Tobacco Facts for Youth

The Effects of Smoking on Health & Performance:

- Damaged respiratory system, increased nicotine addiction, and increased risk of other drug use\(^1\)
- Limited performance and endurance during physical activity\(^1\)
- Reduced lung growth and level of maximum lung function\(^1\)
- Increased chance for coughs and respiratory illnesses\(^1\)
- Poorer overall health, and association with mental health problems such as depression\(^2\)
- Increased risk of heart disease, stroke, and lung cancer\(^1\)
- Heart rate increased by two to three beats per minute faster than nonsmokers\(^1\)
- Three times more likely than nonsmokers to have shortness of breath\(^2\)

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.\(^1\)
- About half of Utah 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.\(^4\)
- Spit tobacco is not a safe alternative to smoking.\(^4\)
- Smokers lose approximately 7 minutes of their life for every cigarette they smoke.\(^4\)
- 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).\(^4\)
- Most 12th graders (72%) say that they prefer to date people who do not smoke.\(^5\)

For help quitting, call the Utah Tobacco Quit Line at 1.800.QUIT.NOW (1.800.784.8669) or visit utahquitnet.com

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\(^3\) Utah Youth Tobacco Survey, 2005
\(^4\) Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, August 1996.