



# Tobacco Use in Bermuda

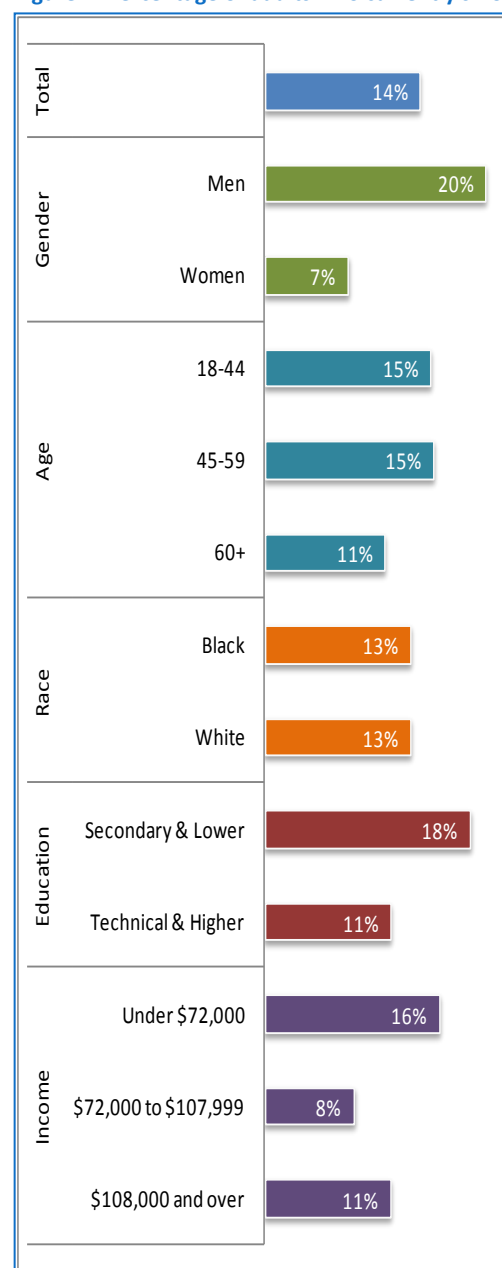
## *Selected Results from STEPS to a Well Bermuda 2014*

Common preventable risk factors underlie most chronic diseases. The basis of chronic disease prevention is the identification of major common risk factors and their prevention and control, as *the risk factors of today are the diseases of tomorrow*. The World Health Organization recognizes that tobacco use is the fourth most common risk factor for disease and the second major cause of death worldwide. Smokers have markedly increased risk of multiple cancers, particularly lung cancer, and are at far greater risk of heart disease, stroke, chronic obstructive pulmonary disease (COPD), and other fatal and non-fatal conditions. It has also been shown that non-smokers exposed to second-hand smoke have a 25-35% increased risk of suffering acute coronary diseases, and increased frequency of respiratory conditions.

### Highlights

- Nearly 1 in 7 adults (14%) are current smokers (daily or some days). Among men, this is 1 in 5 (20%).
- Approximately 3 out of every 4 smokers (74%), smokes daily.
  - Daily smokers began smoking at age 18 years on average.
  - Among daily smokers, 83% of men and 100% of women smoked manufactured cigarettes.
  - Daily smokers smoked an average of 11 cigarettes per day however there were differences by race. Whites smoked an average of 15 cigarettes per day while Blacks smoked, on average, 7 cigarettes per day.
  - Nearly 8% of daily smokers smoked more than 25 cigarettes per day. These persons were all within the 45-59 year age group.
- Among current smokers, 78% smoke manufactured cigarettes, 17% smoke hand-rolled cigarettes, 7.5% smoke cigars and less than 1% smoke pipes.
  - Men were more likely to smoke cigars (10%) than women, with no women reporting smoking cigars.
  - Blacks were more likely to smoke hand-rolled cigarettes (30.5%) than Whites (5%).
- During the previous year, 45% of current smokers tried to quit and 45% had been advised by a health care provider to quit smoking.
- Nearly 18% of the respondents were former daily smokers. Among these, 72% had a technical or higher education compared to 51% with secondary and lower education. Former smokers had stopped smoking for an average of 22 years.
- Overall, 11% of respondents reported that someone smoked in their home and 12% reported that someone smoked in their workplace. Persons of Asian and other races were more likely to report exposure to tobacco smoke in the home (33%) and persons with household incomes under \$72,000 were more likely to report tobacco exposure in the home (12%) than persons with household incomes of \$108,000 and over (5%).

