



## Chapter 7

When analyzing healthcare outcomes by more refined smoking status, the smoking groups (including “ever smoked”) were compared to those who had never smoked.

- The number of ambulatory physician visits was 5%–13% higher for the smoking groups than for those who never smoked. Remarkably, the rate of ambulatory visits was higher for those who were former daily smokers five years or less before the time of the survey compared with those who were current daily smokers. This may be because people who recently reduced or quit smoking did so because of a major smoking-related health event or a medical condition made worse by smoking.
- Hospitalizations for the smoking groups were 24%–75% higher than for the group that never smoked.
- Days in hospital for the smoking groups were 5%–13% more than for the group that never smoked.
- Daily defined doses (DDDs) measures the intensity of the drugs used (365 DDDs means you are taking a certain drug once a day for 365 days at what is deemed the appropriate dosage). The smoking groups had 18%–23% more DDDs than the group that never smoked.
- The number of different pharmaceuticals for the smoking groups shows an increase of 8%–38% compared with the group that never smoked.
- The use of personal care homes was similar for all groups.

## Chapter 8

We examined the association of smoking-status groups with mortality, life expectancy, and cancer. These analyses mirrored those presented in chapter 6. After dividing survey respondents into five categories, we found that much of the mortality and cancer burden we observed was concentrated among those who had ever smoked daily: “current daily smokers,” “former daily smokers ≤5 years,” and the “former daily smokers >5 years.”

- In our most conservative analyses, there was no statistically significant difference in premature mortality when comparing respondents from each of the smoking categories with those who never smoked.
- In our most conservative analyses, we found an elevated rate of potential years of life lost (PYLL): current daily smokers had roughly 5.8 times the rate of PYLL, former daily smokers who quit five years or less before the survey had about 4.8 times the rate of PYLL, and former daily smokers who quit more than five years before survey-date had 4.75 times the rate of PYLL.
- We found a 175% higher rate of total mortality among current daily smokers compared to the group that had never smoked. Other groups did not have any statistically significant relationships.
- Differences in life expectancy, likewise, were concentrated among current daily smokers, former daily smokers (five years or less before survey), and former daily smokers (over five years before survey). Male current daily smokers had a 3.64 year decrease in life expectancy when compared with the group that never smoked (77.13 versus 80.77 years); female current daily smokers had a 3.18 year decrease (81.41 versus 84.59 years). Males who reported being a former daily smoker five years or less before survey had a 2.89 year decrease (77.88 years); females had 2.51 year decrease (82.08 years). Finally, male former daily smokers (over five years before survey) years had a 0.7 year decrease in life expectancy (80.07 years); females had a 0.6 year decrease (83.99 years). Thus, after controlling for hundreds of characteristics, we found reductions in life expectancy when comparing each smoking category with the group that never smoked.
- After adjusting for confounding variables, we found a higher incidence of lung cancer: 2,623% among current daily smokers and 1,893% among former daily smokers (five years or less before survey).
- After adjusting for confounding variables, we found a higher rate of cancers strongly associated with smoking—Lung, Oral Cavity/Pharynx, Esophagus, Larynx—among current daily smokers (2,383% higher) and the former daily smokers (five years or less before survey; 1,464% higher).
- We did not find a statistically significant difference in overall cancer rates between the different smoking categories. Again, this reflects the fact that few cancers have been shown to be directly associated with smoking.