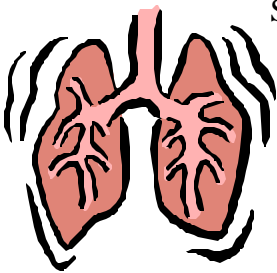


## Tobacco-Related Diseases in Washoe County



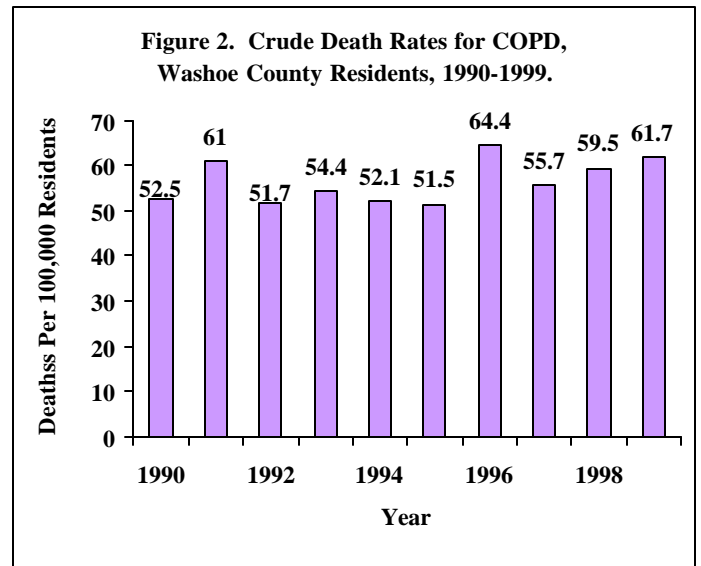
Smoking is the most preventable cause of death in our society. One in five deaths is a direct result of tobacco use. The diseases most strongly associated with smoking tobacco are lung cancer and chronic obstructive pulmonary disease (COPD). For this report, COPD is defined by ICD-9 codes 490 to 496 – chronic and obstructive conditions of bronchitis, chronic airway obstruction, emphysema and asthma.

### Death Rates due to Lung Cancer and COPD

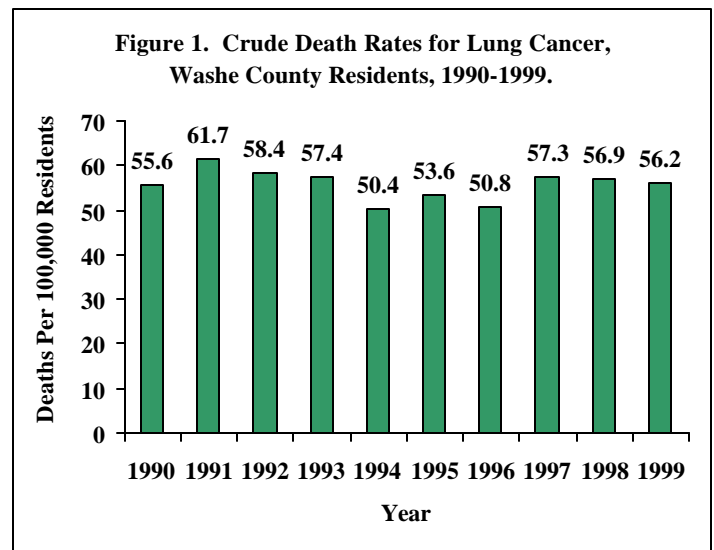
Lung cancer accounts for 31% of all deaths due to cancer in Washoe County. Together, lung cancer and COPD were responsible for 15% of all deaths among Washoe County residents in the years 1995 through 1999. During these years, lung cancer killed 846 Washoe County residents – 473 men (56%) and 373 women (44%). The mean age at death for men was 69 (range: 38-96); and for women, 70 (range: 36-101).

From 1995 through 1999, COPD killed 879 Washoe County residents over the age of 45 – 425 men (48%) and 454 women (52%). The mean age at death for men was 75 (range: 45-96); and for women, 75 (range: 48-98).

The American Lung Association states that 80 to 90 percent of all COPD is attributable to smoking. COPD ranks as the third single leading cause of death in Washoe County after coronary heart disease and all forms of cancer combined.

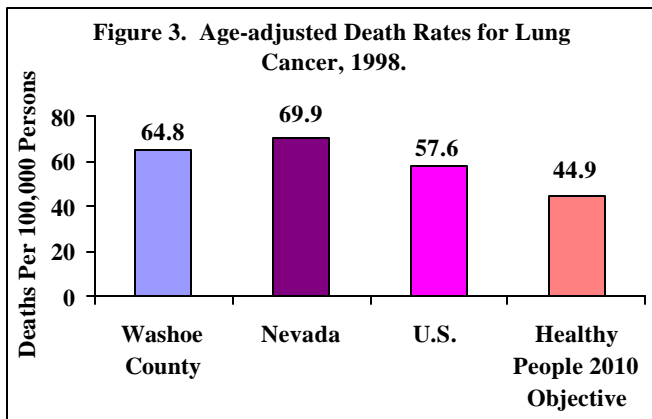


The American Cancer Society (ACS) states that 87% of all lung cancer is caused by smoking.

