

# Tobacco Users with Stroke

Estimated adult tobacco users in SD

**5,136**

Stroke\*



**73**

Average number of SD QuitLine phone coaching participants per year who report ever having a stroke

## HEALTH IMPACT\*\*



Cigarette smoking is a well-established risk factor for all forms of stroke.



A dose-response relationship exists between cigarette smoking and stroke risk: “the more you smoke, the more you stroke”.



Smoking increases the risk for stroke by 3 to 4 times compared to those who do not smoke.



Exposure to secondhand smoke in the home increases the risk of stroke by 1.5 to 2 times compared to those not exposed.

## Demographics

### Mean Age



58.6 years old

### Race



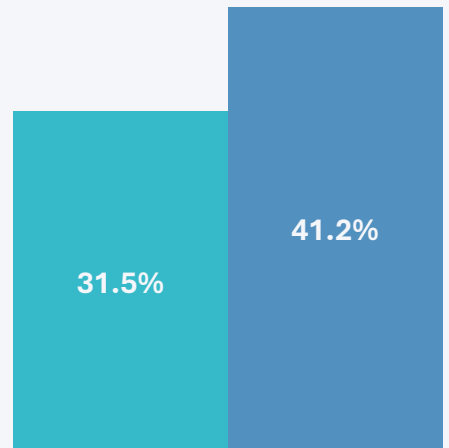
87% White  
7% American Indian  
6% Other

### Gender



Female 60%  
Male 40%

## Quit Rate



### Tobacco Use



93.4% Cigarette use  
5.5% E-cigarette use  
9.8% Other types of tobacco use

### Insurance Type



19% Medicaid

■ Tobacco Users with Stroke  
■ Tobacco Users without Stroke

# Tobacco Users with Stroke

## 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](http://www.SDQuitLine.com)**

**Call: 1-866-SDQuits**

\*Tobacco use prevalence among adults who have had a stroke was calculated using the US Census Bureau 2023 American Community Survey 5 years adult population estimates: 679,374 (S0101), rate of stroke among SD adults of 3% (2018-2022 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 Shah, R. S., & Cole, J. W. (2010). Smoking and stroke: the more you smoke the more you stroke. *Expert review of cardiovascular therapy*, 8(7), 917–932. <https://doi.org/10.1586/erc.10.56> [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.