SMOKING FACTS AND PREVENTION

PRESENTATION FOR MIDDLE-SCHOOL AGED CHILDREN

PRESENTER: GRACE C. ADAMSON

ROBERT LARNER, M.D. COLLEGE OF MEDICINE AT
THE UNIVERSITY OF VERMONT
WHAT WE ARE GOING TO TALK ABOUT

• WHAT YOU ALREADY KNOW ABOUT CIGARETTES
• WHAT IS CONTAINED IN A CIGARETTE
• THE HEALTH EFFECTS OF SMOKING CIGARETTES
• SECOND-HAND SMOKE
• THE COST OF CIGARETTES
• TALKING TO PEERS ABOUT SMOKING

Topics that should be explored in follow up sessions: e-cigarettes and other tobacco-products, the tobacco industry and marketing to youth, resisting peer pressure to smoke or use other tobacco products, helping loved ones to quit, the science of addiction
DISCUSSION:
WHAT DO YOU KNOW ABOUT SMOKING?

• DO YOU KNOW ANYONE WHO SMOKES?
• WHAT DO YOU THINK ABOUT CIGARETTE SMOKING?
• DO YOU KNOW KIDS YOUR AGE WHO HAVE EVER TRIED SMOKING?
• HAS ANYONE EVER OFFERED YOU A CIGARETTE OR OTHER TOBACCO PRODUCT?
• DO YOU THINK IT IS ADDICTIVE?
WHAT IS INSIDE OF A CIGARETTE

• DID YOU KNOW THERE ARE APPROXIMATELY 600 INGREDIENTS IN CIGARETTES? AT LEAST 69 OF THOSE CHEMICALS ARE KNOWN TO CAUSE CANCER

• HERE ARE A FEW:
  • ACETONE: FOUND IN NAIL POLISH REMOVER
  • ACETIC ACID: FOUND IN HAIR DYE
  • ARSENIC: USED IN RAT POISON
  • NICOTINE: VERY ADDICTIVE
WHAT IS INSIDE OF A CIGARETTE

- FORMALDEHYDE: USED IN EMBALMING FLUID
- TAR: MATERIAL FOR PAVING ROADS
- AMMONIA: HOUSEHOLD CLEANER
- CARBON MONOXIDE: RELEASED IN CAR EXHAUST FUMES
HEALTH EFFECTS OF SMOKING

• LEADING CAUSE OF PREVENTABLE DEATH IN THE UNITED STATES
• MAKES IT HARD TO BREATHE; DESTROYS LUNGS OVER TIME
• 90% LUNG CANCER DEATHS
• 80% OF DEATHS FROM CHRONIC OBSTRUCTIVE PULMONARY DISEASE
LET’S SEE WHAT IT FEELS LIKE TO HAVE DAMAGED LUNGS

- PLACE A STRAW IN YOUR MOUTH
- HOLD YOUR NOSE
- BREATHE ONLY THROUGH THE STRAW
- RUN IN PLACE FOR ONE MINUTE
- STOP. NOW, KINK THE STRAW
- REPEAT ABOVE STEPS
SMOKING ISN’T JUST BAD FOR YOUR LUNGS

SMOKING HARMs EVERY ORGAN IN OUR BODIES

• ORAL CAVITY CANCERS
• BLADDER CANCERS
• COLON CANCER
• HEART DISEASE
• STROKE
• AND MANY MORE
THE EFFECTS OF SMOKING ON YOUR SKIN

CIGARETTES STAIN FINGERS

• WHICH TWIN (A OR B) SMOKED?
DON’T FORGET THE EFFECTS ON TEETH

DO YOU THINK THIS PERSON HAS GOOD BREATH?
“I’M YOUNG, SMOKING WONT’ BE BAD FOR ME FOR A WHILE” OR “I CAN STOP LATER”

- 90% of adults who smoke tried smoking before the age of 18

- Most youth who plan to quit “later” continue smoking into adulthood. Smoking is very addictive- it’s very hard to stop once it’s a habit. Kids who start smoking have a much harder time as adults quitting.

