

Teens & Tobacco

- Over 45% of teens in Sacramento have smoked cigarettes. (1)
- 30% of Sacramento teens surveyed said that they thought that teenagers were definitely too young to get addicted to cigarettes. (1)
- 50% of Sacramento teens said they had seen advertisements for cigarettes or chewing tobacco when they would go to sports events, fairs, or community events. (1)
- 95% of Sacramento teens think smoke from other people's cigarettes is harmful to them. (1)
- Between one-third and one-half of teens who try a cigarette will go on to become a daily smoker. (2)
- Being around secondhand smoke (SHS) makes it more likely that teens will suffer from smoke-caused coughs and wheezing, bronchitis, asthma, pneumonia, potentially deadly lower respiratory tract infections, eye and ear problems, and other health problems. (3)
- Teens who smoke have smaller lungs and weaker hearts and get sick more often than teens who don't smoke. (4)
- Teens who smoke are more likely than nonsmoking teens to use alcohol and other drugs. (4)
- Over 70% of teen smokers wish they had never started smoking in the first place. (4)
- The younger you begin to smoke; the more likely you are to be an adult smoker. Young people who start smoking at an earlier age are more likely to develop long-term nicotine addiction than people who start later. (4)
- It's easier to become dependent on, or addicted to, nicotine when you are a teen. When teens and adults smoke the same number of cigarettes a day, teens tend to become more dependent than do adults. (4)
- Each day, nearly 6,000 young people under 18 years of age start smoking; of these, nearly 2,000 will become regular smokers. That is almost 800,000 every year. (4)
- It is estimated that at least 4.5 million teens in the United States are cigarette smokers. (4)

1. California Department of Health Services, CSTATS, 2004
2. http://www.americanlegacy.org/americanlegacy/skins/alf/display.aspx?moduleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&mode=User&action=display_page&ObjectID=7f514711-eb01-4d81-939d-9ad499256130
3. <http://www.tobaccofreekids.org/research/factsheets/>
4. <http://ncadi.samhsa.gov/govpubs/phd633/>