

Tobacco Facts for Youth

The Effects of Smoking on Health & Performance:

- Damaged respiratory system, increased nicotine addiction, and increased risk of other drug use¹
- Limited performance and endurance during physical activity
- Reduced lung growth and level of maximum lung function
- Increased chance for coughs and respiratory illnesses
- Poorer overall health, and association with mental health problems such as depression²
- Increased risk of heart disease, stroke, and lung cancer¹
- Heart rate increased by two to three beats per minute faster than nonsmokers¹
- Three times more likely than nonsmokers to have shortness of breath²

Smoking Facts:

- Most young people who smoke will continue to smoke as adults.¹
- The younger kids start to smoke, the more addicted they become.¹
- Most teens that smoke want to quit.³
- Approximately 70% percent of teens that smoke say they wouldn't start smoking if they could do it over again.³
- Spit tobacco is not a safe alternative to smoking.³
- Smokers lose approximately 7 minutes of their life for every cigarette they smoke.³
- Over 40 of the 4,000 chemicals in cigarette smoke can cause cancer. Also found in cigarettes are ammonia (used to clean toilets) and arsenic (rat poison).³
- Most 12th graders (72%) say that they prefer to date people who do not smoke.⁴



For help quitting, call the Utah Tobacco Quit Line at 1.888.567.TRUTH or visit utahquitnet.com

¹ CDC. Preventing tobacco use among young people---A Report of the Surgeon General. 1994.

² Arday DR, Giovino GA, Schulman J, Nelson DE, Mowery P, Samet JM . Cigarette smoking and self-reported health problems among US high school seniors, 1982-1989. *American Journal of Health Promotion*, 1995;10(2):111-116.

³ Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, August 1996.

⁴ Johnston, L. D., O'Malley, P. M., Bachman, J. G. & Schulenberg, J. E. (December 21, 2004). Cigarette smoking among American teens continues to decline, but more slowly than in the past. University of Michigan News and Information Services: Ann Arbor, MI.[On-line]. Available: www.monitoringthefuture.org; accessed 08/02/05.