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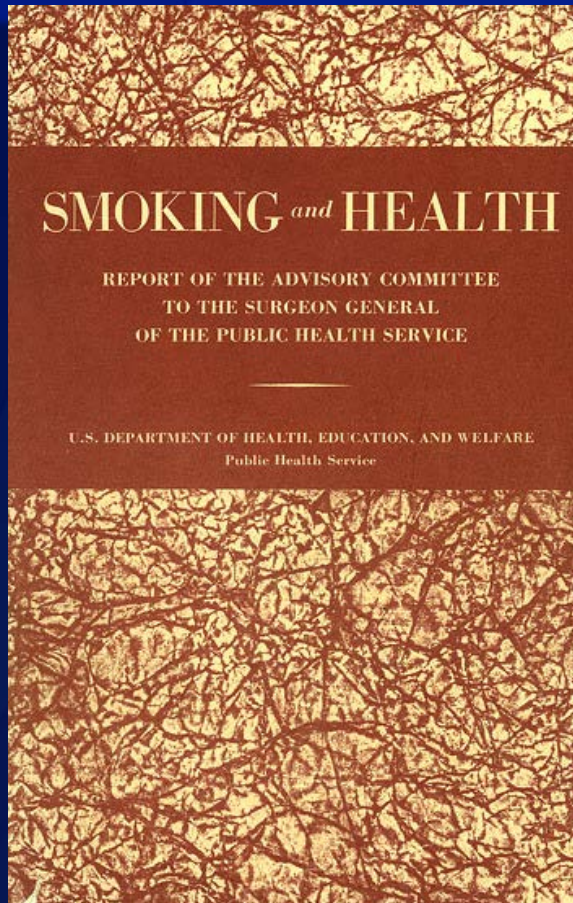
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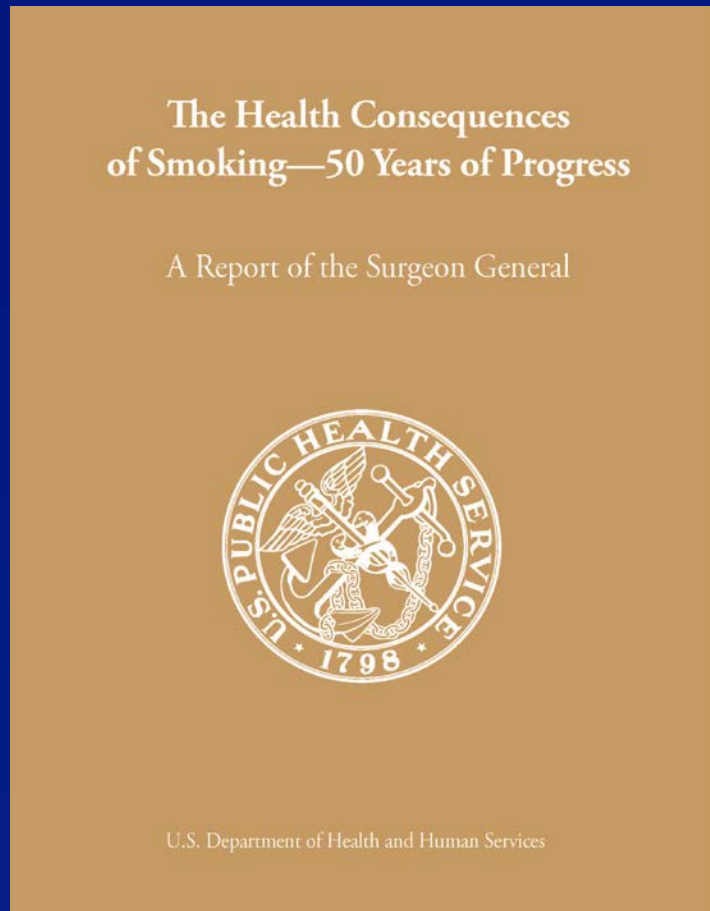
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# The Health Consequences of Smoking: 50 Years of Progress

## A Report of the Surgeon General



1964



2014

# The Grim Statistics

## Between 1964 and 2014:

- ❑ Over 20 million Americans died because of smoking, including
  - 2.5 million nonsmokers
  - More than 100,000 babies
- ❑ Smoking is still the **leading cause** of preventable disease and death in the United States.

