



TOBACCO

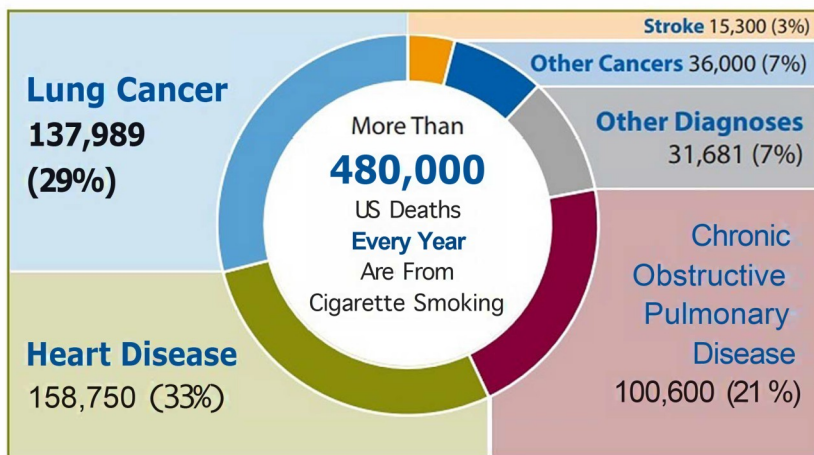
A guide to understanding the effects of tobacco
on the body and what you can do to become
tobacco-free for life!



The Use of Tobacco Products In the United States

- Tobacco use is the leading cause of preventable disease, disability, and death in the United States.
- 34 million US adults smoke cigarettes.
- Smoking is the leading cause of preventable death.
- Every day, about 2,000 young people under the age of 18 smoke their first cigarette, and more than 300 begin smoking cigarettes daily.
- Over 16 million people live with at least one disease caused by smoking and 58 million non-smoking Americans are exposed to secondhand smoke.

Annual Deaths from Smoking, United States



Note: Average annual number of deaths for adults aged 35 or older, 2005-2009.

Source: [2014 Surgeon General's Report, Table 12.4, page 660.](#)



Health Effects of Tobacco Use

- Tobacco use causes cancer, heart disease, stroke, lung disease, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.
- Tobacco use increases the risk for many types of cancer, such as lung , bladder, liver, or stomach cancer.
- Using smokeless tobacco can lead to nicotine addiction and may increase the risk of death from heart disease and stroke.
- The risk of developing type 2 diabetes is 30% to 40% higher for current tobacco users compared to those who do not use tobacco. The more cigarettes a person smokes, the higher their risk of type 2 diabetes.

Dangers of Electronic Smoking Devices



- Electronic smoking devices can contain other harmful substances and chemicals besides nicotine.
- Most electronic smoking devices contain nicotine - the addictive drug found in regular cigarettes, cigars, and other tobacco products.
- Scientists still have a lot to learn about whether electronic smoking devices are effective for quitting tobacco use.
- The aerosol that a person breathes and exhales from an electronic smoking device can contain harmful substances, including: nicotine, flavorings such as diacetyl, (which is a chemical linked to a serious lung disease), cancer-causing chemicals, and heavy metals such as nickel, tin, and lead.

The Benefits of Living Tobacco-Free

- Choosing to be tobacco-free could be one of the most important decisions you ever make.
- Quitting tobacco use, (including smoking and vaping), will help you live a longer, healthier life.
- The most important benefit of quitting tobacco use, (including smoking and vaping), is preventing disease and early death.
- Giving up tobacco can be difficult, but a tobacco-free life-style offers many benefits – benefits that will last a lifetime!



Health Benefits of Quitting

The following health benefits are associated with quitting tobacco use:

- Lowered risk for lung cancer and many other types of cancer.
- Reduced heart disease risk within 1 to 2 years of quitting.
- Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath. While these symptoms may not disappear, they do not continue to progress at the same rate among people who quit compared with those who continue to smoke.
- Reduced risk of developing some lung disease (such as chronic obstructive pulmonary disease, also known as COPD, one of the leading causes of death in the United States).



Local Resources

- *Free group smoking cessation counseling offered at rotating sites within the county. Monetary vouchers are available for those wishing to add pharmacological therapy (Nicotine patch, gum, lozenge, and CHANTIX) to their behavior change efforts. For more information please call the Worcester County Health Department at 410-632-1100, option 4 or call 1-800-QUIT-NOW for free support to help you quit using tobacco.*
- The Maryland Tobacco Quitline is a free program to help Marylanders quit tobacco use. Counseling is provided in English, Spanish, and other languages. Free services are also available for youth ages 13-17. Call 1-800-784-8669 to talk to a live Quit Coach 24/7.
- www.smokingstopshere.com is also available for more information. Click on the “Enroll Online Now” button for the online Web Coach program and to find online tools and support from Quit Coaches.

Effective 10.1.19

**Maryland has changed
the legal age to purchase
tobacco products from
18 to 21 years old.**





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