Figure 1. Percentage of adults who currently smoke

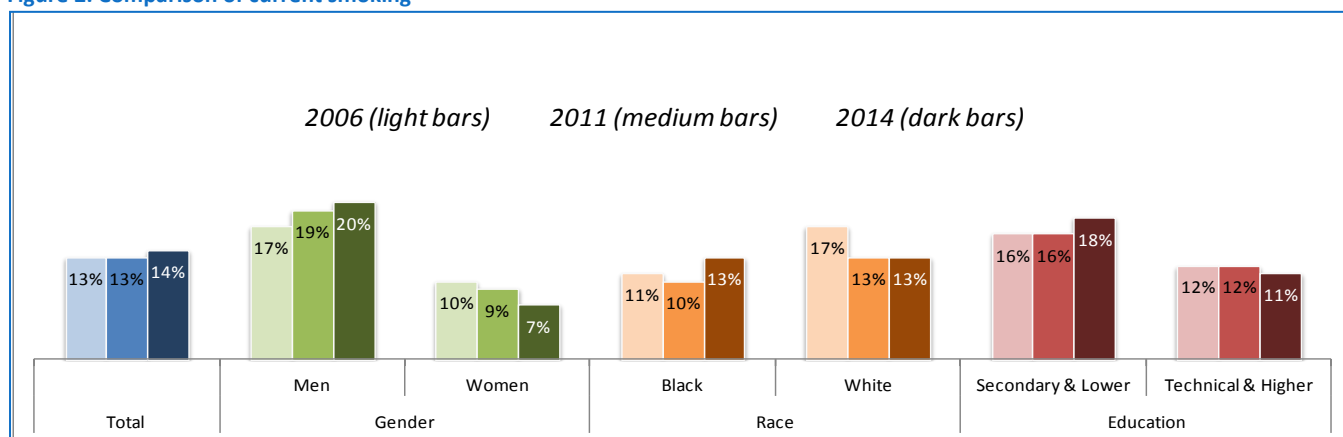


## Trends

Where applicable, the results from *STEPS to a Well Bermuda 2014* were compared to data from the *Health Survey of Adults and Children in Bermuda 2006* and the *Health Survey of Adults in Bermuda 2011* as indicated in the following charts. These prior reports are available from [www.health.gov.bm](http://www.health.gov.bm).

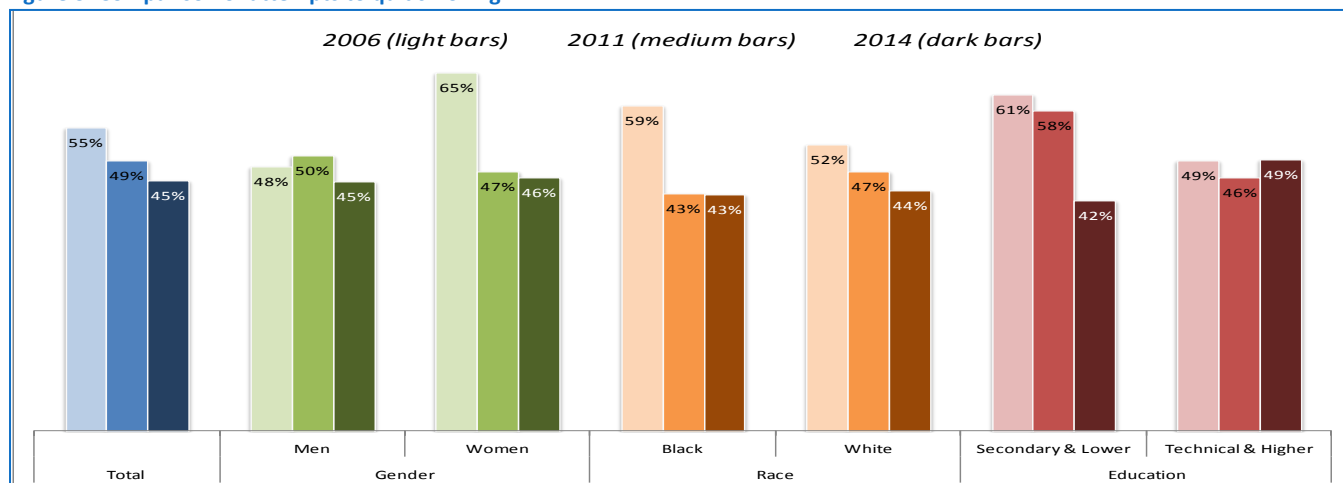
- The percentage of current smokers has not significantly changed overall from 2006 to 2014. However, there has been an observed trend by gender, with slight increases in smoking among men and similar declines in smoking among women.

Figure 2. Comparison of current smoking



- Overall, there have been declines in the proportion of current smokers who have attempted to quit within the 12 months prior to being surveyed. The percentages went from 55% overall in 2006 to 49% in 2011 to 45% in 2014.

Figure 3. Comparison of attempts to quit smoking



For additional information, please email:  
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## Reference:

World Health Organization (2005). *WHO STEPS Surveillance Manual: The WHO STEPwise approach to chronic disease risk factor surveillance*. Geneva, World Health Organization