

Tobacco Facts

- Smoking harms nearly every organ in the body.
- Cigarette smoking is the leading cause of preventable death in the United States.
- Smoking causes 90% of lung cancer deaths in women and 80% in men.
- Approximately 443,000 adults die annually from a smoking-attributable illness.
- 8.6 million Americans live with a serious illness caused by smoking
- \$17.5 billion annual medical costs due to smoking.
- 46.6 million adults age 18+ are smokers.
- 18.5% (3,257,000) of Texas adults are smokers.
- Approximately 20% of American teenagers smoke.
- More than 70% of smokers want to quit but only about 5% succeed without help.
- Tobacco use treatment doubles quitting success rates.
- 35% of smokers who use medicines can stay smoke-free for 6+ months.
- Success rate of cessation is boosted when paired with other medicines, counseling or other emotional support.
- 70% of smokers visit a clinician each year (annual visits and acute issues).

Second Hand Smoke Problem

- Children exposed to tobacco smoke are at an increased risk of SIDS, respiratory infections, ear problems and asthma.
- Secondhand smoke causes coronary heart disease and lung cancer in adults.
- There is no risk-free level of exposure to tobacco smoke.

Tobacco Prevention and Control Coalition in Texas

- During the State-funded Tobacco Prevention and Control program period (FY08 – FY12), the Texas Quitline utilization in the participating counties was consistently higher than that for the rest of Texas.
- The cigarette use rate among high school students in the participating counties fell significantly by 5.8 percentage points, as compared to the cigarette use rate in the rest of Texas which stayed level from FY08 to FY12.
- For FY08 to FY12, the rate of smokeless tobacco use among high school students remained level in the participating counties while that for the rest of Texas increased, suggesting that the coalitions had a protective effect.

Teen Tobacco Factsⁱ

- Girls who smoke are more likely to grow excess facial hair.
- Teens who smoke produce twice as much phlegm as teens who don't.
- Teens who smoke break out more frequently and their zits last for longer.
- Teens who smoke are much more likely to catch a cold than teens who don't – and their symptoms will likely be worse and last a lot longer.
- Teens who smoke use more medications than those who don't smoke.

Tobacco and Alternative Tobacco Product Facts

- The use of shared mouthpieces during hookah smoking sessions can spread infectious diseases such as tuberculosis, herpes, influenza, and hepatitis.ⁱⁱ
- Relative to nonsmokers, sleep disturbance may be more prevalent among smokers due to the stimulant effects of nicotine, the nightly withdrawal of nicotine one experiences, and the increased prevalence of sleep-disordered breathing associated with smoking behaviors.ⁱⁱⁱ
- Likewise, poor sleep habits may make one more likely to engage in the use of tobacco and alternative tobacco products.^{iv} Chronic lack of sleep decreases the ability to comprehend or take notice of the potential consequences of negative health behaviors and also increases susceptibility to societal pressures/norms regarding the use of these harmful products.
- Both men and women can experience sexual arousal problems as a result of smoking behaviors. The link between smoking and arousal disorders, such as erectile dysfunction or lubrication problems, is well-known and has been demonstrated time and again in various studies.^{v, vi, vii}
- Contrary to popular belief that cigarette smoking is a way to calm stress and anxiety, the use of such products can actually have the *opposite* effect. One study found that smoking during adolescence puts one at increased risk for anxiety issues, such as panic attacks and generalized anxiety disorder, in early adulthood.^{viii} The apparent relaxant effect of smoking is only due to the reversal of tension and irritability that develops from the nicotine withdrawal that occurs immediately after each use.^{ix}
- In one study some adolescents showed evidence of nicotine addiction just *days* after their first cigarette.^x *This means that even casual use of tobacco and alternative tobacco products, such as smoking cigarettes while drinking alcohol or the occasional hookah smoking session with friends, has the potential to turn into a long-term addiction.*
- Smoking may cause acne breakouts, specifically non-inflamed blackheads and blocked pores. Nicknamed “smokers acne”, a study conducted by the San Gallicano Dermatological Institute in Rome, Italy showed that 42% of smokers suffered from acne, compared to just 10% of non-smokers.^{xi}
- The use of tobacco and alternative tobacco products, such as cigarettes, e-cigarettes, and hookahs, increases the levels of carbon monoxide within the body, producing excessive amounts of sebum (an oily matter produced by the sebaceous glands) that inevitably clogs pores. Increased and continual production of sebum can cause lesions on the skin that worsen over time.^{xii}
- Studies show that smokers actually consume 350 to 575 more calories per day than nonsmokers, although many people believe that using tobacco products, such as cigarettes, is a way to keep body weight down and stay slim.
- Studies also show that the body fat of smokers tends to be distributed in such a pattern (mainly around the abdomen) that has negative effects on health and can lead to chronic disease later on in life.^{xiii}
- Smokers are less likely to be physically active, partially due to the fact that using tobacco products can interfere heavily with athletic performance. *Carbon monoxide (just one of 4000+ chemicals found in tobacco) inhaled via cigarette smoke binds to red blood cells, interfering with oxygen delivery to muscles and other body tissues. This causes an increase in lactic acid, resulting in muscle “burning”, fatigue, heavier breathing, and increased soreness during and after exercise, all of which can make physical activity highly unpleasant.*^{xiii}

i. Partnership for a Tobacco Free

Maine, http://www.tobaccofreemaine.org/channels/parents/learn_more_about_health_effects.php

ii. Centers for Disease Control and Prevention. Fact sheet on hookah

smoking. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs

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xiii. Smoking & Physical Activity, Cleveland

Clinic http://my.clevelandclinic.org/healthy_living/smoking/hic_smoking_and_physical_activity.aspx referenced Oct. 17, 2014