lesbian, gay, bisexual, and transgender (LGBT) adults smoke, a rate that is more than 50% higher than other adults. Smoking results in significant health disparities and kills 30,000+ LGBT people per year.

Transgender smoking rates have been reported as high as 83%. Transgender people who have experienced structural discrimination have 65% higher odds of being a current smoker.

Bisexual women have 2.6 times higher odds of smoking compared to heterosexual women.

LGB high school students use tobacco products at a rate of 40%, including 19% who smoke cigarettes, which is twice the rate of other students. Transgender youth smoke at a rate of 31%.

Other tobacco products are also disproportionately used by LGBT people

9.4% of LGBT adults are active e-cigarette users, which is almost double the rate of non-LGBT adults, and a full quarter of LGBT people had tried e-cigarettes as of 2013.

LGB adults use cigars, cigarillos, pipes, and hookah at 1.5 to 3 times the rate of others.

Different groups within the diverse LGBT population have different risks

LGBT African Americans are twice as likely as white LGB adults to attempt quitting smoking, but have a third as many former smokers. Black LGB youth smoke cigars and clove cigarettes 66% more than white LGB youth and 225% more than black heterosexual youth.

LGB Hispanic youth are twice as likely to smoke cigarettes and 60% more likely to smoke hookah than heterosexual Hispanics.
Different groups within the diverse LGBT population have different risks (continued)

✓ American Indians & Alaska Natives smoke more than any other group at 39%. At the same time, 45.8% of LGB Alaskan Natives smoke,\(^{(15)}\) and LGB American Indians likely smoke at an elevated rate as well.

✓ Rural LGBT people smoke at least as much as urban LGBT people and may not feel comfortable coming out to their providers or be able to access LGBT-inclusive cessation programs.\(^{(17-19)}\)

✓ Low-income LGBT people and those without a college degree are more likely to be smokers.\(^{(20)}\)

✓ People living with HIV, who are disproportionately LGBT, smoke at two to three times the rate of others,\(^{(21)}\) lose more years of life from smoking than from HIV,\(^{(22)}\) and face compounded health risks.\(^{(21)}\)

LGBT people can quit with proper support and interventions

✓ LGB adults have the same desire to quit and, with the exception of bi women, have the same number of quit attempts as other smokers.\(^{(23)}\) However, LGB smokers who wanted to quit were five times less likely than others to intend to call a quitline.\(^{(25)}\)

✓ Additionally, only 23% of LGBT folks use nicotine replacement therapy,\(^{(24)}\) a cessation aid that is a recommended best practice and is often covered by insurance.\(^{(28)}\)

✓ LGBT folks benefit from LGBT-specific cessation groups, programs, and messaging.\(^{(6)}\)

✓ LGBT people are 1.8 times as likely to prepare to quit if they are comfortable asking their doctor for help.\(^{(27)}\) Health care professionals should create a welcoming and tobacco-free clinical environment, reach out to LGBT smokers, and connect them to services.\(^{(18-30)}\)

References for this document can be found at:
http://hlthlnk.lgbt/fact-sheets