# What We've Learned

## The Killer Cigarette

- ❑ Smoking risks are more deadly than 50 years ago.
- ❑ Smokers inhale over 7,000 chemical compounds.
- ❑ At least 70 CAUSE CANCER.





## What We've Learned

### The Killer Cigarette

- ❑ Smoking causes disease in nearly every organ.
- ❑ Secondhand smoke kills more than 41,000 nonsmokers every year.
- ❑ There is no safe level of SHS exposure and **NO SAFE CIGARETTE.**



## **21<sup>st</sup> Century Tobacco Use**

**Between 2010 and 2014 smoking caused**

- ❑ Nearly half a million premature deaths a year**
- ❑ More than 87% of all lung cancer deaths**
- ❑ 61% of all pulmonary deaths**
- ❑ 32% of all coronary deaths**



## Smoking and Children

- ❑ Today about half of all children 3-18 years of age are exposed regularly to cigarette smoke.
- ❑ Every day over 3,200 kids try their first cigarette and another 2,100 youth and young adults become daily smokers.
- ❑ Nearly 9 out of 10 smokers started before age 18.



*Photo credit: Trinketsandtrash.org*



## Smoking and Children

Every adult who dies early because of smoking is replaced by **two new young smokers**.

If they keep smoking, at least one of the two will also die early from smoking.



# Smoking and Children

**5.6  
MILLION**

CHILDREN ALIVE TODAY  
WILL ULTIMATELY  
**DIE EARLY FROM SMOKING**  
IF WE DO NOT DO MORE  
TO REDUCE CURRENT  
SMOKING RATES

THAT'S EQUAL TO

**1 CHILD**  
OUT OF  
**EVERY 13**  
ALIVE IN THE U.S. TODAY

—OR—

**2** OF THE **27**  
CHILDREN  
IN THE AVERAGE  
3RD GRADE  
CLASSROOM





## The costs of smoking

- ❑ Annual smoking costs are more than **\$289 billion**.
- ❑ We spend at least **\$132 billion** in yearly medical care for adults.
- ❑ We lose at least **\$157 billion** yearly in productivity costs when smokers get sick and die early.

## The Power of Nicotine Addiction

- ❑ Nicotine is the primary addicting drug in cigarettes.
- ❑ Nicotine keeps people smoking longer and that causes more damage to the body.
- ❑ Nicotine patches, gum, and lozenges are safe when used as directed.





## Nicotine

- ❑ Nicotine is the primary addicting drug in cigarettes.
- ❑ It can raise heart rate and blood pressure.
- ❑ It can result in premature births and low birth weight babies in women who smoke during pregnancy.
- ❑ It can be harmful to developing brains.



## Smoking and Lung Cancer

- ❑ Today's smokers are more likely to develop lung cancer than smokers 50 years ago.
- ❑ Lung cancer is the #1 cause of cancer death for men and women.
- ❑ Nearly 9 out of 10 lung cancers are caused by smoking.

# Smoking – The Cancer Trigger

Smoking is now known to cause 13 different types of cancer—almost everywhere in the body.

- ❑ **1 out of 3** U.S. cancer deaths are tobacco-related.





## New Cancer Findings

**TWO more cancers are caused by smoking:**

- ❑ **Liver cancer**
- ❑ **Colorectal cancer** –  
the second deadliest  
behind lung cancer

