

## TOBACCO FACTS

- **In today's society, there are myriads of social issues that affect our community. Tobacco is only one of these problems. Initially it may seem to be a rather small problem compared to many other societal ills.**
- **Tobacco use is the single most preventable health problem facing us today, not only in Indiana, but also nationally, and internationally.**
- **Tobacco kills more people than alcohol, AIDS, car accidents, illegal drugs, murders, and suicides *combined!***
- **438,000 tobacco-related deaths annually in the U.S.**
  - **10,300 are Hoosiers**
    - **274 are citizens of Porter County, Indiana**
      - **approximately 60 are from Portage and 49 from Valparaiso**
- **Indiana has the 2nd highest smoking rate in the U.S.**
- **Approximately 37% of Indiana high school student and 15% of middle school students use tobacco**
- **If current trends continue, 167,000 Indiana youth under the age of 18 will die from tobacco use.**
- **Estimated that 22.7 million packs of cigarettes are sold each year to underage smokers in Indiana, adding to the increasing number of youth smokers.**
- **Tobacco use promotes and/or exacerbates asthma, HIV, and diabetes.**
- **Effects of short term use of tobacco's include shortness of breath, cancer of the mouth, yellow fingers and nails, wrinkles, reduced circulation, and an increase in illnesses.**
- **Tobacco use causes**
  - 8 different types of cancer
  - Heart Disease
  - Stroke
  - Emphysema
  - Bronchitis
  - COPD (Chronic Obstructive Pulmonary Disease)

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