

TOBACCO FACT SHEET

Percentage of Adult (18+) Population that Smoke

United States 2004:

24% of adults smoke cigarettes

California 2004:

14% of adults smoke cigarettes

MOST ADULTS DON'T SMOKE!!!

Which Kills More – Alcohol, Drugs or Tobacco?

In the U.S. each day:

Drugs: 100 deaths per day

Secondhand smoke: 150 per day

Alcohol: 300 deaths per day

Tobacco: 1000 deaths per day

Tobacco-use is the leading cause of preventable death in the U.S.

Tobacco kills more people every day than alcohol, drugs, AIDS, motor vehicle accidents, homicides and suicides combined!!!

Tobacco Advertising Is Aimed At Teens, Young Adults, and Ethnic Groups

- Marlboro, Newport and Camel are the most advertised brands
- The tobacco industry spends over **\$1.7 million/day** on ads in California alone.
- Phillip Morris, creator of Marlboro cigarettes, earns \$100 million in profit each year on its illegal sales of cigarettes to minors.
- 3000 people stop smoking each day – 1000 die, 2000 quit
- 3000 new smokers are recruited each day

The Cost of Smoking

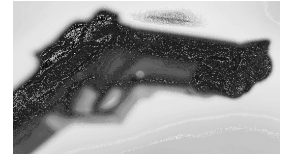


A pack-a-day smoker spends \$1,800/year on cigarettes or \$72,000 in 40 years.

If this person becomes a 2 pack-a-day smoker, he or she will spend \$144,000 in 40 years.

**THESE ALL DO THE SAME THING:
(Cigarettes, Cigars, Chewing
Tobacco & Snuff)**

**DON'T USE TOBACCO
PRODUCTS!
IT MAY COST
YOU YOUR LIFE!**



How Does Smoking Cigarettes Affect You Today?

Yellow teeth, bad breath, smelly clothes and hair, decreased athletic ability, shortness of breath, worsening of chronic diseases and triggers asthma attacks. And it takes about an hour and 40 minutes to smoke a pack of cigarettes, and costs \$5 a pack.

Abilities Impaired By Smoking

Smoking cigarettes causes black tar to collect in your lungs. If you smoke 1 pack per day, you collect 70,000 dime-size spots of tar yearly. Each puff on a cigarette brings the poisonous gas carbon monoxide into your body and robs your body of oxygen. This makes it harder for you to exercise. Smokers report more coughs and colds than non-smokers. Smoking cigarettes increases pulse 10-20 beats and blood pressure 10-20 units. Smoking is also associated with impotence and infertility and many chronic diseases.

This information is provided by the Substance Abuse Committee of California Chapter 1 American Academy of Pediatrics.
It has been adapted by Thunder Road - ATOD Network

Printed 10/14/2010

Smoking Is As Addictive As Heroin

92% want to quit but can't without help!

44% of the tobacco marketed in the U.S. is consumed by people with substance abuse and mental health problems.

Many smokers started with cigarettes and later went on to alcohol or other drugs. Smoking leads to use of other drugs and alcohol.

If you smoke, it's possible to quit. Ask your doctor for help or call the CA Smokers' Helpline for telephone counseling. (Separate lines are available for adults, teens and pregnant women).

1-800-NO BUTTS

1-800-no-fume (Spanish)

Tips to quit if you smoke or someone you know already smokes –

The 6 D's: things to do instead of smoking

- D**oodle
- D**elay
- D**o something else
- D**eep breathe
- D**iscuss
- D**rink water

Quitting smoking is hard. **It can be done** if you get enough of the right kind of help!

