

TOBACCO



FACTS AND FIGURES

- **SMOKING HARMS NEARLY EVERY ORGAN OF THE BODY, CAUSES MANY DISEASES AND REDUCES ONES' HEALTH** ¹
- **443,000 DEATHS ANNUALLY (INCLUDING DEATHS FROM SECONDHAND SMOKE)** ¹
- **EXPOSURE TO SECONDHAND SMOKE CAUSES NEARLY 50,000 DEATHS EACH YEAR AMONG ADULTS IN THE UNITED STATES** ¹

YOUTH IN HAWAII AND THE NATION

- **IN HAWAII, 33.5% OF HIGH SCHOOL YOUTH IN 2011 HAVE TRIED ANY FORM OF TOBACCO** ²
- **EACH DAY, NEARLY 4,000 PERSONS YOUNGER THAN 18 YEARS OF AGE SMOKE THEIR FIRST CIGARETTE** ¹
- **EACH DAY, ABOUT 1,000 PERSONS YOUNGER THAN 18 YEARS OF AGE BECOME NEW DAILY CIGARETTE SMOKERS IN AMERICA** ¹

¹ http://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/

² Hawaii Youth Risk Behaviors Survey (YRBS) Results 2011

CIGARETTE SMOKING CAUSES ABOUT 1 OF EVERY 5 DEATHS IN THE UNITED STATES EACH YEAR

TYPES OF TOBACCO

CIGARETTES

CIGARS

PIPE TOBACCO

SPIT TOBACCO

SMOKELESS TOBACCO

CHEW

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.

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: Cigarette Smoke Contains Carbon Monoxide.

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

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

OTHER INGREDIENTS

Toxic substances put into tobacco products in order to make it more addictive and longer lasting.



SHORT-TERM EFFECTS

- 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

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, BROCHITIS, 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.
- 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.
- In Hawaii, it is against the law to smoke 20 feet from any public building or public space (including beaches).

Prevention Resource Center
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COALITION FOR A
Drug-Free Hawaii
Prevention Through Education

LONG-TERM EFFECTS

- 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

TOBACCO QUIT INFORMATION

For Free Patches
Free Coaching
Call 1-800-QUIT-NOW (1-800-784-8669)

Here is how Quitline Works:

1. Call 1-800-784-8669
2. Talk to a Quit Coach
3. Set a Quit Plan and Get Free Nicotine Patches/Gum
4. Get Support

CLEAR THE SMOKE.ORG

All information was compiled by the Prevention Resource Center of Drug-Free Hawaii for educational purposes only. 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, Campaign for Tobacco-Free Kids.

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