# Women and Smoking

## Chapter 1. Introduction and Summary of Conclusions

- Introduction 5
- Major Conclusions 7
- Chapter Conclusions 11
- References 18

## Chapter 2. Patterns of Tobacco Use Among Women and Girls

- Introduction 23
- Cigarette Smoking Among Women 23
- Cigarette Smoking Among Young Women 48
- Cigarette Smoking Among Girls 52
- Cigarette Smoking Among Pregnant Women and Girls 71
- Smoking Initiation 74
- Nicotine Dependence Among Women and Girls 82
- Smoking Cessation 93
- Other Tobacco Use 116
- Exposure to Environmental Tobacco Smoke 122
- Other Issues 125
- International Patterns of Smoking Prevalence Among Women 135
- Conclusions 142
- Appendix 1: Sources of Data 143
- Appendix 2: Definitions 147
- Appendix 3: Validity of Self-Reported Data 151
- References 153

## Chapter 3. Health Consequences of Tobacco Use Among Women

- Introduction 183
- Total Mortality 183
- Cancer 193
- Cardiovascular Disease 232
- Chronic Obstructive Pulmonary Disease and Lung Function 249
- Sex Hormones, Thyroid Disorders, and Diabetes Mellitus 262
- Menstrual Function, Menopause, and Benign Gynecologic Conditions 266
- Reproductive Outcomes 272
- Body Weight and Fat Distribution 307
- Bone Density and Fracture Risk 311
- Gastrointestinal Disease 321
- Arthritis 327
- Eye Disease 330
- HIV Disease 331
- Facial Wrinkling 332
- Depression and Other Psychiatric Disorders 333
- Neurologic Diseases 336
- Nicotine Pharmacology and Addiction 338
- Environmental Tobacco Smoke 343
Conclusions 368
Appendix: Description of Epidemiologic Studies Relating to Total Mortality 373
References 376

Chapter 4. Factors Influencing Tobacco Use Among Women 451
Introduction 453
Factors Influencing Initiation of Smoking 453
Factors Influencing Maintenance or Cessation of Smoking 477
Marketing Cigarettes to Women 490
Conclusions 527
References 528

Chapter 5. Efforts to Reduce Tobacco Use Among Women 547
Background and Overview of Smoking Cessation Methods 549
Smoking Cessation Issues Unique Among Women 558
Factors of Special Importance Among Women and to Smoking Cessation 565
Smoking Cessation in Specific Groups of Women and Girls 572
Programmatic and Policy Approaches to Smoking Cessation 584
Smoking Prevention 597
Tobacco Control Advocacy Programs by and for Women 600
Conclusions 606
References 607

Introduction 633
Increase Awareness of the Impact of Smoking on Women’s Health and Counter the Tobacco Industry’s Targeting of Women 633
Support Women’s Anti-Tobacco Advocacy Efforts and Publicize that Most Women Are Nonsmokers 634
Continue to Build the Science Base on Gender-Specific Outcomes and on How to Reduce Disparities Among Women 634
Act Now: We Know More than Enough 636
Stop the Epidemic of Smoking and Smoking-Related Diseases Among Women Globally 637
References 638

Abbreviations 639

List of Tables and Figures 641

Index 649