

# ADULT SMOKING IN CT

CIGARETTES, E-CIGARETTES & SMOKELESS TOBACCO



**14.2%** of Connecticut adults reported smoking cigarettes, e-cigarettes or smokeless tobacco

THAT'S 385,900 PEOPLE

**Adults ages 18-44**

**AND**

**Adults over 45**

Adults under 45 were significantly **more likely to use tobacco** than adults over 45



Men were significantly more likely to smoke than women



Cigarette, e-cigarette and smokeless tobacco use is **2X** higher in adults with poor mental health



**Adults with less than a high school diploma were more likely** to use cigarette, e-cigarettes, or smokeless tobacco than those with a college degree.

### Summary of Findings

- **Approximately 385,900 (14.2%)** of Connecticut adults aged 18 years and older **use cigarettes, electronic vapor products, or smokeless tobacco some days or every day** (current core-3 tobacco use)
- **Current core-3 tobacco use** was **significantly higher among men (17.7%)** than among women (10.8%)
- **The rate of current core-3 tobacco use** was **significantly higher among adults between the ages of 18 and 44 (18.4%)** than among adults 45 and older (11.1%)
- Adults whose **highest level of education is less than a high school diploma** (21.9%) were **significantly more likely** than adults with a college degree (7.2%) to currently use core-3 tobacco
- **Current use of core-3 tobacco** was **significantly higher among adults with Medicaid (21.0%) and those with no health insurance (21.7%)** than among the privately insured (12.8%)
- **Current core-3 tobacco use** was **more than twice as high among adults who reported their mental health was not good**, such as stress, depression or problems with their emotions, on 14 or more of the past 30 days (25.3%) than among their counterparts without poor mental health (12.3%)

### Results from 2023 Connecticut Behavioral Risk Factor Surveillance System

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