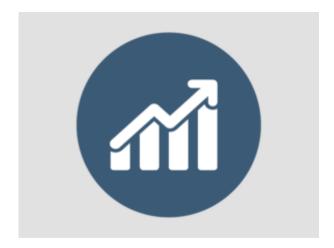
## **Smoking and Your Health Stats and Facts**



## **FACTS**

- 1. Smoking leads to disease and disability and harms nearly every organ of the body.
- 2. More than 16 million Americans are living with a disease caused by smoking.
- 3. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.
- 4. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.
- 5. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.
- 6. Smoking is a known cause of erectile dysfunction in males.
- 7. Smoking causes cancer, heart disease, stroke, diabetes and lung diseases (including emphysema, bronchitis and chronic airway obstruction).
- 8. Smokers typically inhale about 1 milligram (mg) of nicotine in a single cigarette.
- 9. Tobacco is the leading cause of preventable death in the world.

## **STATS**

- On average, the life expectancy of a smoker is 10 years less than a non-smoker.
- Cigarette smoke contains more than 7,000 chemicals, 70 of which are known to cause cancer.
- Nearly 9 out of 10 smokers start before the age of 18 and almost all start smoking by age 26.
- Every day, more than 3,200 children and teens under 18 years old smoke their first cigarette. (There are also 2,100 young adults who turn into daily smokers each day.)
- For every person who dies from a smoking-related disease, 20 more people suffer from a smoking-related illness.
- Smoking and tobacco use causes more than 5 million deaths per year worldwide. Current trends show that this will increase to more than 8 million deaths annually by 2030.
- Smoking is responsible for about 1 in 5 deaths annually in the United States.

- Worldwide, tobacco use causes more than 7 million deaths per year.2 If the pattern of smoking all over the globe doesn't change, more than 8 million people a year will die from diseases related to tobacco use by 2030.
- If smoking continues at the current rate among U.S. youth, 5.6 million of today's Americans younger than 18 years of age are expected to die prematurely from a smoking-related illness.