

# Teen Smoking Quick Facts

## Facts

- Smoking **IS** addictive.
- Tobacco use almost always starts before the age of 21.
- Death from tobacco use is the #1 preventable cause of death in the U.S.
- Smoking causes 440,000 (estimated) deaths per year.
- 35,000 (estimated) deaths are caused by second hand smoke each year.
- Cigarettes contain 69 known carcinogens.
- 6,000 teens try their first cigarette every day.
- Young people that smoke are likely to develop severe addiction.
- The #1 situation in which teens start smoking is with a friend that smokes.
- Children with parents that smoke are twice as likely to start smoking.
- Smoking has been linked to many diseases including but not limited to the following: Heart Disease, Cancer (of many body regions), Respiratory Disease, Gangrene, Periodontitis, Cataract...

## Where to find more information

- American Cancer Society - <http://www.cancer.org>
- American Lung Association - <http://www.lungusa.org>
- Centre for Addiction and Mental Health - <http://www.camh.net/>
- Centers for Disease Control and Prevention - <http://www.cdc.gov/>
- National Institute on Drug Abuse - <http://www.drugabuse.gov/>