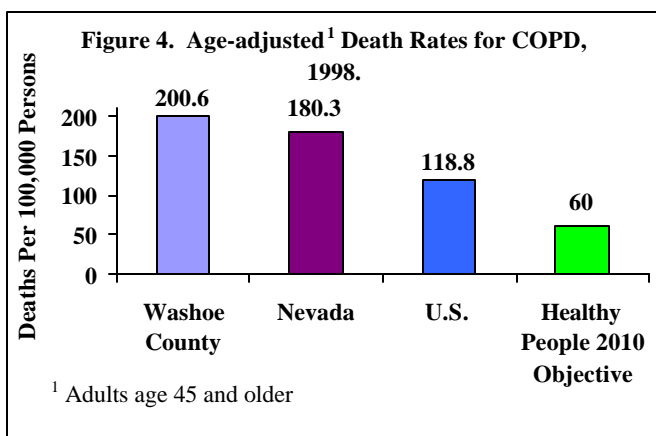


According to ACS, smoking accounts for at least 30% of all cancer deaths; is a major cause of heart disease; and is also associated with cancer of the mouth, pharynx, larynx, esophagus, pancreas, urinary bladder, kidney and uterine cervix. During 1990 through 1998, 75 men and 28 women in Washoe County died of cancer of the lip, oral cavity, pharynx or larynx. The mean age at death for men was 66 (range: 47 – 86); and for women, 65 (range: 44 – 86).

We have far to go to reach the Healthy People 2010 national health objectives for these devastating, tobacco-related diseases. Among the states, Nevada ranks sixth in the nation for its lung cancer death rate.



With the highest death rate in the nation due to COPD, Nevada ranks first among the states.



### Incidence of Lung Cancer

In the years 1991 through 1998, 1713 new cases of lung cancer among Washoe County residents were reported to the Nevada Cancer Registry. Lung

cancer ranked as the most frequently diagnosed cancer before breast, prostate and colorectal cancer. Figure 5 shows the rates of reported new cases of lung cancer between 1990 and 1998.

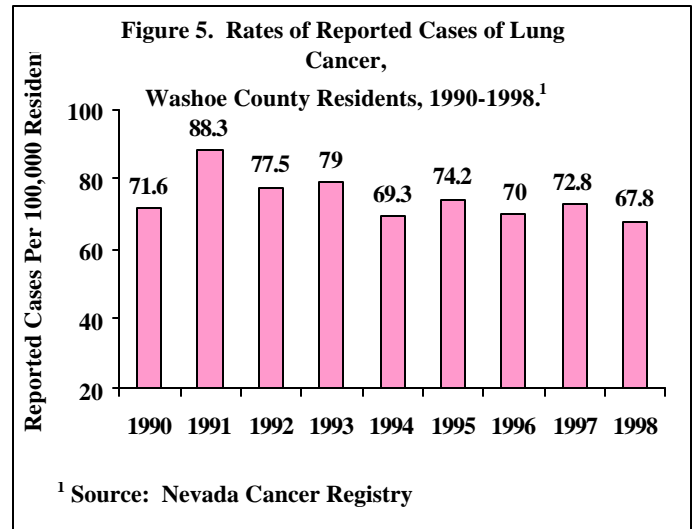


Table 1 shows the distribution of newly diagnosed lung cancer cases among Washoe County residents by age and gender. Fifty-seven percent of new cases were men, and 43% were women.

**Table 1. Reported Cases of Lung Cancer by Age Group and Gender, Washoe County Residents, 1991-1998.<sup>1</sup>**

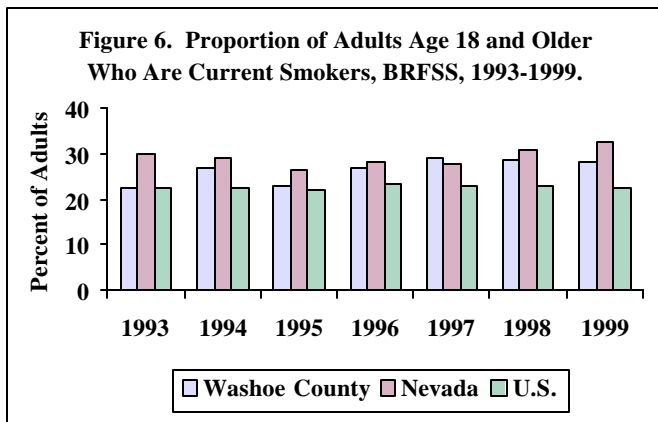
Age Group	Male	Female	Total	% of Total
0-19	1	0	1	0.06
20-29	1	0	1	0.06
30-39	9	6	15	0.88
40-49	44	36	80	4.7
50-59	137	121	258	15.1
60-69	359	221	580	33.8
70-79	324	258	582	34.0
80+	99	97	196	11.4
<b>Total</b>	<b>974</b>	<b>739</b>	<b>1713</b>	<b>100%</b>

