Tobacco: Get the Facts!
Tobacco: Get the Facts!

Tobacco use is the single most preventable cause of death and disease in our society.
Tobacco: Get the Facts!

Annually, tobacco use causes more than 430,000 deaths and costs the nation approximately $50-$73 billion in medical expenses alone.
Tobacco: Get the Facts!

This year, over 8,000 Alabamians will die from a tobacco related illness.

An estimated $1.5 billion of Alabama tax revenue is spent annually on health care and productivity and income loss due to tobacco illnesses and early death.
Tobacco: Get the Facts!

9 out of 10 smokers start smoking before the age of 18.
Tobacco: Get the Facts!

More than 1 in 3 Alabama youth are daily smokers.

Some start as early as age 7.
Tobacco: Get the Facts!

Each year nationally, an estimated 40,000 non-smokers will die of illnesses related to exposure to Environmental Tobacco Smoke.
Chemicals in Tobacco Smoke:

NICOTINE - an ingredient in bug sprays
CYANIDE - an ingredient in rat poison
FORMALDEHYDE - preserves dead bodies
AMMONIA - used to clean toilets
ARSENIC - a potent poison
CARBON MONOXIDE - a gas in car exhaust
METHANOL - jet engine & rocket fuel
BUTANE - flammable chemical in lighter fluid
POLONIUM-210 - a radioactive element
Infants & children exposed to tobacco smoke in the home have more ear infections, asthma, bronchitis, and pneumonia, than those living in a non-smoking environment.
Smoking During Pregnancy:

- nearly doubles a woman’s risk of having a low-birthweight baby;
- increases the baby's risk of chronic disabilities such as cerebral palsy, mental retardation and learning problems.
- may increase the baby's risk of developing cleft lip and/or cleft palate and club foot.
Tobacco: Get the Facts!

Smokeless tobacco users are 50 times more likely to get oral cancer than non-users.

Smokeless tobacco can cause an increased risk of cardiovascular disease including heart attacks.

Smokeless tobacco causes gum disease, which can lead to bone and tooth loss.
Carcinogens in Smokeless Tobacco

TETRAFLUORETHYLENE
- chemical used to make Teflon

CADMIUM
- used to make batteries

SULFURIC ACID
- used to make fertilizers and explosives

PHENOLPHTHALEIN
- an ingredient in laxatives
Tobacco companies spend $16 million every day to advertise cigarettes.
Nearly 70% of smokers want to quit, but only 2.5% are able to quit permanently each year.
For additional information

Contact the Alabama Department of Public Health ’s Tobacco Prevention Branch at 334/206-5300

Call your local county health department and ask for the Public Health Area and Tobacco Control Coordinator for your county

Visit www.alapubhealth.org

Tobacco:

Spread the Word!