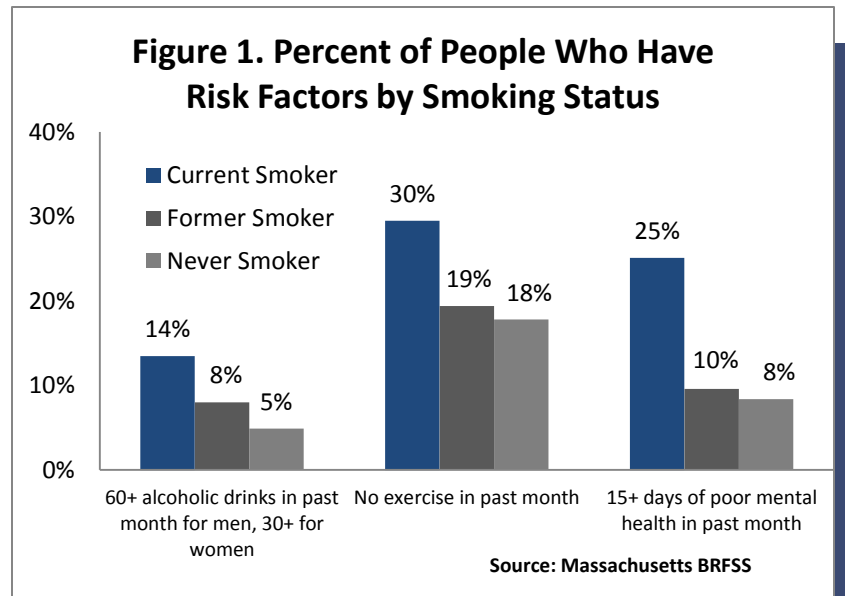


Smoking Co-morbidities

Massachusetts Fact Sheet

Smoking is the leading cause of a multitude of preventable diseases. According to the 2014 Surgeon General’s Report on Smoking & Health, there are more than 7,000 chemicals and chemical compounds contained in cigarette smoke, and more than 16 million Americans are suffering with a disease caused by smoking.

Moreover, tobacco use tends to co-occur with other health risk factors. Current smokers were more likely to be heavy drinkers, suffer from mental illness, and less likely to engage in physical exercise (Figure 1).



Prevalence of select smoking-attributable diseases is also much higher among current smokers. Prevalence of most smoking-attributable diseases is higher for former smokers compared to never smokers, but the risk of developing these diseases is much lower for former smokers than current smokers. For some chronic conditions, like heart disease, prevalence is higher for former smokers than for current smokers. However, this is likely because former smokers changed their smoking behavior after diagnosis of the condition.

