

TOBACCO FACT SHEET FOR TEENS

What Percent of Teens Smoke?

United States 2000:

28% of teens have smoked a cigarette in the last 30 days.

California 2000:

13.2% of teens have smoked a cigarette in the last 30 days.

MOST TEENS DON'T SMOKE!!!

Which Kills More – Alcohol, Drugs or Tobacco?

In the U.S.: Drugs: 100 deaths 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!!!

Tobacco Advertising Is Aimed At Teens

Marlboro, Newport and Camel are the most advertised brands: 84% of teens smoke these brands; 2/3 of teen smokers prefer Marlboro.

Would The Makers of Marlboro Be Upset If Teens Stopped Smoking?

- 3000 people stop smoking each day – 1000 die, 2000 quit
- 3000 new teens are recruited each day

The tobacco industry spends over **\$1.7 million/day** on ads in California alone.

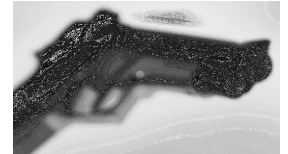
Phillip Morris, creator of Marlboro cigarettes, earns \$100 million in profit each year on its illegal sales of cigarettes to minors.

A pack-a-day smoker spends \$1,800/year on cigarettes or \$72,000 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, cost, decreased athletic ability, shortness of breath, worsening of asthma, time – it takes about 100 minutes to smoke a pack of cigarettes.

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 run and do other fun athletic activities. Teen 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.

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

Smoking Is As Addictive As Heroin

92% of smokers wish they could stop but can't without help!

Smoking leads to the use of other drugs and alcohol.

42% of teen substance abusers started with cigarettes and later went on to alcohol or other drugs.

If you don't smoke, the choice is up to you whether to start or not.

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)

When you see a tobacco ad, think about repeating this motto:

I CARE ENOUGH ABOUT ME TO STAY TOBACCO-FREE

Tips to quit if you smoke or someone you know already smokes –
The 6 D's: things to do instead of smoking

Doodle

Delay

Do something else

Deep breathe

Discuss

Drink water

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

