

Prevention Dimensions Tobacco 101 Q&A

Q) What percentage of Utah high school students do NOT smoke cigarettes?

A) **(91.5%)** (YRBS 2009)

Q) What percentage of Utah high school students smoked cigarettes within the last 30 days?

A) **(8.5%)** (YRBS 2009)

Q) How many chemicals are found in a common cigarette?

A) **4,000**

Q) What quantity of tar is annually deposited into the lungs of a pack-a-day smoker?

A) **1quart**

Q) How many Utahns die each year from tobacco-related diseases?

A) **1,156 (CDC 2008 Utah Tobacco Control Highlights Report)**

Q) What are two benefits of being tobacco-free?

A) Some options for answers include:

Saving money

Being free from addiction

Preserving your health

Prolonging your life

Not smelling like tobacco

Not having tobacco stained teeth

Q) What is the best way for you to “Refuse to Use.”

A) Some options for answers include:

Say “No thanks”

Walk away

Giving a Reason or Excuse

Change the Subject

Avoid the situation

Reverse the peer pressure

Q) What is a short-term health effect of tobacco use?

A) Some options for answers include:

Yellow teeth

Bad breath

Smelly skin, hair and clothes

Black hairy tongue (for smokeless tobacco users)

Cavities

Gum disease

Decreased sense of taste and smell

Coughing from irritated mouth and throat

