

H1-1 Putting Risk of Various Health Threats Into Perspective

Find the appropriate chart and the line with your age. The number next to your age tells how many of 1000 people will die in the next 10 years from each cause of death. The numbers in each row do not add up to the chance of dying from any cause because there are many other causes of death in addition to the ones listed here.

Risk chart for women who have never smoked

Find the line with your age. The numbers next to your age tell how many of 1000 women will die in the next 10 years from each cause of death.

Age, y	Vascular disease		Cancer type					Infection			Accidents	Any cause		
	Heart attack	Stroke	Lung	Breast	Colon	Ovarian	Cervical	Pneumonia	Influenza	AIDS				
20	Fewer than 1 death										2	4		
25	Fewer than 1 death										1	5		
30	Fewer than 1 death										2	7		
35	Fewer than 1 death										2	11		
40	1	1	Fewer than 1 death										2	17
45	2	1	1	4	1	1	1	Fewer than 1 death			2	26		
50	4	2	2	5	2	1	1	1	Fewer than 1 death			2	42	
55	7	2	3	6	3	2	1	1	Fewer than 1 death			2	66	
60	14	4	5	7	4	3	1	2	Fewer than 1 death			2	105	
65	30	10	7	9	6	3	1	4	Fewer than 1 death			3	158	
70	52	19	10	10	8	4	1	7	Fewer than 1 death			5	247	
75	90	36	11	11	11	4	1	15	Fewer than 1 death			7	381	
80	153	62	11	12	14	4	1	30	1	Fewer than 1 death			11	581
85	221	86	8	12	15	3	1	48	3	Fewer than 1 death			14	771
90	272	96	5	10	14	2	1	64	5	Fewer than 1 death			15	879

Risk chart for women who currently smoke*

Find the line with your age. The numbers next to your age tell how many of 1000 women will die in the next 10 years from each cause of death.

Age, y	Vascular disease		Cancer type					Infection			Accidents	Any cause		
	Heart attack	Stroke	Lung	Breast	Colon	Ovarian	Cervical	Pneumonia	Influenza	AIDS				
20	Fewer than 1 death										2	8		
25	Fewer than 1 death										1	10		
30	1	1	1	1	Fewer than 1 death			Fewer than 1 death			2	14		
35	1	1	2	1	Fewer than 1 death			Fewer than 1 death			2	22		
40	3	2	4	2	1	Fewer than 1 death			1	Fewer than 1 death			2	32
45	6	4	10	4	1	1	1	1	Fewer than 1 death			2	50	
50	13	6	21	5	2	1	1	1	Fewer than 1 death			2	80	
55	24	9	36	6	3	2	1	2	Fewer than 1 death			2	125	
60	45	16	65	7	4	3	1	4	Fewer than 1 death			2	199	
65	50	16	85	9	6	3	1	8	Fewer than 1 death			3	301	
70	88	30	124	10	8	4	1	16	Fewer than 1 death			5	470	
75	153	58	137	11	11	4	1	33	1	Fewer than 1 death			7	725
80	261	99	136	12	14	4	1	66	3	Fewer than 1 death			11	>950
85	375	137	103	12	15	3	1	105	6	Fewer than 1 death			14	>950
90	462	154	64	10	14	2	1	140	12	Fewer than 1 death			15	>950

*Calculations for this chart are based on data that use the standard Centers for Disease Control and Prevention (CDC) definition of a smoker: someone who has smoked at least 100 cigarettes in her lifetime and smokes any amount now.

(continued)

