

TOBACCO FACTS



Tobacco use kills more than 400,000 Americans each year—more than alcohol, AIDS, car crashes, illegal drugs, murders, suicides **COMBINED**.



Each day about 4,000 kids (under 18) try smoking for the first time, and another 1,500 kids become new regular, daily smokers.



Adult male smokers lose an average of 13 years of life.



Adult female smokers lose an average of 15 years of life.



The chemical nicotine—found in cigarettes and other tobacco products—is an addictive drug, which is why it is so hard for people to quit using tobacco once they start.



Every puff of a cigarette has more than 4,000 different chemicals, including ammonia (a poisonous gas and a powerful toilet cleaner), arsenic (a potent rat poison), cyanide (a deadly ingredient in rat poison), acetone (a poisonous solvent and paint stripper), formaldehyde (used to preserve dead frogs), toluene (a poisonous industrial solvent), polonium-210 (a highly radioactive element) and carbon monoxide (a poisonous gas). Disgusting, but true!



Lung cancer, throat cancer, heart disease, stroke and emphysema are just some of the painful, life-threatening diseases linked with smoking. Smoking is also associated with cancers of the mouth, larynx, esophagus, pancreas, cervix, kidney, stomach and bladder.



Smoking limits the amount of oxygen in the blood, reducing your stamina for sports and other physical activities.



Smoking turns your teeth and fingernails yellow, makes your hair, clothes and breath smell gross and causes premature wrinkling of your skin.

(Source: Campaign for Tobacco-Free Kids-www.kickbuttsday.org)



Bergen County Executive
Dennis McNerney

Bergen County Department of Health Services

327 E. Ridgewood Avenue
Paramus, New Jersey 07652-4895
(201) 634-2600 www.bergenhealth.org