

Tobacco Use Among Indiana Adults*

October 2023

Everyone deserves the opportunity to be as healthy as possible, free from the harm that commercial tobacco can cause. Tobacco use continues to be the leading cause of early death and disease in the United States and leads to over 11,000 deaths annually in Indiana.

Cigarette Smoking:

- In 2022, 16.2%, about 840,000 Hoosier adults (18 and older), reported currently smoking.
- While Indiana's smoking has significantly declined since 2011, Indiana's adult smoking rate is consistently higher than the U.S. median (16.2% versus 14.0%).

E-cigarette Use:

- While cigarette smoking continues to decline, e-cigarette use significantly increased from 2020 to 2021, and remains unchanged from 2021 to 2022. In 2022, more than 8% of adults reported currently using an e-cigarette (in the past 30-days).
- Indiana's rate of adult e-cigarette use remains higher than the U.S. rate (8.1% versus 7.7%). Nationally, the use of e-cigarettes is increasing.

Smokeless Tobacco Use:

- In 2022, 3.4% of Indiana adults reported use of smokeless tobacco.
- Use of smokeless tobacco in Indiana remains similar to the U.S. median, 3.4% versus 3.5%.

Disparities Among Indiana Adults*

In Indiana, there are some groups that use tobacco at higher rates than what we see across all adults. Achieving health equity means addressing the system-wide problems, unfair practices, and unjust conditions that impact the health of certain groups – like the harms caused by the commercial tobacco industry.

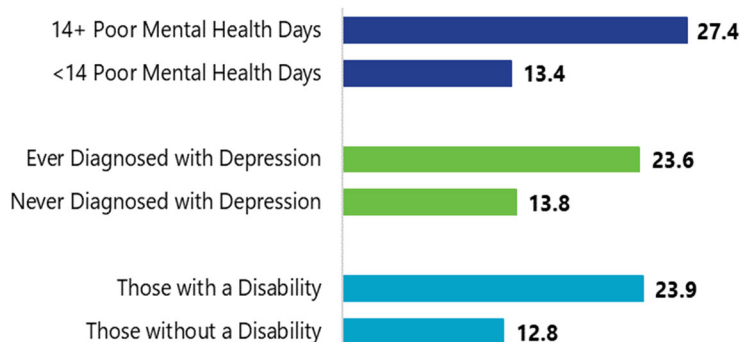
Both **cigarette smoking** and the **use of e-cigarettes** is higher among certain groups.

In Indiana there are significantly higher rates of use for these tobacco products among **adults who have poor mental health** (14 or more poor mental health days in the past month), those **ever diagnosed with depression** and those **with a disability**.

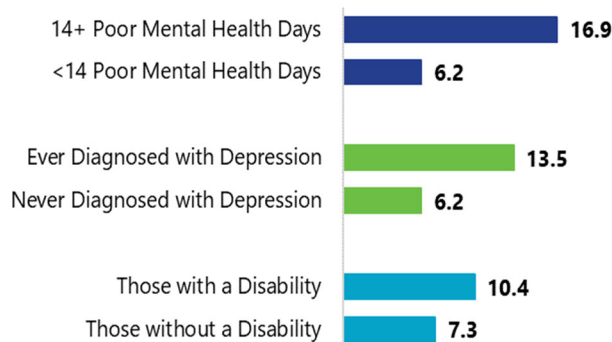
Fast Facts

- **16.2%** of Indiana adults reported smoking in 2022.
- Indiana's adult smoking rate remains higher than the U.S. rate (**16.2%** versus **14.0%**).
- More than **8%** of Indiana adults reported using e-cigarettes in 2022.
- About **half of Indiana adults** who smoke or use e-cigarettes have tried to quit in the past

Cigarette Smoking Among Indiana's Marginalized Populations, BRFSS 2022



E-cigarette Smoking Among Indiana's Marginalized Populations, BRFSS 2022



Tobacco Cessation[^]

Many Indiana adults who smoke cigarettes, use e-cigarettes or other tobacco products like smokeless tobacco, want to quit and have tried to quit.

Nearly **2 in 3** adults who use e-cigarettes want to quit.



About **1 in 2** adults who smoke cigarettes want to quit.



About **1 in 3** adults who use other tobacco products want to quit.



About **1 in 2** adults who use e-cigarettes have tried to quit in the past year.



Nearly **2 in 5** adults who smoke cigarettes have tried to quit in the past year.



About **1 in 3** adults who use other tobacco products tried to quit.



When trying to quit tobacco, fewer than half of adults who use tobacco report using support in their recent quit attempt. Services like behavioral counseling (Quitlines) and support like medications, including nicotine replacement therapy (NRT) like the patch, gum, or lozenge, are all approved methods to assist in quitting.



Health care providers can also play an important role in helping people to quit tobacco by helping motivate people and connecting them to effective treatment. Quit Now Indiana ([QuitNowIndiana.com](https://www.QuitNowIndiana.com)) offers free, evidence-based treatment to Hoosiers who use commercial tobacco products and want to quit. Services include phone-based, online, and text based coaching sessions, free nicotine replacement therapy (NRT), and access to an online dashboard that allows members to design their personal quit journey.

[^]2021-2022 Indiana Adult Tobacco Survey

Resources for Treating Tobacco Dependence

Those who use tobacco, including e-cigarettes, who want to end their dependence on tobacco should call 1-800-QUIT-NOW, visit [QuitNowIndiana.com](https://www.QuitNowIndiana.com) or contact their healthcare provider for assistance.

Additional resources include [Live Vape Free](#) and [This is Quitting](#), texting services for youth and young adults who want to quit e-cigarettes.