 13 percent.
- Tobacco addiction disproportionately affects people who have a mental illness or addictions disorders. Behavioral health treatment facilities need training and technical help to build staff capacity to implement the [Tobacco Free Facilities and Services Policy](#). This policy requires all residential mental health and addictions providers licensed by OHA to keep properties tobacco free.

You can find complete information, including progress made on specific interventions and strategies online at www.healthoregon.org/ship.