**SMOKING** keeps cancer  
treatments from working  
as well as they should.





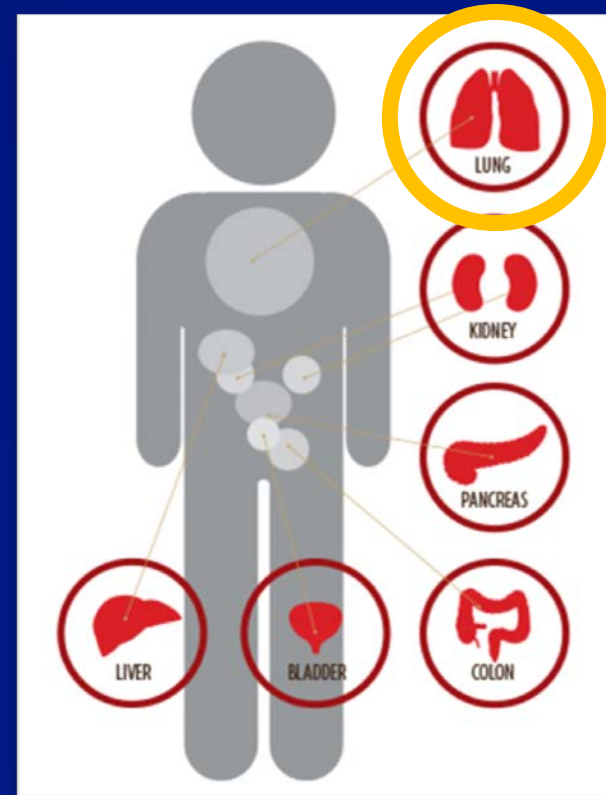
## **Smoking – The Breath Blocker**

- ❑ COPD rates have risen steadily since 1964.**
- ❑ Nearly 8 out of 10 COPD deaths are from smoking.**
- ❑ COPD patients have higher risk for lung cancer and heart disease.**
- ❑ Women who smoke are now dying from COPD in the same numbers as men who smoke.**

# Smoking – The Breath Blocker

## Chronic Obstructive Pulmonary Disease (COPD)

- ❑ Smoking causes most cases of COPD.
- ❑ There is NO CURE for COPD





## **Smoking – The Breath Blocker**

### **Other respiratory diseases**

- ❑ Smokers have a higher risk of getting and dying from TB.**
- ❑ Youth who smoke may be more likely to develop asthma.**
- ❑ Children exposed to SHS have more respiratory infections.**



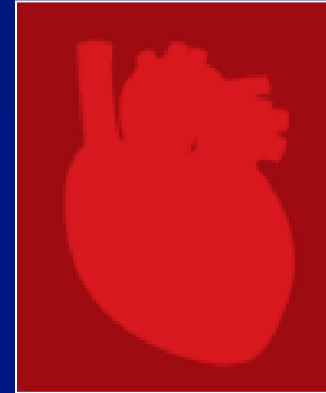
# **Smoking – The Heart Stopper**

## **Cardiovascular Disease (CVD)**

- ❑ CVD is the biggest killer in the U.S.**
- ❑ It causes more than 800,000 deaths every year.**
- ❑ Smoking is a major cause of CVD.**
- ❑ SHS increases the risk for heart attack or stroke, even for nonsmokers.**

## Cardiovascular disease includes:

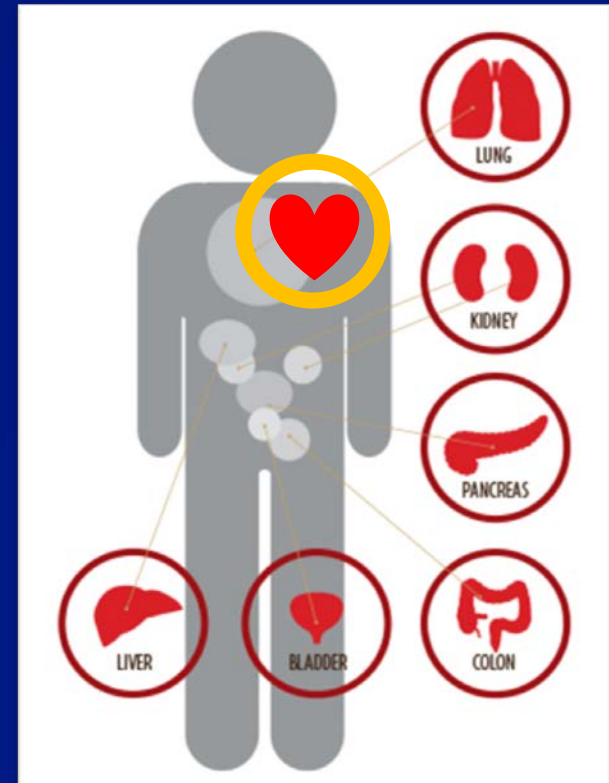
- ❑ Coronary heart disease
- ❑ High blood pressure
- ❑ Heart attack
- ❑ Stroke
- ❑ Abdominal aortic aneurysm
- ❑ Peripheral arterial disease





# Smoking – The Heart Stopper

- ❑ Smoking causes cells lining veins and arteries to swell.
- ❑ Narrower arteries mean reduced blood flow to the heart, brain, and organs.
- ❑ Clots can block narrowed arteries, causing heart attack, stroke, and even sudden death.
- ❑ Even occasional smoking damages blood vessels.





