

Teenage Tobacco Use

EFFECTS OF TOBACCO:

- **Smoking slows the growth of the teenage lung.**
- Causes cough and phlegm production and increases lung illnesses such as asthma, bronchitis and infections.
- Increases carbon monoxide in the blood which robs the blood of oxygen.
- Decreases athletic ability.
- Changes fat content in blood to increase risk of heart disease.
- Turns lungs black and increases the risk of lung cancer.



ADDICTIVE EFFECTS OF TOBACCO:

- Addiction to nicotine can occur within a few times of use.
- Ninety percent of adult tobacco users started before age 18.
- Seventy percent of adult tobacco users want to quit but can't.



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COSMETIC, SOCIAL AND FINANCIAL EFFECTS OF TOBACCO:

- The tobacco industry wants young people to start using as soon as possible so that they can make as much money as possible.
- Despite what the tobacco industry wants, tobacco use among youth is decreasing across the country.
- Smoking causes bad smelling breath, hair, hands, clothes, and homes.
- Smoke and chew offend many people, making it hard on your love life.
- Tobacco costs \$4-\$8 a pack/can. If you had \$2,880 would you buy a year's worth of tobacco to be able to use a pack/can per day? What else could you buy?



*Sources: U.S. Department of Health and Human Services. Preventing Tobacco Use Among Young People; A Report of the Surgeon General (1994) and Women and Smoking: A report of the Surgeon General (2001).
www.lungusa.org, www.cdc.gov*