

Tobacco Users with High Cholesterol

Estimated adult tobacco users in SD

63,345

High Cholesterol*



347

Average number of SD QuitLine phone coaching participants per year who report ever having high cholesterol

HEALTH IMPACT**



The nicotine in tobacco causes a decrease in the HDL cholesterol level (good cholesterol) with an increase in the LDL cholesterol level (bad cholesterol).



In a study of lipid profile of chronic tobacco users, there was a significant increase in total cholesterol and LDL-C in tobacco users, as compared to a group of non-tobacco users.

Demographics

Mean Age



57.2 years old

Race



90% White
6% American Indian
4% Other

Gender



Female 56%
Male 44%

Tobacco Use



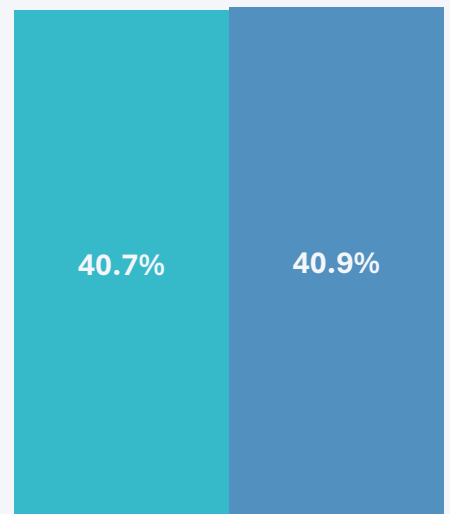
92.3% Cigarette use
6.3% E-cigarette use
9.7% Other types of tobacco use

Insurance



13% Medicaid

Quit Rate



■ Tobacco Users with High Cholesterol
■ Tobacco Users without High Cholesterol

Tobacco Users with High Cholesterol

What can you do?

Make a Referral to SD QuitLine Free Cessation Services

- Refer via Fax or Electronic Health Record
- Refer your patient online
- Provide a brochure



<https://quittobaccosd.com/quit-tobacco/healthcare-providers/referral-options>

SD QuitLine Free Service Options

Phone Coaching

- Weekly coaching sessions
- As many as 8 weeks of prescription cessation medication or Nicotine Replacement Therapy (NRT)

2QuitSD (Coaching via text message)

- Approximately 8 weeks of personalized texting with limited phone calls
- As many as 8 weeks of FREE NRT

Kickstart Kit (medication only option)

- As many as 4 weeks of FREE NRT

Interactive Quit Guide

- Identify reasons for quitting, learn coping techniques, set a quit date and more.



Who Qualifies for Services

- South Dakota residents
- Must be 13 years or older
- Have used any form of tobacco in the past 30 days (cigarettes, e-cigarettes, smokeless tobacco, chewing tobacco)

**Patients Scan Here to
Enroll in the SD QuitLine**



Visit: www.SDQuitLine.com

Call: 1-866-SDQuits

*Tobacco use prevalence among adults with high cholesterol was calculated using the US Census Bureau 2023 American Community Survey 5 years adult population estimates: 679,374 (S0101), rate of high cholesterol among SD adults of 37% (2017-2021 BRFSS), and adult tobacco use rate of 25.2% (2019-2023 SD Behavioral Risk Factor Surveillance Survey data, combined cigarette, smokeless tobacco, and e-cigarette use rate per Mark Gildemaster, Director, Office of Health Statistics.)

**Health Impact data was compiled from Rao Ch, S., & Subash Y, E. (2013). The effect of chronic tobacco smoking and chewing on the lipid profile. *Journal of clinical and diagnostic research* : JCDR, 7(1), 31–34. <https://doi.org/10.7860/JCDR/2012/5086.2663> [accessed March 27, 2025].

This report was produced in the Population Health Evaluation Center at South Dakota State University through a cooperative agreement with the SD Department of Health. Additional information on the SD QuitLine service is available from the Tobacco Control Program at (605) 773-2891.