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Each day in the United States, approximately 3,450 young people between 12 and 17 years of age smoke their first cigarette, and an estimated 850 youth become daily cigarette smokers.

ADA Funded Regional Support Center Substance Abuse Prevention Program  
**The No Network & Community 2000  
Family Counseling Center**

## Tobacco

Tobacco use is the single most preventable cause of death in the United States. Each year in the United States, cigarette smoking and exposure to secondhand smoke causes 443,000—or 1 in 5 deaths. Economic losses are also staggering. Smoking-caused diseases result in \$96 billion in health care costs annually. Some states have significantly improved the health of their citizens by reducing smoking rates, thereby decreasing smoking-related diseases, deaths, and health care costs. Even in economically challenging times, states can make a significant difference in public health by employing high-impact, cost-effective tobacco control and prevention strategies to—

**M**onitor tobacco use and prevention policies

**P**rotect people from tobacco smoke

**O**ffer help to quit tobacco use

**W**arn people about the dangers of tobacco

**E**nforce bans on tobacco advertising, promotion, and sponsorship

**R**aise state cigarette taxes on tobacco

### Some factors associated with youth tobacco use include:

- Low socioeconomic status
- Use and approval of tobacco use by peers or siblings
- Lack of skills to resist influences to tobacco use
- Smoking by parents or guardians and/or lack of parental support or involvement
- Accessibility, availability, and price of tobacco products
- A perception that tobacco use is the norm
- Low levels of academic achievement
- Low self-image or self-esteem
- Aggressive behavior (e.g., fighting, carrying weapons)

Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Quitting smoking has immediate as well as long-term benefits for you and your loved ones.