

# Tobacco Harm Reduction 101

## Washington, D.C. 2025

Lawmakers are often bombarded with misinformation on the products used by adults in their state. This annual analysis provides up-to-date data on the adults who use cigarettes and e-cigarette products in the District. This information also includes data on youth use, impacts of e-cigarettes and analyses of existing tobacco monies.

### Key Points:

- In 2023, 54,133 Washington, D.C. adults (9.8 percent) were currently smoking. This is a 7.5 percent decrease from 2022 and represents 3,666 fewer adults smoking.
- Among all smoking adults in Washington, D.C. in 2023, 44.1 percent of 18- to 24-year-olds, 10.1 percent of 25–44-year-olds, 12.1 percent of 45–64-year-olds, and 11.5 percent were 65 years or older.
- Among all adults earning \$25,000 or less in 2023, 22.9 percent were currently smoking compared to 5.5 percent of adults earning \$50,000 or more.
- Among all smoking adults in Washington, D.C. in 2023, 64.3 percent were Black, 14.1 percent were White, 12.4 percent were Hispanic, 4.8 percent were Multiracial, and 4.3 percent were Asian.
- In 2023, 30,933 Washington, D.C. adults (5.6 percent) were currently using e-cigarettes. This is a 5.7 percent increase from 2022 and represents 2,034 additional adults vaping.
- Among all vaping adults in Washington, D.C. in 2023, 23 percent were 18 to 24 years old, 59.4 percent were 25 to 44 years old, 14.5 percent were 45 to 64 years old, and 3.2 percent were 65 years or older.
- In 2023, for every one Washington, D.C. high school student who was smoking, more than 80 adults were currently using cigarettes.
- In 2023, for every one Washington, D.C. high school student who was vaping, more than 14 adults were currently using e-cigarettes.
- The introduction of e-cigarettes has not led to increases in cigarette smoking, but rather, correlates with significant declines in smoking rates among young adults.
- Between 2007 and 2023, smoking rates among Washington, D.C. adults aged 18 to 24 years old decreased by 68.2 percent.
- E-cigarette use has decreased among Washington, D.C. young adults. Between 2022 and 2023, e-cigarette use among 18- to 24-year-olds decreased by 16.8 percent.
- Cigarette excise taxes in Washington, D.C. disproportionately impact low income and low education persons, while failing to significantly reduce smoking rates among that class.
- Among Washington, D.C. adults earning \$25,000 or less, smoking rates decreased on average by 0.2 percent annually between 2003 and 2023, while rates among adults earning \$50,000 or more decreased by 4.5 percent during the same period.
- In 2023, low-income adults were 4.2 times more likely to smoke than high income earners.
- In 2023, among Washington, D.C. adults who did not graduate high school, 36.4 percent were currently smoking, while only 3.8 percent of college graduates were smoking.
- In 2023, adults lacking a high school diploma were 9.6 times more likely to smoke than college graduates.
- Washington, D.C. woefully underfunds programs to prevent youth use of tobacco and/or vapor products and help adults quit smoking, while simultaneously receiving millions of dollars from the pockets of the adults who smoke. In 2023, for every \$1 the state received in tobacco monies, it spent only \$0.01 on tobacco control efforts.

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### Adult Combustible & E-Cigarette Use

In 2023, according to data from the annual Behavioral Risk Factor Surveillance System survey, conducted by the Centers for Disease Control and Prevention, an estimated 54,133 adults (or 9.8 percent of Washingtonians) were currently smoking. This is a 7.5 percent decrease from 2022 when 10.6 percent reported current cigarette use. There were 3,666 fewer adults smoking in 2023 compared to 2022.

In 2023 (among all Washington, D.C. adults), 4.1 percent of 18- to 24-year-olds, 10.1 percent of 25-44-year-olds, 12.1 percent of 45-64-year-olds, and 11.5 percent of adults aged 65 years or older were currently smoking combustible cigarettes. Among all smoking adults in 2023, 4.9 percent were 18 to 24 years old, 46.5 percent were 25 to 44 years old, 30 percent were 45 to 64 years old, and 18.7 percent were 65 years or older.

Between 2022 and 2023, smoking rates decreased among 18- to 24-year-olds by 38.8 percent, among 25-44-year-olds by 12.9 percent, and among 45-64-year-olds by 16.3 percent. Smoking rates increased among adults aged 65 years or older by 76.9 percent.

