Health Effects of Tobacco Use: Youth and Adults

According to the Centers for Disease Control and Prevention (CDC), preventing tobacco product use among youth is critical to ending the youth tobacco epidemic in the United States.

Tobacco use is the #1 preventable cause of premature death in America. It causes over 480,000 deaths in the United States each year, and approximately 16,000,000 Americans have chronic illnesses related to smoking.

Youth who use multiple tobacco products are at higher risk for developing nicotine dependence and might be more likely to continue using tobacco into adulthood.

Most e-cigarettes contain nicotine — the addictive drug in regular cigarettes, cigars, and other tobacco products. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20's. Most e-cigarettes contain nicotine.

E-cigarettes can contain other harmful substances besides nicotine.

Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.

Each time a new memory is created, or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.

Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. Nationally, approximately 80% of calls to poison control centers for e-cigarettes are for kids 5 years of age or younger.

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

The Congressional Findings in the Tobacco Control Act, Surgeon General's Reports, and other authoritative scientific studies have reported the following:

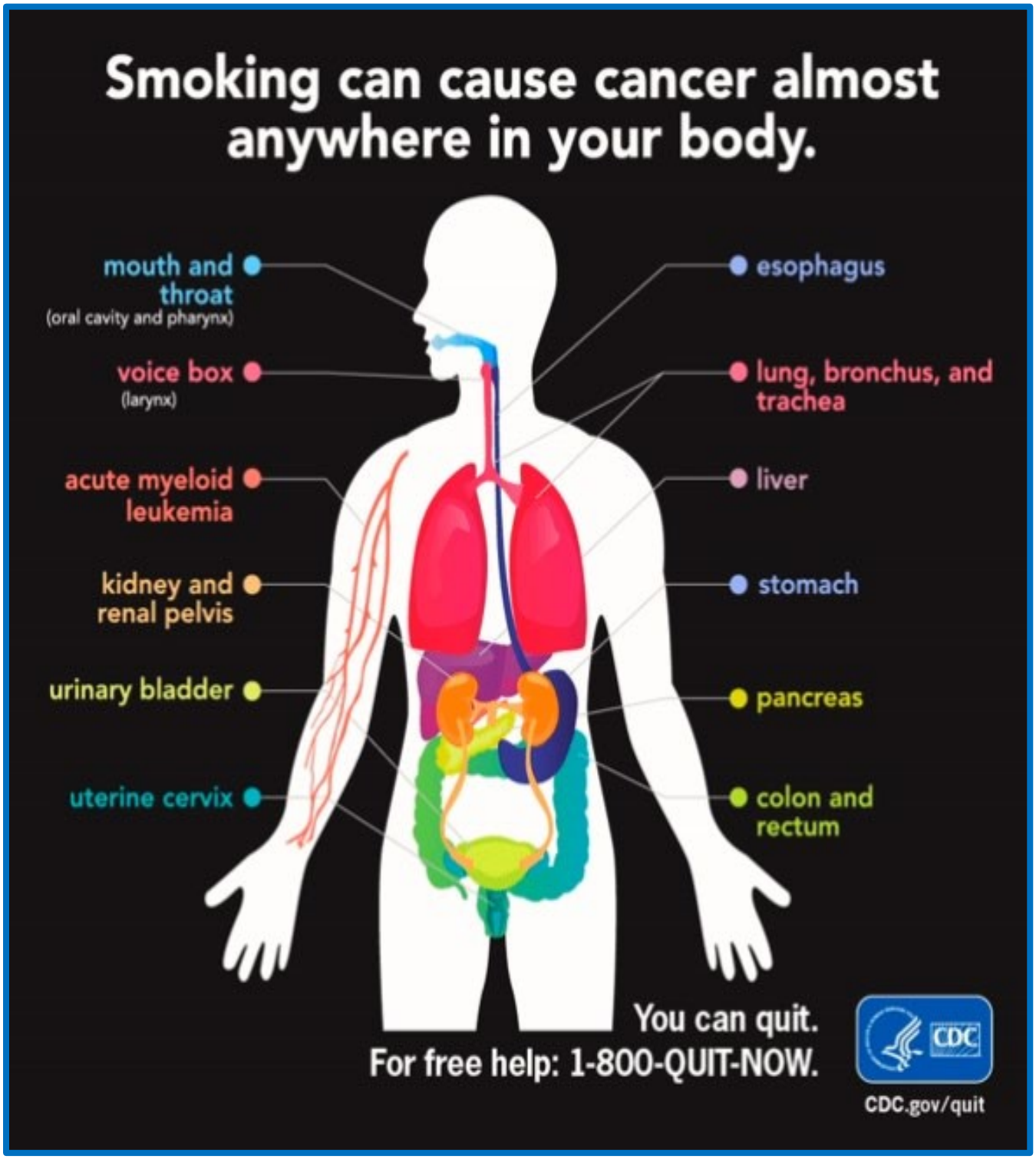
> **Smoking** costs the United States $240 billion every year from health care costs and nearly $180 billion in lost productivity from smoking-related premature death. Also, the cost from lost productivity from smoking-related illnesses and health conditions is nearly $185 billion. **Smoking** among children and adolescents causes their lungs to not fully develop and causes a premature and accelerated decline in lung function beginning in early adulthood.

Data suggest that youth are particularly susceptible to becoming addicted to tobacco. Virtually all new users of tobacco products are under the minimum legal age to purchase such products.

Retail employees...

> **one way to prevent the significant adverse consequences of tobacco use is to prevent youth from purchasing cigarettes, smokeless tobacco, and other tobacco products.**

Smoking harms just about every organ in the body.



Smoking is known to cause multiple cancers:

Lung	Kidney
Bladder	Acute Myeloid Leukemia
Mouth & Throat	Larynx
Esophagus	Stomach
Pancreas	Cervix
Liver	Colon & Rectum

Smoking is known to cause multiple lung related illnesses:

Chronic Bronchitis	Pneumonia
Reduced Lung Function for Smokers	Reduced Lung Function in adults, youth, & infants from Secondhand Smoke
Asthma	Other Respiratory Symptoms
Chronic Obstructive Pulmonary Disease	Emphysema

Smoking is known to cause several other serious health problems, and some that can lead to death:

Periodontal Disease	Adverse Surgical Outcomes
Cataracts	Age-related Macular Degeneration
Heart Attacks	Stroke
Aortic Aneurysm	Peptic Ulcer Disease

Women who smoke also have a higher risk of the following:

Experiencing Reduced Fertility	Giving Birth Prematurely
Facing Sudden Infant Death Syndrome with their Baby	Giving Birth to a LowBirth-Weight Baby
Experiencing Hip Fractures	Osteoporosis

Smoking is also linked to Type-2 Diabetes and Alzheimer's Disease.