

FACT SHEET #3

The 2019 National Survey on Drug Use and Health shows that 58.1 million people used tobacco in the last 30 days. Of those, 45.9 million people ages 12 or older used tobacco in the last 30 days. ^(*1)



Myth #1: Smoking is cool.

FACT: 90 percent of Adams County youth have never tried cigarettes in their lifetime, 98% are not regular users and 82% are not vaping tobacco products. 82% feel their friends would think it was wrong or very wrong to use tobacco and 90% of the youth themselves feel it is wrong for their friends to use tobacco. ^(*2)

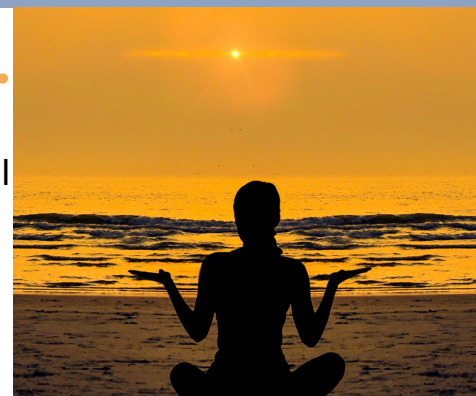


Myth #2: Vaping tobacco is safe.

FACT: The CDC and Prevention's 2018 National Youth Tobacco Survey showed a 78 percent increase of e-cigarette or vaping use in high school students. There was a 49 percent increase among middle school students from 2017 to 2018. These products have been shown to not be safe for individuals under the age of 18 or women who are pregnant. ^(*1,4)

Myth #3: Smoking will help me relax.

FACT: Smoking is not a healthy option to help with stress. It will never change what one is stressed about and eventually your stress will return. Furthermore, nicotine, nicotine addiction, and the cravings for tobacco products can actually cause more stress. ^(*3)



Myth #4: Smoking is just a choice.

FACT: The first cigarette you smoke is a choice, but after only a few more cigarettes addiction can start to happen. It changes the chemical balance in your brain. Although smoking may seem like it's just a choice or a habit, most people who smoke are addicted. ^(*4)

Smoking can damage almost every organ of the body. It causes diseases and harms the health of smokers and puts them at risk. Quitting smoking has immediate as well as long-term benefits for you and your loved ones. (*4)



Myth #5: Smokeless tobacco is safe.

FACT: There is no such thing as safe tobacco. Smokeless tobacco contains 30 chemicals that are known to cause cancer and possibly more. All forms of tobacco, including smokeless tobacco can be addictive. It causes cancer of the mouth, esophagus, and pancreas and can also cause other of the mouth. It may increase the risk for death from heart disease and stroke. (*1, 4)



Myth #6: Vaping tobacco isn't addictive.

FACT: Most e-cigarettes contain nicotine. As mentioned before, nicotine is highly addictive. When a person is vaping they are inhaling not just nicotine but other potentially harmful chemicals. The chemicals and nicotine in the vape can actually cause problems with brain development. Not to mention, vaping can also lead to smoking cigarettes in the future. (*4)



Myth #7: Smoking helps me lose weight/stay thin.

FACT: This is one of those situations where the negative effects of smoking have far more consequences than the weight gain itself. If you quit smoking now, it reduces the risk of premature death and can add as much as 10 years to life expectancy. It also reduces the risk for many diseases such as cancer and COPD, as well as reduces the financial strain that occurs when purchasing tobacco products and paying for the healthcare of a smoker. (*1)



*Sources

1. SAMSHA.gov - Substance Abuse and Mental Health Services Administration
2. Pennsylvania Commission on Crime and Delinquency. 2019. "2019 Pennsylvania Youth Survey"
3. "Stressed and Smoking." Smokefree.gov/challenges-when-quitting/stress/stress-smoking
4. www.cdc.gov - Centers for Disease Control and Prevention

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