- The damage to your body is IMMEDIATE

- Trouble breathing will affect your ability to participate in the same activities as your classmates, your breath will smell, your teeth will stain, and your second-hand smoke is harming those around you (more on second hand-smoke in a minute)
WHAT ABOUT FLAVORED CIGARILLOS AND CIGARS? ARE THOSE BAD TOO?

- YES! THEY CONTAIN NICOTINE AND ARE BAD FOR YOUR HEALTH FOR ALL THE SAME REASONS
- THEY COME IN FLAVORS SUCH AS APPLE, PINEAPPLE, WATERMELON, LIME
- THEY ARE FLAVORED TO ATTRACT YOUNG PEOPLE TO BECOME NEW SMOKERS EACH YEAR
- THEY ARE OFTEN ADVERTISED OR PLACED IN STORES AT EYE LEVEL OF MIDDLE SCHOOLERS

MORE ON THE POWER OF TOBACCO ADVERTISING AND PRODUCT PLACEMENT IN OTHER SESSIONS
HEALTH EFFECTS- SECOND HAND SMOKE

• EVEN IF YOU DON’T SMOKE, SMOKING CAN AFFECT YOUR HEALTH

• SECOND HAND SMOKE = COMBINATION OF SMOKE FROM THE END OF THE BURNING CIGARETTE AND SMOKE BREATHED OUT BY SMOKERS

• SECOND HAND SMOKE CONTAINS MORE THAN 7,000 CHEMICALS, MANY OF WHICH ARE TOXIC AND CAN CAUSE CANCER AND ALL THE SAME DISEASES SMOKING CAUSES

• CAUSES APPROXIMATELY 41,000 DEATHS PER YEAR

• SECOND HAND SMOKE FROM ADULTS CAUSES MANY HEALTH EFFECTS IN CHILDREN: MIDDLE EAR DISEASE, IMPAIRED LUNG FUNCTION AND DISEASE, INCLUDING ASTHMA, AND HAS BEEN LINKED TO SUDDEN INFANT DEATH SYNDROME
$$$$$ SMOKING IS EXPENSIVE $$$$$

- One pack of cigarettes in Vermont ~ $9
  - Weekly cost pack a day habit: $63
  - Monthly cost: $252
  - Yearly cost: $3042
  - 10 year cost: $30,240

- What you could buy instead
  - Clothes, food, a bike
  - Gaming system, ipod
  - iPhones, laptops, many games
  - Money towards a new home, college tuition, a new car
TALKING TO YOUR FRIENDS ABOUT SMOKING

- Who here has already talked to friends or classmates about smoking?
- Who would be comfortable doing so?
- In what settings?
- How would you bring it up? Or what would you say if another student offered you a tobacco product?
- What do you think your tone should be when discussing the topic with students who you know might smoke? Does confronting and embarrassing people usually work well? What might work better instead?
This presentation is loosely adapted from the “Tar Wars” power point, a publically available presentation by the American Academy of Family Physicians. http://www.aafp.org/patient-care/public-health/tobacco-nicotine/tar-wars/presenters.html. Any additional information was gathered from one of the references below:

- **American Lung Association:**
  - What’s In a Cigarette? [website](http://www.lung.org/stop-smoking/smoking-facts/whats-in-a-cigarette.html)
  - Smoking Facts: Health Effects: [website](http://www.lung.org/stop-smoking/smoking-facts/health-effects.html)
  - Health Effects of Secondhand Smoke: [website](http://www.lung.org/stop-smoking/smoking-facts/health-effects-of-secondhand-smoke.html)
  - Kids and Smoking: [website](http://www.lung.org/stop-smoking/smoking-facts/kids-and-smoking.html)
- **Centers for Disease Control:** Health Effects From Second Hand Smoke: [website](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/)
- **Campaign for Tobacco-Free Kids.** Fact Sheet, Vermont. [website](https://www.tobaccofreekids.org/facts_issues/toll_us/vermont)