Toward a Tobacco-Free Society

Cigarette Smoking

- Kills More People Than:
  - Alcohol
  - AIDS
  - Car Crashes
  - Illegal Drugs
  - Murders
  - Suicides

- Single most preventable cause of premature death

Why Use Tobacco?

- 10 million people have died from tobacco use since the Surgeon General Report in 1964
  - 2 million – Lung Cancer
- Men
  - Increases odds of lung cancer by 22x
- Women
  - Increase odds of lung cancer by 12x
  - Over 400% increase in lung cancer among women from 1960 to present
- Cuts 7 years off your life
- As a result of smoking each year:
  - 150,000 lung cancer deaths
  - 180,000 heart disease deaths
  - 80,000 respiratory disease deaths
- Infertility
- Problem pregnancy
- In Alabama 1/5 deaths are a direct result from smoking

Tobacco Trends

- Adult smoking on the decrease (24.7%)
- Adolescent smoking has increased drastically (Over 35% of current high school students are regular smokers)
  - Risen by 73% in last 10 years

Adolescent Smoking
• TODAY 3,000 young people will become REGULAR smokers
• 1,000/3,000 will get a disease from smoking
• Net effect=5 million will die from an early preventable death
• More than 4 million kids (12–17) are current smokers
• 90% of smokers start before the age of 18
  – <5% 18-24
  – >5% 24 or older
  – Average age for initiating smoking is 13
  – Average age for first use of smokeless tobacco is 10
• Nearly 70% of youth smokers reported that they were not asked for proof of age when purchasing cigarettes

**Tobacco Advertising**
• Annual tobacco industry advertising and promotion expenditures nationwide per year
  – More than 6 billion dollars each year
• 86% of children who smoke prefer Marlboro, Camel, and Newport
  – 60% Marlboro – Youth Market
  – 25% Marlboro – Adult Market

**Makeup of Cigarettes**
• 4,000 chemicals in each cigarette
• 43 HAVE BEEN PROVEN to cause cancer
  – Ammonia
  – Arsenic
  – Acetone
  – Cadmium
  – Carbon Monoxide
  – Cyanide
  – Formaldehyde
  – Hydrogen cyanide
  – Nitrosamines
  – Vinyl chloride

**Tobacco Lobbying**
• Annual contributions to federal candidates and political parties – over $15 million
• Annual money spent for lobbying in Congress - over $65 million
• Donations to George W. Bush = over $500 million

**Nicotine**
• A poisonous, addictive substance found in tobacco and is responsible for many of the effects of tobacco
• Acts similar to heroine and cocaine
• Mood altering drug
• Low doses = stimulant
• High doses = sedative

**Quiiting Smoking**
• 3 out of 4 smoker want to quit but say they cannot
• 75% of people who quit, start smoking again within 1 year (Similar to heroine addicts and alcoholics)
• Nicotine withdrawal = severe cravings, insomnia, confusion, tremors, difficulty concentrating, fatigue, muscle pains, headaches, nausea, irritability, anger, and depression
• ABC News Poll

**Immediate Effects of Smoking**
• Effects depend on the size of the nicotine dose and the tolerance of the smoker
• Inhibits the formation of urine
• Constricts the blood vessels
• Accelerates the heart rate
• Elevates blood pressure
• Depresses the hunger contractions
• Dulls the taste buds
• Alters mood
• Raised blood sugar

**Long Term Effects of Smoking**
• Coronary Heart Disease is the most widespread single cause of death for cigarette smokers
  – Often results from atherosclerosis
  – Smokers have a 70% higher death rate from CHD
  – Deaths from CHD – Age 40-50
  – Deaths from lung cancer – Age 60-70
  – Other cardiovascular diseases including:
• Stroke, Aortic aneurysm, and pulmonary heart disease

• Lung Cancer
  – Leading cancer cause of death for women

• Research has also linked smoking to cancers of the:
  – Trachea, mouth, pharynx, esophagus, larynx, pancreas, bladder, kidney, cervix, stomach, liver, and colon

• Chronic Obstructive Lung Disease
  – Cigarette smokers are 18 more times likely to die from emphysema or chronic bronchitis than nonsmokers
  – Emphysema – a disease characterized by a loss of lung tissue elasticity and breakup of the air sacs
  – Chronic bronchitis – recurrent inflammation of the bronchial tubes

• Ulcers

• Impotence

• Reproductive Health Problems

• Dental Disease

• Diminished physical senses

• Injuries

• Cosmetic concerns

• Economic costs

**Cumulative Effects of Tobacco**

• Life expectancy
  – Reduced life span
  – 8 years less

• Quality of Life
  – Smokers spend 1/3 more time away from their job because of illness

• Risk of acute and chronic disease
  – If no one smoked there would be:
    • 1 million fewer cases of chronic bronchitis
    • 1.8 million fewer cases of sinusitis
    • 1 million fewer cases of peptic ulcers

**Effects of Smoking on Nonsmokers**

• Environmental Tobacco Smoke (ETS) can cause headaches, eye and nasal irritation, and sinus problems
– Long term exposure to ETS can cause lung cancer and heart disease
– 2 classifications of ETS
  • Mainstream smoke – smoke that is inhaled by a smoker and then exhaled into the atmosphere
  • Second-hand smoke – smoke exhaled from a smoker and inhaled by others
  • Sidestream smoke – smoke that comes from the burning end of a cigarette, cigar, or pipe
– Infants and young children whose parents smoke are more susceptible to respiratory diseases

Benefits of Quitting Smoking

• Within 20 minutes
  – Stop polluting the air
  – Blood pressure drops to normal
  – Pulse drops to normal
  – Temp of hands and feet drop to normal
• 8 hours
  – Carbon monoxide levels drop to normal
  – Oxygen level in blood increases to normal
• 24 hours
  – Chance of heart attack decreases
• 48 hours
  – Nerve endings adjust to the absence of nicotine
  – Ability to smell and taste things is enhanced
• 72 hours
  – Breathing becomes easier
  – Lung capacity increases
• 2-3 months
  – Circulation improves
  – Walking becomes easier
  – Lung function increases up to 30%
• 1 – 9 months
  – Coughing, sinus congestion, fatigue, and shortness of breath all decrease
  – Cilia regrows in lungs – reduces infection
  – Energy level increases
• 1 year
  – Heart disease death rate is half way back to that of a nonsmoker
• 5 years
- Stroke risk drops to nearly that of a nonsmoker
- 10 years
  - Cancer incidence decreases
- 15 years
  - Risks of heart disease and stroke diminish close to that of nonsmokers