Among all adults earning \$25,000 annually or less in 2023, 22.9 percent reported currently smoking, compared to 5.5 percent of adults who earned \$50,000 or more per year. Low-income adults were 3.1 times more likely to smoke.

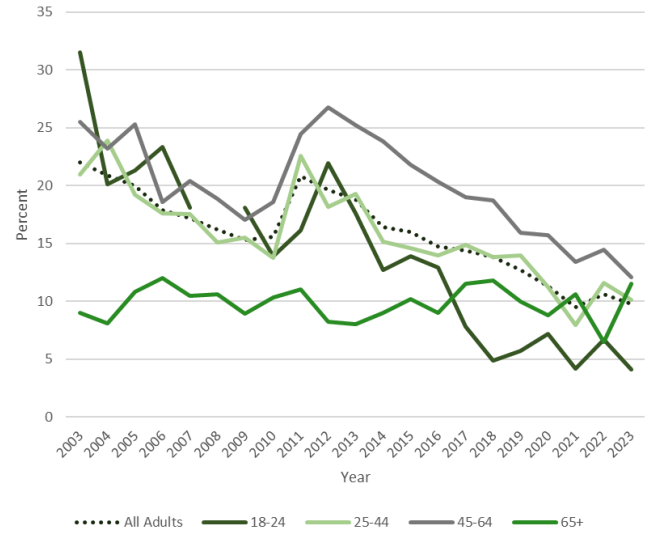
In Washington, D.C., Black adults reported smoking at a greater percentage of their identified race at 15.6 percent. This is compared to 13.0 percent of Multiracial adults, 10.9 percent of Hispanic adults, 8.7 percent of Asian adults, and 3.4 percent of White adults.

In 2023, Black adults accounted for 64.3 percent of Washington, D.C.'s current smoking population, White adults made up 14.1 percent, Hispanic adults accounted for 12.4 percent, Multiracial adults made up 4.8 percent, and Asian adults accounted for 4.3 percent of Washington, D.C.'s adult smoking population in 2023.

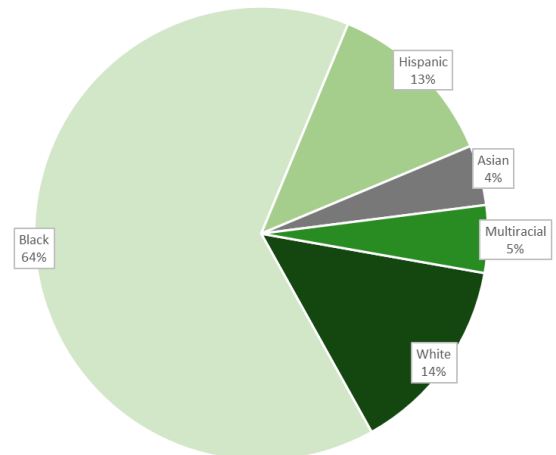
In 2023, an estimated 30,933 Washington, D.C. adults (or 5.6 percent) were currently using e-cigarettes. This is a 5.7 percent increase from 2022 when 5.3 percent reported current e-cigarette use. There were an estimated 2,034 additional adults vaping in 2023 compared to 2022. There has been a 133.3 percent increase in adults vaping between 2016 and 2023. Further, there were an additional 17,349 Washington, D.C. adults vaping in 2023 compared to 2016.

Among Washington, D.C. adults currently using e-cigarettes in 2023, 23 percent were 18 to 24 years old, 59.4 percent were 25 to 44 years old, 14.5 percent were 45 to 64 years old, and 3.2 percent were 65 years or older. Among adult e-cigarette users in Washington, D.C. in 2023, 77 percent were 25 years or older.

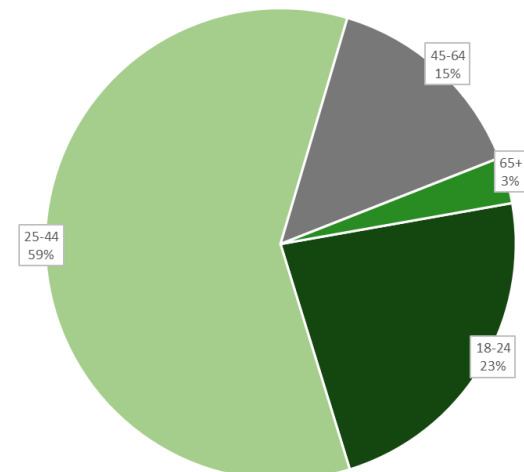
Adult Smoking Rates by Age  
Washington, D.C.