<sup>1</sup> Source: Nevada Cancer Registry

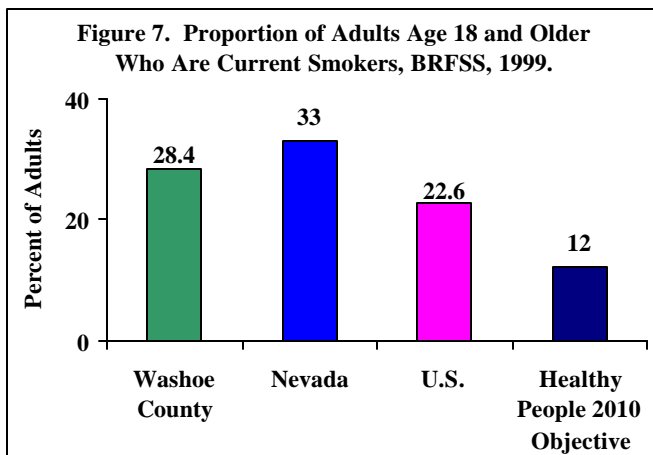
In 1999, the total cost to hospitalize 127 Washoe County residents with a principal diagnosis of lung cancer was \$3.64 million. The mean cost per hospital stay was \$28,700 (range: \$672 to \$327,900). The total cost to hospitalize 690 Washoe County residents in 1999 with a principal diagnosis of COPD was \$8.9 million. The mean cost per hospital stay was \$12,800 (range: \$848 to \$186,330).

## Prevalence of Tobacco Use in Washoe County

In 1999, Nevada held the distinction of having the highest smoking rate in the nation (33%) among adults age 18 and older. In the 1990's, very little progress was made in reducing smoking rates.



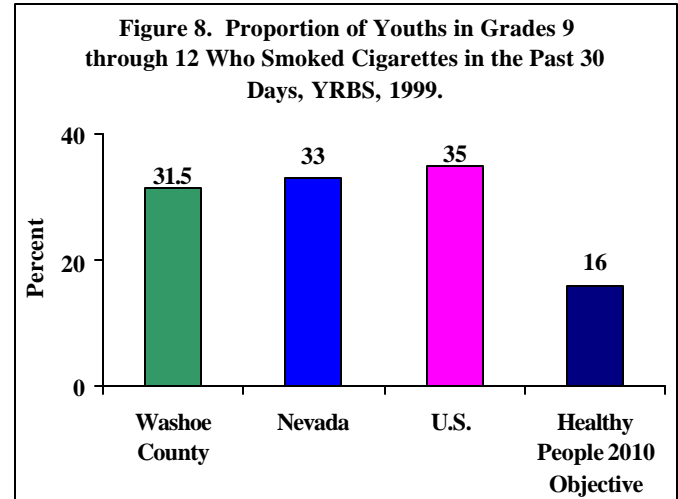
Smoking in Washoe County will have to be reduced by more than half to reach the Healthy People 2010 objective.



The use of smokeless tobacco, i.e., chewing tobacco, spit tobacco and snuff, is also associated with cancers of the lip and oral cavity. According to the BRFSS, the rate of smokeless tobacco use among adults in Nevada and the U.S. are similar at 3.2% and 3.6%, respectively, in 1999.

The Youth Risk Behavior Survey (YRBS) is administered to children in grades 9 through 12 in school districts across the U.S. to measure the prevalence of behavioral risk factors that affect

health. Figure 8 shows the prevalence of smoking measured by the YRBS.



Ten percent of Washoe County youths also used smokeless tobacco in 1999.

Preventing the initiation of tobacco use among youth has to be a priority if we are to reach the Healthy People 2010 objectives and save lives from COPD and cancer.

### Primary Prevention of Lung Cancer and COPD

**Identify** all tobacco users at every visit. Include tobacco use in vital signs.

**Urge** all tobacco users to quit in a clear, strong and personalized manner.

**Ask** every tobacco user at each visit if he/she is willing to try to quit. If the answer is "yes," ...

**Assist** by using strategies from the *Smoking Cessation Clinical Practice Guideline* (Fiore MC, Wetter DW, Bailey WC, et al. Agency for Health Care Policy and Research, Public Health Service, US Dept. of Health and Human Services, 1996. Rockville, MD); or

**Refer** patients to the smoking cessation, education and support services available in our community. For information on these services, please call Dr. Colleen Hughes, Tobacco Prevention Program Coordinator, at 328-2442.

Washoe District Health Department  
Wellness Program  
P.O. Box 11130  
Reno, NV 89520-0027

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