

Tobacco: get the facts!

- Most (97%) of Whatcom County middle school youth do not smoke cigarettes.
- Most Americans (81%) do not smoke.
- Each cigarette can reduce your life by 5-7 minutes.
- Smoking is expensive. Smoking a pack of cigarettes each day for one year costs about \$2,900.
- Smoking affects your teeth, hair, skin, breath, and clothes.



keeping it real...

- Tobacco is the leading cause of death in the U.S., killing over 450,000 annually (including **210 deaths** in Whatcom County).
- Second-hand smoke kills nearly 50,000 non-smokers in the U.S. each year. In Whatcom County more than **11,800** youth are exposed to secondhand smoke.
- Most adult smokers don't want to smoke, in fact nearly **70%** want to quit.
- Encourage others to call the quit line at **1-800-784-8669**.

Make informed, healthy choices!



*Whatcom Prevention Coalition &
The W.C. Health Department*