

Tobacco: the only legal product that will kill you when used correctly.

# Tobacco **FACT** Sheet

[www.tobaccoprevention.org](http://www.tobaccoprevention.org)

## Tobacco fact sheet

Smoking is the #1 preventable cause of death in this country.

Passive smoking is the third leading preventable cause of death.

Nicotine is a highly addictive drug, physically more difficult to give up than heroin.

Every day, the tobacco companies lose over 3000 smokers, 1100 of their customers by death, and about 2,000 quit.

Knowing that the tobacco companies lose more than 3000 customers per day, the industry spends over \$5 billion a year on advertising. (That's \$165 a second)

If the tobacco companies need to recruit new customers, it's best to target the young – and they do. In the year 1990, more six year olds could recognize Joe Camel than could recognize Mickey Mouse!

Surveys of smokers have shown that 90% begin using tobacco by the age of 20.

Thirteen is the average age of smoking onset.

3000 children start smoking everyday, 45 in Washington.

Over 1,000,000,000 packs of cigarettes are smoked by children every year.

Tobacco smoke contains over 4000 chemicals, 40 of which are known to cause cancer.

Smoking kills more people than alcohol, AIDS, car accidents, illegal drugs, murders, and suicides combined.

Of the roughly 545,000 kids who become new regular, daily smokers each year, almost a third will ultimately die from it. In addition, smokers lose an average of 13 to 14 years of life because of their smoking.

### **Five tips for quitting**

*Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use these five steps to develop and maintain your own quit plan.*

1. *Get ready.*
2. *Get support.*
3. *Learn new skills and behaviors.*
4. *Get medication and use it correctly.*
5. *Be prepared for difficult situations.*

*Talk to your health care provider, they can help. If you do not have insurance or just need to talk call the Washington Tobacco Quitline:*

**1-877-270-7876**

*For Spanish call:*

**1-877-2NO Fume**

*Visit the Quitline website:*

**[www.quitline.com](http://www.quitline.com)**

*We also recommend:*  
[www.doh.wa.gov/tobacco](http://www.doh.wa.gov/tobacco)  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)