Percent of Adults Who Smoke, by Race  
Washington, D.C. 2023



Percent of Adults Who Vape, by Age  
Washington, D.C. 2023



# Tobacco Harm Reduction 101

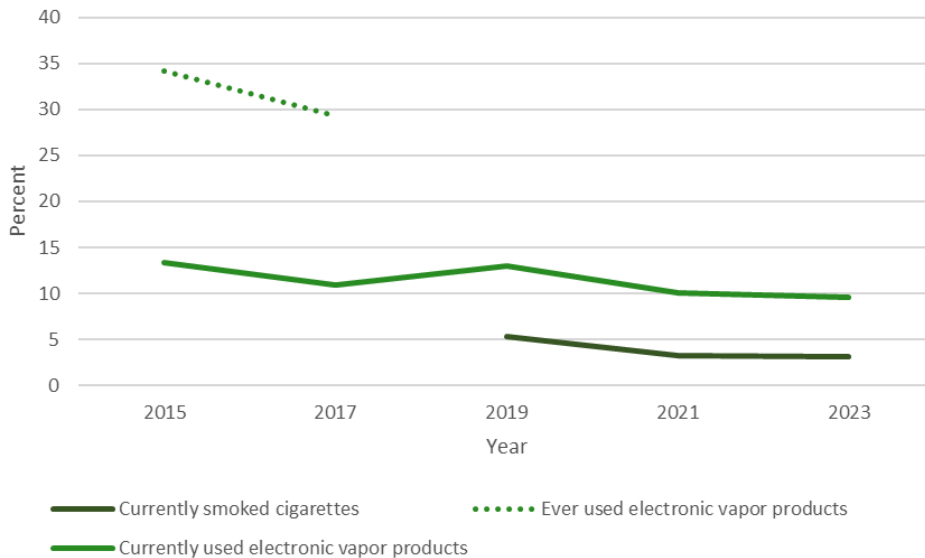
## Washington, D.C. 2025

### Youth Combustible Cigarette and E-Cigarette Use

Youth smoking rates are at historic lows in the District. In 2023, 3.1 percent of high school students reported currently smoking cigarettes, or having used the product on at least one occasion in the 30 days prior. In 2023, approximately 670 Washington D.C. high school students were smoking, compared to an estimated 54,133 Washington D.C. adults aged 18 and over who were currently smoking. For every one high schooler student smoking in 2023 in Washington D.C., more than 80 adults were currently smoking.

Youth vaping continues to decline in the District. In 2023, 9.6 percent of Washington D.C. high reported current use. Between 2019 and 2023, current use of e-cigarettes decreased by 26.2 percent. In 2023, approximately 2,074 Washington D.C. high school students were vaping, compared to 30,934 Washington D.C. adults aged 18 and over who were currently vaping. For every one high schooler vaping in 2023 in Washington D.C., more than 14 adults were using e-cigarettes.

High School Cigarette and E-Cigarette Use  
Washington, D.C.





Youth to Adult Smoking Ratio Washington, D.C. 2023



Youth to Adult Vaping Ratio Washington, D.C. 2023



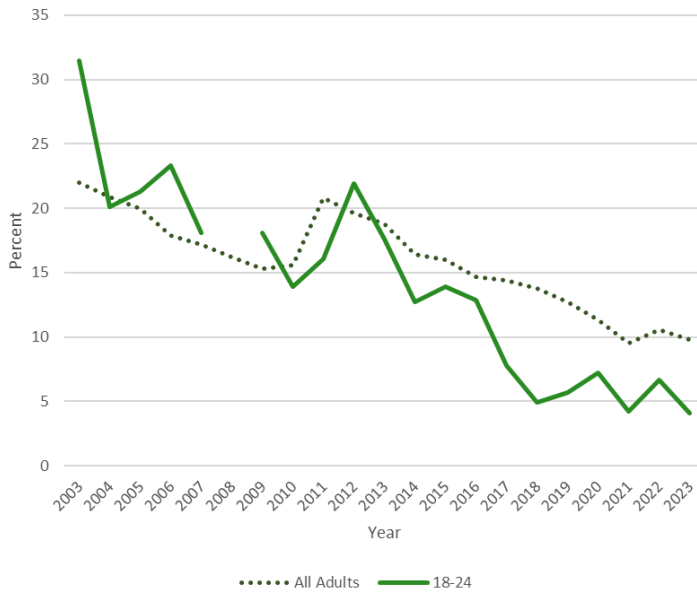
**Key**

-  = High School Student
-  = Adult

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## Washington, D.C. 2025

Young Adult Smoking Rates  
Washington, D.C.



