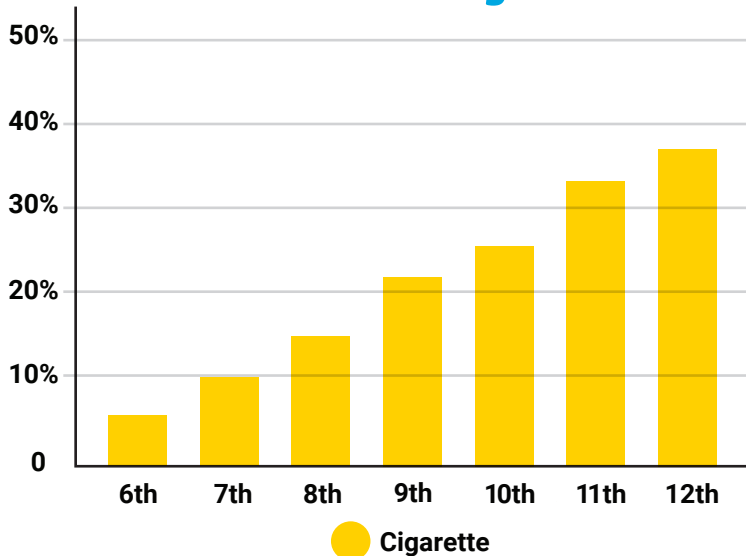


Nicotine & Tobacco Facts & Stats

Youth Who Have Never Tried Cigarettes



Centers for Disease Control and Prevention. Division of Adolescent and School Health. (2017). Youth risk behavior Survey, Youth Online, Middle and High School.



Secondhand Smoke can Lead to Cancer and Heart Disease.

#1

Nicotine is the most addictive substance known.

61%

of people who try a nicotine product become dependent.

Effects of Tobacco

- Harms nearly every organ in the body, including lungs, mouth, pharynx, larynx, esophagus, stomach, pancreas, cervix, kidney and bladder
- Chronic bronchitis and emphysema
- Intensifies asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Increases risk of heart disease and stroke
- Impairs immune system

Nicotine Withdrawal Symptoms

- Irritability
- Cravings
- Depression
- Anxiety
- Cognitive and attention deficits
- Sleep problems
- Increased appetite
- Symptoms begin after a few hours
- Symptoms may last from a few days to a few weeks. Some experience withdrawal symptoms for months

Urge Surfing Through Cravings

1. Feel the craving
2. Take three deep, slow breaths
3. Slowly count to three

Repeat until craving disappears or when it comes back.

