



Truths About Teen Smoking

- Every day in the United States alone, approximately 3,000 young people under the age of 18 start smoking. That's more than one million new smokers a year.
- It is estimated that approximately 4.5 million adolescents in the United States are smokers.
- Nearly all first time smoking happens before high school graduation.
- Teen smokers get sick more often than teens who don't smoke.
- Teen smokers have smaller lungs and weaker hearts than teens who don't smoke.
- Teen smokers are more likely to use alcohol and other drugs.
- Spit tobacco, pipes, hookahs and cigars are not safe alternatives to cigarettes.
- The tobacco industry concentrates its marketing efforts on our nation's youth.
- A smoker spends about \$2,000 a year on cigarettes.
- Those who start smoking at a young age are more likely to have a long-term addiction to nicotine than people who start smoking later in life.
- People who smoke a pack a day die on average, 7 years earlier than people who have never smoked.
- Smoking-related illness claims more American lives than alcohol, car accidents, suicide, AIDS, homicide and illegal drugs combined.
- Smoking is the single most preventable cause of premature death in the United States.



For more information or to get help with quitting, contact the
Oakland County Health Division at (248) 424-7125