

Tobacco Community Fact Sheet

East Longmeadow, Massachusetts

Updated 03/19/18

The Massachusetts Tobacco Cessation and Prevention Program

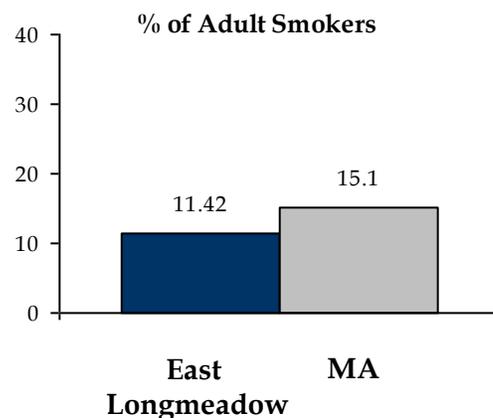
The mission of the Massachusetts Tobacco Cessation and Prevention Program (MTCP) is to reduce the health and economic burden of tobacco use by preventing young people from starting to smoke, helping current smokers to quit, and protecting children and adults from secondhand smoke. The following provides data and information on the impact tobacco use has on your city or town, and the strategies being used in your community to combat these issues.

Cigarette Smoking

An estimated 1,382 smokers live in East Longmeadow (11.42% of adults, age 18+).

The adult smoking rate is 24% lower in East Longmeadow than statewide (11.42% in East Longmeadow compared to 15.1% statewide).

The rate of smoking during pregnancy in East Longmeadow is 50% lower than statewide (3.4% in East Longmeadow compared to 6.8% statewide).



Health Effects of Smoking

Evidence has linked smoking to diseases of nearly all organs of the body. The Surgeon General's report concludes that smoking causes: lung cancer, chronic obstructive pulmonary disease or lung disease, coronary heart disease, stroke, diabetes mellitus, rheumatoid arthritis and immune system weakness, increased risk for tuberculosis disease and death, ectopic (tubal) pregnancy and impaired fertility, erectile dysfunction, and age-related macular degeneration. Smoking can also trigger or make an asthma attack worse (2014 U.S. Surgeon General's Report).

In East Longmeadow, lung cancer incidence is 24% lower among males compared to the state of Massachusetts. Lung cancer incidence in East Longmeadow is 20% lower among females compared to the state of Massachusetts.

Mortality from lung cancer is 5% higher in East Longmeadow compared to Massachusetts.

Men who smoke are 23 times more likely to develop lung cancer, and women are 13 times more likely, compared to never smokers (2004 U.S. Surgeon General's Report).

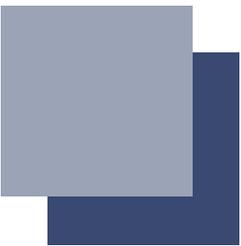
QuitWorks and the Massachusetts Smokers' Helpline

From January 2015 to December 2017, 35 smokers enrolled in QuitWorks, a program for clinicians to refer their patients to the Massachusetts Smokers' Helpline. In addition, 13 people from East Longmeadow called and completed an intake with the Massachusetts Smokers' Helpline to quit smoking. For more information on how to quit smoking, contact 1-800-QuitNow or talk with your health care provider about the QuitWorks program.



Massachusetts Department of Public Health
Tobacco Cessation and Prevention Program
(617) 624-5900 www.mass.gov/dph/mtcp

Make smoking history.



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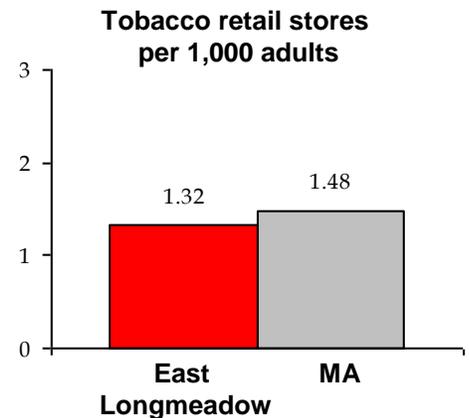
Illegal Tobacco Sales to Minors

The rate of illegal sales to minors (those under age 18) is not available for East Longmeadow. The illegal sales rate in the state of Massachusetts is 7.09% based on data from fiscal year 2017.

Number of tobacco retail stores

In East Longmeadow, there are 16 tobacco retailers. The number of retailers in a community impacts the exposure youth have to tobacco industry tactics. An increased exposure can lead to an increase in use of tobacco products.

Considering the population in East Longmeadow, this is a medium number of retailers when compared to the average of other Massachusetts municipalities. For every 1,000 adults living in East Longmeadow, there are 1.32 tobacco retailers; the Massachusetts average is 1.47.



Regulations in East Longmeadow addressing tobacco industry tactics

Many municipalities in Massachusetts have exercised their authority to pass local health regulations. The following are policies that have been adopted throughout the Commonwealth to protect youth from exposure to tobacco industry tactics and whether they have been enacted in this community.

Regulation prohibiting the sale of cheap single cigars:	N
Regulation restricting the sale of flavored tobacco products to adult-only tobacco retail stores:	N
Regulation prohibiting the sale of e-cigarettes to minors:	N
Regulation capping the number of retailers with a license to sell tobacco:	N
Regulation prohibiting the sale of tobacco products to individuals under age 21:	N
Regulation prohibiting the sale of tobacco products in pharmacies:	N

The Tobacco-Free Community Partnership

The Tobacco-free Community Partnership programs educate local groups on tobacco issues and work with the Board of Health tobacco control programs to support local tobacco prevention strategies.

Community Partnership Contact: Sara Moriarty, smoriarty@gandaracenter.org, (413) 733-1015



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Data Sources

Smoking figures are small area estimates based on data from 2013-2016 Behavioral Risk Factor Surveillance System, Massachusetts Department of Public Health.

Smoking during pregnancy figures based on 2008-2012 Births (Vital Records), Massachusetts Department of Public Health.

Health effects of smoking facts based on the 2014 U.S. Surgeon General's Report.

U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014.

Rates of lung cancer incidence are based on age-adjusted rates from 2006 to 2010 Cancer Registry maintained by the Massachusetts Department of Public Health.

Figures on lung cancer mortality are based on comparability modified age-adjusted rates for 2008 to 2012 (Vital Records), Massachusetts Department of Public Health.

Smoking and lung cancer health effects facts based on the 2004 U.S. Surgeon General's Report.

U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.

The number of completed screeners from the QuitWorks program and calls to the Massachusetts Smokers' Helpline is based on data collected by the Massachusetts Tobacco Cessation and Prevention Program from calendar years 2015 to 2017.

Tobacco retail density counts are based on data received by the MA Department of Public Health as of 03/07/2018.

Density is categorized based on the number of stores per 1,000 adults.

- Low: 1.0 or fewer stores per 1000 adults
- Medium: 1.01 to 1.48 stores per 1000 adults
- High: 1.49 to 2.0 stores per 1000 adults
- Very high: Greater than 2.0 stores per 1000 adults

Local tobacco regulation is based on information received by the MA Department of Public Health as of 02/28/2018.



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