### Young Adult Cigarette Use

The introduction of e-cigarettes has not led to increases in young adult cigarette smoking, but rather, correlates with significant declines.

E-cigarettes first entered the U.S. market in 2007, when 18.1 percent of 18- to 24-year-olds were currently smoking. Between 2007 and 2023, smoking rates among young adults in the District decreased by 68.2 percent. Comparatively, among all Washington, D.C. adults, smoking rates decreased by 33.3 percent during the same period.

E-cigarette use has decreased among young Washington, D.C. adults. In 2023, 10.9 percent of 18- to 24-year-olds were currently using e-cigarettes, which was a 16.8 percent decrease from 2022.

Given the epic lows in young adult smoking rates, lawmakers must refrain from policies that restrict access to alternatives to smoking.

### Effects of Cigarette Excise Taxes

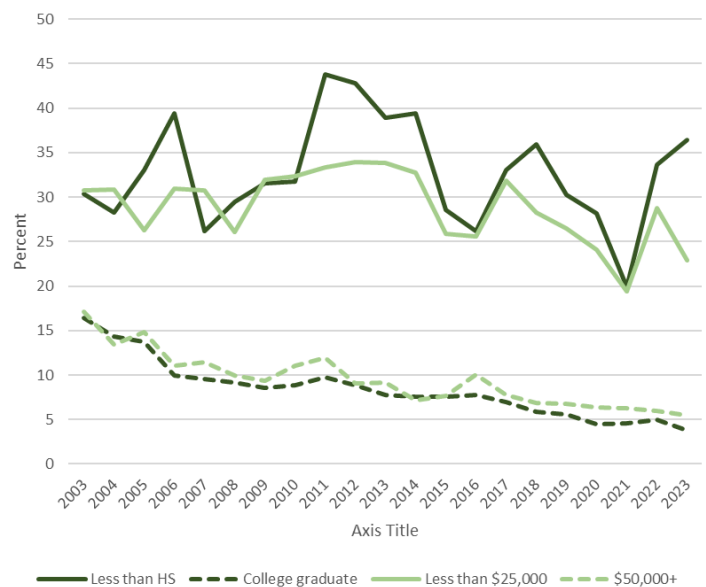
Washington, D.C. currently imposes a \$4.50-per-pack state cigarette excise tax. Lawmakers often justify excise taxes on cigarettes to deter persons from using combustible cigarettes. These taxes not only disproportionately harm lower income and lower educated adults; the taxes also fail to significantly reduce smoking rates among those persons.

Among Washington, D.C. adults earning \$25,000 or less, smoking rates decreased on average by 0.2 percent annually between 2003 and 2023, while rates among adults earning \$50,000 or more decreased by 4.5 percent during the same period. In 2023, low-income adults 4.2 times more likely to smoke than high income earners.

Among Washingtonians who did not graduate high school, 36.4 percent were currently smoking in 2023, compared to 3.8 percent of college graduates who were smoking. In 2023, adults lacking a high school diploma were 9.6 times more likely to smoke than college graduates.

Lawmakers should refrain from enacting further increases in cigarette taxes given their disproportionate effect on low-income persons, while failing to reduce smoking rates.

Adult Smoking Rates by Education and Income  
Washington, D.C.



