

Five ways the American Cancer Society fights the number one cause of cancer deaths – tobacco use

- Preventing and reducing tobacco use among children, teens, and young adults through community-based and workplace programs
- Advocating for reduced exposure to environmental tobacco smoke in worksites, homes, and public places
- Lobbying to increase tobacco prices through excise tax increases
- Advocating increased funding for statewide comprehensive tobacco control programs
- Increasing access to tobacco treatment (cessation) products and services for smokers who want to quit

About Smoking

- •Cigarette smoking is the single most preventable cause of morbidity and premature mortality (death) in the United States.¹ Each year, smoking kills more people than AIDS, alcohol, drug abuse, car crashes, murders, suicides, and fires combined.²
- •Annually, exposure to secondhand smoke causes an estimated 53,000 deaths among American adults. Of those deaths, 3,000 are from lung cancer.³ Scientific studies also link secondhand smoke with heart disease.
- •Within 24 hours of quitting smoking, the chances of a heart attack decrease. Within two weeks to three months, circulation improves and lung function increases up to 30%.⁴
- •Every day more than 2,000 kids under 18 years of age become new regular smokers.⁵ That's more than 750,000 new underage daily smokers each year and roughly one-third of them will eventually die prematurely from smoking-caused diseases.⁶
- •Smoking by employees increases costs across the board. It affects absenteeism, productivity, and maintenance as well as insurance, workers' compensation, disability, and retirement costs.

Help us spread the word about the risks associated with smoking. You can help us clear the air! Contact the American Cancer Society for more information about the Smoke-Free New England campaign. We can help you develop smoke-free policies for your workplace, provide educational materials for your employees and their families, and provide support services for smokers who want to quit.

1.800.ACS.2345 www.cancer.org



¹ Centers for Disease Control and Prevention. "Smoking-Attributable Mortality and Years of Potential Life Lost – United States, 1990." *Morbidity and Mortality Weekly Report* 1993; 42(33):645-648. http://www.cdc.gov/tobacco/research_data/health_consequences/mortali.htm

² "Tobacco Information and Prevention Source." 2 Nov. 2000. Centers for Disease Control and Prevention. 14 Dec. 2001. www.cdc.gov/tobacco/issue.htm>

³ US Environmental Protection Agency. *Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders.* Washington, DC: US Environmental Protection Agency, Office of Health and Environmental Assessment, Office of Research and Development, 1992.

⁴ American Cancer Society. Atlanta, GA.

⁵ US Department of Health and Human Services. *Summary Findings from the 2000 National Household Survey on Drug Abuse.* Washington, DC: US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, 2001.

⁶ Centers for Disease Control and Prevention. "Projected Smoking-Related Deaths Among Youth – United States." *Morbidity and Mortality Weekly Report* 1996;45(44).