## **Smoking & Reproduction**

- ❑ Smoking during pregnancy endangers moms and babies.**
- ❑ More than 400,000 U.S. babies are exposed to chemicals in cigarette smoke before birth.**
- ❑ Babies of smoking mothers have higher risk of SIDS.**
- ❑ Mothers who smoke in early pregnancy are more likely to have babies with cleft lip or cleft palate.**

# Smoking and Reproduction

- ❑ Smoking can cause ectopic pregnancy, which almost always causes the fetus to die.
- ❑ Other smoking complications can include:
  - ❖ early delivery
  - ❖ low birth weight



# Smoking and Reproduction

Smoking also causes reproductive issues for men:

- ❑ Smoking can cause erectile dysfunction (ED).
- ❑ Smoking damages DNA in sperm.





## **Smoking and Diabetes**

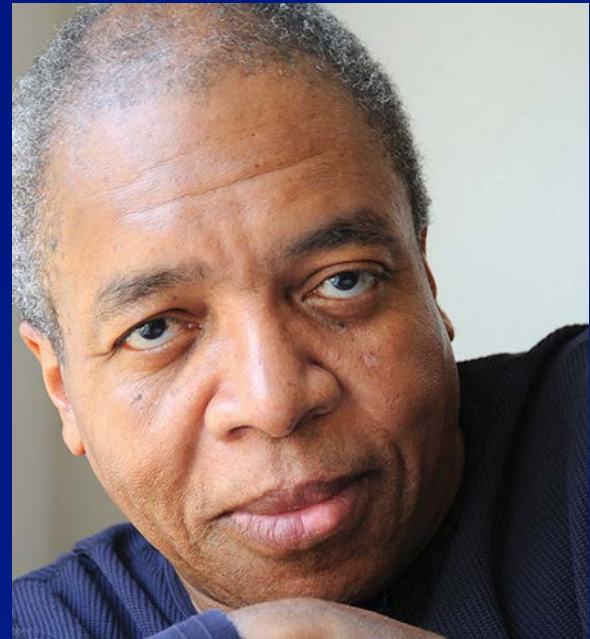
**Diabetes is the 7<sup>th</sup> leading cause of death in the U.S.**

- ❑ **Smoking causes type 2 diabetes.**
- ❑ **Smokers are 30-40% more likely to develop type 2 diabetes than nonsmokers.**

# Smoking and Diabetes

## Diabetic smokers:

- ❑ Have difficulty regulating insulin levels.
- ❑ Have higher risk of heart disease, blindness, kidney failure, and nerve and blood vessel damage to feet and legs.





## Smoking and Eye Disease

- ❑ **Smoking causes serious eye disease, including:**
  - Age-related macular degeneration (AMD)
  - Cataracts
- ❑ **These diseases are the most common causes of blindness.**



## **Smokers are sicker longer and more often**

- ❑ **More than 16 million Americans suffer from at least one disease caused by smoking.**
- ❑ **Smokers have more lung infections than nonsmokers.**
- ❑ **Smokers are admitted to hospitals more often than nonsmokers.**
- ❑ **Smokers miss more work than nonsmokers.**

# Smoking and the Immune System

- ❑ Smoking harms the immune system and causes autoimmune disorders.
- ❑ Smoking is a cause of rheumatoid arthritis (RA).
- ❑ RA treatment can be less effective for smokers.





# Smoking Today – The Persistent Epidemic

**Cigarettes** cause almost all tobacco-related disease and death.

- ❑ Smoking claims nearly 500,000 lives every year.
- ❑ More than **16 million** people have at least one smoking-related disease.
- ❑ **88 million** Americans continue to be exposed to SHS.



