

Tobacco



Facts and Figures:

- Smoking harms nearly every organ of the body, causes many diseases and reduces ones' health.
- 30,000 to 60,000 annual deaths in the United States can be attributed to secondhand smoke.
- Tobacco use accounts for at least 30% of all cancer deaths and 87% of lung cancer deaths.
- Studies show that individuals who started to smoke at an early age were 7 times more likely to use illicit drugs than those who did not smoke.

Tobacco kills 560 people every hour, 13,400 everyday and 4.9 million people every year.

- 28% of middle school students and 50% of high school students in 2005 used some form of tobacco.
- In Hawaii, 4.2 million packs of cigarettes are bought and/or smoked by youth (under 18) each year.
- 64% of middle school & 69% of high school smokers in 2005 were trying to quit.

**CHECK IT OUT...
PREVENTION
DOES WORK!**

A statewide collaborative effort between law enforcement, merchants, schools, government and prevention agencies has contributed to a significant decrease in tobacco use in Hawaii: 60% decrease in middle schools and 40% decrease in high school students.



Types of Tobacco:

cigarettes, bidis, cloves, cigars, pipe tobacco, chew, spit tobacco and snuff (smokeless)



Primary Ingredient:

- **Nicotine:** In its pure form, nicotine is a strong poison. A small dose injected directly into the bloodstream would kill a person within one hour.
- **Tobacco Plant:** All forms of tobacco are produced from the tobacco plant.



Other ingredients:

(additives/ toxic substances put into tobacco products, in order to make it more **addicting & longer lasting**)

- | | | |
|----------------------------|--------------------|--------------------|
| • Tar | • Arsenic | • Pesticides |
| • Formaldehyde | • Ammonia | • Lead |
| • Benzene | • Phenols | • Cadmium |
| • Carbon Monoxide/ Dioxide | • Hydrogen Cyanide | • Many Others..... |



Read the Fine Print...

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

Short-Term Effects of Smoking:

- Increased/irregular heart rate
- Slowed reflexes & muscle activity
- Elevated blood pressure
- Shortness of breath
- Dilated pupils
- Increased salivation
- Narrowed blood vessels
- Irritated lung tissue
- Frequent Colds

Long-Term Effects of Smoking:

- Chronic bronchitis and frequent illness
- Diminished or extinguished sense of smell and taste
- Heart disease
- Premature aging and face wrinkles
- Physical addiction to nicotine
- Emphysema
- Smoker's cough
- Stroke
- Cancer of the lung, mouth, throat, bladder, esophagus, colon & pancreas



Withdrawal Symptoms

Use of tobacco is addictive. Most users develop tolerance for nicotine and need greater amounts to produce a desired effect. Smokers become physically and psychologically dependent and will suffer withdrawal symptoms when use is stopped. Some physical and psychological symptoms include:

- IRRITABILITY • ANXIETY • SLEEP DISTURBANCES • CHANGES IN HEART RATE • NAUSEA • HEADACHES
- CHANGES IN DIGESTION, BODY TEMPERATURE, MUSCLE TONE AND APPETITE

Effects of Secondhand Smoke (or ETS)

Second hand smoke is the smoke exhaled from the lungs of smokers mixed together with the smoke that comes from the burning end of a cigarette, cigar or pipe. Secondhand smoke is also called environmental tobacco smoke or ETS. Approximately 200+ kids are killed each year from respiratory distress and fires caused by ETS and unattended cigarettes. Some effects of ETS include:

- Irritation of eyes, nose and throat
- Onset of chest pains
- Irritation of lungs, leading to coughing, excessive mucus, and chest discomfort

Children who breathe secondhand smoke are more likely to suffer from asthma, ear infections, pneumonia, bronchitis, and other lung diseases!

Legal Issues

- It is against the law for merchants (owners and sellers) to sell tobacco to minors under 18 years of age. Those convicted can be fined \$500 for a first offense and up to \$2,000 for repeat offenses.
- Minors caught purchasing cigarettes are subject to fines of \$10-\$50, possible arrest, and/or community service. It is also against the law to furnish a minor with tobacco (including family & friends).
- Federal law requires merchants selling tobacco to ask for a photo i.d. from **anyone** who appears younger than 30 years of age.
- In Hawaii, merchants, including mobile vendors, cannot display or sell cigarette or tobacco paraphernalia within 1,000 feet of a school, park or anywhere where youth convene.



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All information was compiled by the Prevention Resource Center of Drug-Free Hawaii. Sources: The Honolulu Police Department Narcotics/Vice Division, The State of Hawaii's/Department of Health/Alcohol and Drug Abuse Division; The American Lung Association 2005; The Honolulu Advertiser; Epidemiologic Trends in Drug Abuse; Tobacco Use in America: Findings From the 2003 National Household Survey, REAL: Teens Against Big Tobacco, Cancer Prevention and Early Detection 2004; Cancer Facts & Figures 2004; Hawaii Youth Tobacco Survey, Middle School and High School Highlights, 2001-2003.

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