



# 2023 | CAPITOL INFORMATION & EDUCATION DAYS



## The Fight is Not Over: The Tobacco Industry Continues to Harm Women and Girls in California

*More women die of lung cancer each year than breast, ovarian, and cervical cancer combined.<sup>1</sup> Due to aggressive targeting by the tobacco industry, women are now just as likely to die from smoking as men.<sup>2</sup> It's time to take a stand against the products that are destroying women's lives and families.*



### How women are affected by tobacco:

- More than 200,000 women die each year in the U.S. as a result of smoking-related diseases.<sup>2</sup>  
Women's risk of dying from smoking-related diseases has tripled over the last 50 years.<sup>3</sup>
- Overall smoking rates have not declined as quickly for women as for men.<sup>4</sup>
- Lung cancer has been the leading cause of cancer death among women since surpassing breast cancer in 1987.<sup>5</sup>
- Smoking and exposure to secondhand smoke during pregnancy are major factors associated with life-threatening risks to mother and child.<sup>6</sup>
- Smoking rates among US women vary by race and ethnicity, income, and education level.<sup>iv</sup> In California, 25.9% of white low-income adult women smoke cigarettes.<sup>7</sup>
- Women who smoke have a 25% greater risk of developing coronary heart disease compared with men who smoke.<sup>8</sup>

- LGBT populations, and transgender populations in particular, are at disparate risk for using tobacco, and thus may be at disparate risk for a variety of negative health outcomes associated with tobacco.<sup>9</sup>
- E-cigarette use was three times higher among transgender female adults than cisgender male or female adults. Similarly, transgender female adult cigar use was four times higher than cisgender female use of cigars.<sup>9</sup>
- Transgender females who are on estrogen therapy and use tobacco are at greater risk of venous thromboembolism, a medical condition that occurs when a blood clot forms in a deep vein.<sup>10</sup>

### The Tobacco Industry has targeted girls and women for nearly a century:

- False claims about "low tar" and "light" cigarettes have been used to mislead female smokers.
- Tobacco companies exploit social pressure faced by women and co-opt imagery of independent women to market their deadly products.

- After the Virginia Slims brand was introduced, the smoking rate among 12-year-old girls increased by 110%.<sup>6</sup>
- The same exploitative marketing techniques used by tobacco companies to portray cigarettes as sexy and empowering are now being used to market e-cigarettes to women.

## How smart tobacco policies can improve women's lives:

- Strong local retail licenses can give communities the resources they need to enforce minimum age to purchase and ensure young women don't get addicted to deadly tobacco products.
- Smokefree multi-unit housing policies can protect expectant mothers and their families from experiencing harmful secondhand smoke in their homes.
- Policies that increase access to tobacco cessation programs can help reduce tobacco among all women, including those of childbearing age.

---

## REFERENCES

- 1 "SEER Cancer Statistics Review." National Cancer Institute, [seer.cancer.gov/archive/csr/1975\\_2013/results\\_single/sect\\_01\\_table.01.pdf](https://seer.cancer.gov/archive/csr/1975_2013/results_single/sect_01_table.01.pdf). Accessed 18 Apr. 2022.
- 2 National Center for Chronic Disease Prevention and Health Promotion (US) Office on Smoking and Health. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Centers for Disease Control and Prevention (US), 2014.
- 3 Women and Smoking - Centers for Disease Control and Prevention. [www.cdc.gov/tobacco/data\\_statistics/sgr/50th-anniversary/pdfs/fs\\_women\\_smoking\\_508.pdf](https://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_women_smoking_508.pdf).
- 4 Truth Initiative. "Cancer Facts & Figures 2014." [www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2014.html](http://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2014.html).
- 5 American Cancer Society. "Cancer Facts & Figures 2014." [www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2014.html](http://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2014.html). Accessed 18 Apr. 2022.
- 6 Pierce, J P et al. "Smoking initiation by adolescent girls, 1944 through 1988. An association with targeted advertising." JAMA vol. 271,8 (1994): 608-11.
- 7 California Department of Public Health, California Tobacco Control Program. "California Tobacco Facts and Figures 2018." [www.cdph.ca.gov/Programs/CCD-PCPD/DCDIC/CTCB/CDPH%20Document%20Library/ResearchandEvaluation/FactsandFigures/CATobaccoFactsFigures2018.pdf](https://www.cdph.ca.gov/Programs/CCD-PCPD/DCDIC/CTCB/CDPH%20Document%20Library/ResearchandEvaluation/FactsandFigures/CATobaccoFactsFigures2018.pdf).
- 8 Huxley, Rachel R, and Mark Woodward. "Cigarette smoking as a risk factor for coronary heart disease in women compared with men: a systematic review and meta-analysis of prospective cohort studies." Lancet (London, England) vol. 378,9799 (2011): 1297-305. doi:10.1016/S0140-6736(11)60781-2
- 9 Buchtting FO, Emory KT, Scout, Kim Y, Fagan P, Vera LE, Emery S. Transgender Use of Cigarettes, Cigars, and E-Cigarettes in a National Study. Am J Prev Med. 2017 Jul;53(1):e1-e7. doi: 10.1016/j.amepre.2016.11.022. Epub 2017 Jan 13. PMID: 28094133; PMCID: PMC5478444.
- 10 "Overview of Feminizing Hormone Therapy | Transgender Care." Ucsf.edu, 2019, [transcare.ucsf.edu/guidelines/feminizing-hormone-therapy](https://transcare.ucsf.edu/guidelines/feminizing-hormone-therapy).