## **Smoking Today – The Persistent Epidemic**

- ❑ **Lower smoking rates have saved 8 million lives and added about three years to average life expectancy.**
- ❑ **50 years after the first SG report, 18% of Americans smoke compared to 43% in 1965.**
- ❑ **Today 42 million adults and 3 million middle and high school students are smokers.**
- ❑ **We have made progress, but there is still so much more to do.**

# **Saving Millions of Lives – Doing Much More**

**We know what works to lower smoking rates:**

- ☐ Smokefree policies in public places**
- ☐ Make smoking the exception – not the norm**
- ☐ Easy-to-get affordable smoking cessation treatments**





## Cessation – Lifeline to a Tobacco-Free Life

- ❑ Most smokers want to quit and half already have.
- ❑ Cessation therapies improve your chances of quitting successfully.
- ❑ Talk to your doctor, and call 1-800-QUIT-NOW or go to <http://www.SmokeFree.gov> for free help.





## **Saving Millions of Lives – Doing Much More**

**We know what works to lower smoking rates:**

- ❑ Higher prices on cigarettes and other tobacco products**
- ❑ Well-funded, continuous mass media campaigns about the dangers of smoking**
- ❑ State and community outreach, educational and public health programs**



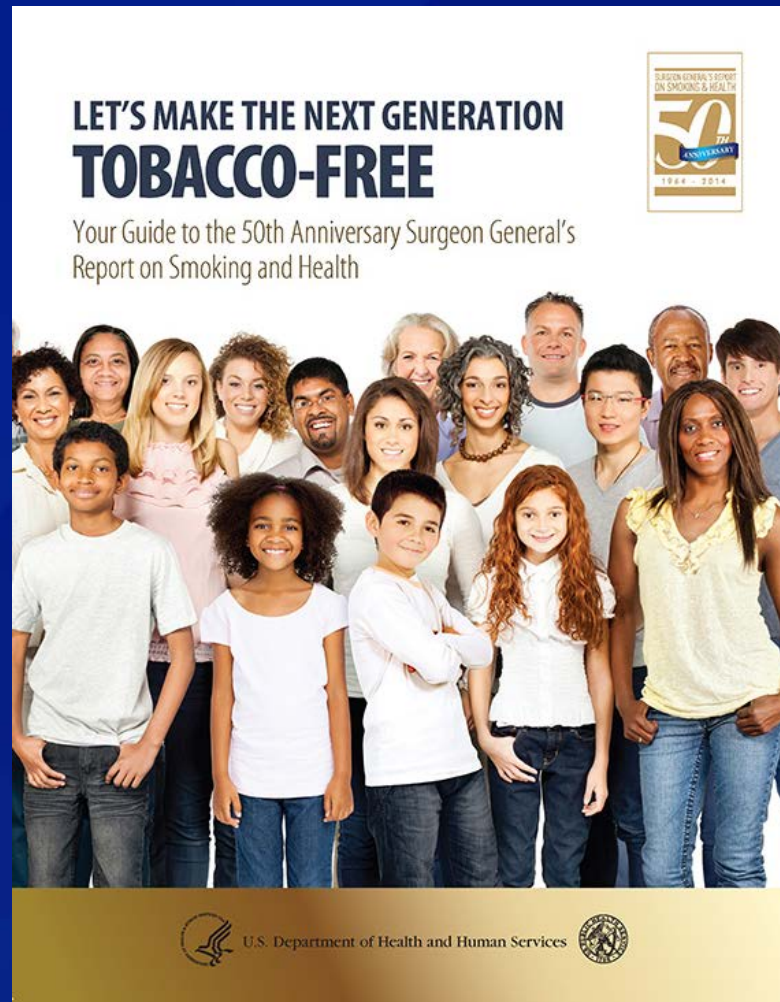
## **We Can Be Tobacco-Free**

***The time is NOW to begin a tobacco-free future.***

***We can break the cycle of sickness, disability and death caused by smoking.***

***We can reduce the disease and death caused by smoking until the scourge of the tobacco use epidemic becomes a minor public health nuisance.***

# We Can Be Tobacco-Free



## Resources

- ❑ <http://www.BeTobaccoFree.gov> - information portal for additional tobacco-related Web sites
- ❑ <http://www.surgeongeneral.gov/initiatives/tobacco/> - SGRs, consumer guides, Public Service Announcements
- ❑ <http://www.cdc.gov/tobacco> - statistics, reports, plain language products for download and ordering
- ❑ <http://www.smokefree.gov> - help for people who want to quit smoking
- ❑ <http://www.cdc.gov/tips> - stories of real people dealing with smoking-related diseases and how they quit