# Tobacco Harm Reduction 101

## Washington, D.C. 2025

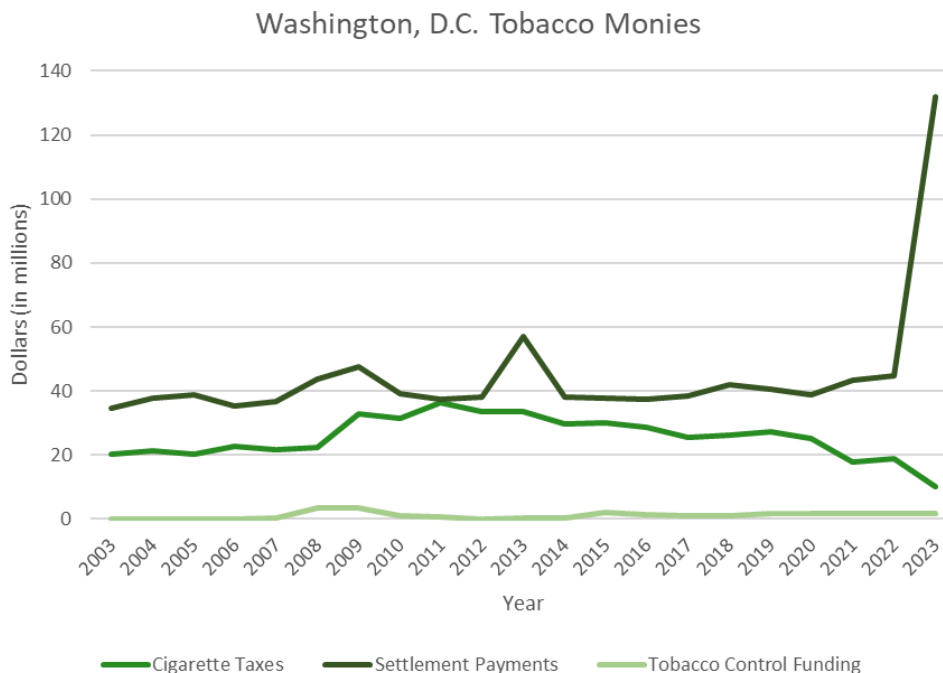
### Tobacco Monies

Each year, states receive billions of dollars borne out of the lungs of persons who smoke. This revenue includes excise cigarette taxes and settlement payments. Yet, each year, states spend miniscule amounts of tobacco-related monies on programs to help adults quit smoking and prevent youth use.

In 2023, the District collected \$10.3 million in state excise tax revenue from combustible cigarettes. This was a 45.5 percent decrease from 2022's \$18.9 million, or \$8.6 million less. Between 2003 and 2023, Washington, D.C. collected more than \$537 million in cigarette taxes.

Since the 2000s, Washington, D.C. collected annual payments from tobacco manufacturers based on the percentage of cigarettes and tobacco products sold in the state in that year, after successfully suing manufacturers for smoking-related health care costs. Washington, D.C. collected \$131.9 million in settlement payments in 2023, a 195 percent increase from 2022's \$44.7 million, or an additional \$87.2 million. Since 2003, the District collected more than \$940 million in tobacco settlement payments.

While Washington, D.C. collected \$142.2 million in tobacco-related monies in 2023, the state allocated only \$1.9 million in state funding towards tobacco control programs, including cessation, education, and youth prevention efforts, which was a 0 percent change from 2022. This amounts to 18.4 percent of taxes and 1.4 percent of settlement payments. In 2023, for every \$1 the state received in tobacco monies, it spent only \$0.01 on tobacco control efforts. Between 2003 and 2023, Washington, D.C. collected more than \$1.4 billion tobacco monies, yet spent only \$25 million (or 1.7 percent) on tobacco control efforts during the same period.



### References

1. Data on adult smoking rates comes from the Centers for Disease Control's Behavioral Risk Factor Surveillance Survey including sections on "Demographics - Race," Tobacco Use - All Categories," and "E-Cigarette Use." Accessed August, 2024. <https://www.cdc.gov/brfss/brfssprevalence/>.
2. Data on race and age was compiled using population data from the Annie E. Casey Foundation (<https://datacenter.kidscount.org/>) and Demographic data from the CDC to cross reference the racial population. Then, data from Smoking and Race, and E-Cigarettes and Age, was used to determine the percent of adults who were smoking in 2023.
3. Data on youth tobacco and vapor product use comes from the CDC's Youth Risk Behavior Survey. Accessed December, 2024. <https://yrbs-explorer.services.cdc.gov/#/>.
4. Data on tax information comes from Orzechowski and Walker, "The Tax Burden on Tobacco Historical Compilation Volume 59, 2024, Print.
5. Data on tobacco settlement payments is from Campaign for Tobacco-Free Kids, "Actual Annual Tobacco Settlement Payments Received by the States, 1998-2024." Accessed December, 2024. <https://assets.tobaccofreekids.org/factsheets/0365.pdf>.
6. Data on tobacco control funding is from Campaign for Tobacco-Free Kids, "Appendix A: A History of Spending for State Tobacco." Accessed December, 2024, <https://assets.tobaccofreekids.org/factsheets/0209.pdf>.