General Information

Although some claim that Sir Walter Raleigh introduced tobacco to Europe, tobacco actually originated among natives of the New World. Christopher Columbus observed Caribbean Indians smoking. By the mid-sixteenth century, tobacco had made its way to Portugal. Nicot, the French Ambassador to Portugal, took some tobacco to Queen Catherine de Medici. She called the new plant "nicotiana," after Nicot. Hence the name "nicotine." By 1619, tobacco was the leading export of Virginia.

Americans smoke about 4 billion of various types of cigars and cigarillos, and 600 billion cigarettes annually; they also use about 150 million pounds of tobacco in other forms (600 billion cigarettes dump an estimated 2.25 million metric tons of gaseous and particulate matter into the air).

Cigarette smoking has been the most popular method of taking nicotine since the beginning of the 20th century. In 1989, the U.S. Surgeon General issued a report which concluded that cigarettes and other forms of tobacco are addicting, a major cause of stroke, and the third leading cause of death in the U.S. Despite this warning, the National Household Survey on Drug Abuse shows that more than 50 million Americans continue to smoke cigarettes.

Second-Hand Smoke

- Secondhand smoke is a combination of the smoke from a burning cigarette and the smoke exhaled by a smoker.
- Although secondhand smoke is dangerous to everyone, fetuses, infants and children are at most risk. This is because the smoke can damage developing organs such as lungs and the brain. It also increases both the frequency and severity of childhood asthma; increases the number of children's colds and sore throats; increases the likelihood of bronchitis and pneumonia; and increases the number of ear infections and the duration of the illness.
- Non-smokers exposed to cigarette smoke have in their body fluids significant amounts of nicotine, carbon monoxide, and other evidence of secondhand smoke.
- The Environmental Protection Agency, which has declared environmental tobacco smoke to be a known carcinogen (cancer-causing agent), says that passive smoking causes 3,000 cases of lung cancer in the U.S. every year. It also causes an estimated 32,000 heart disease deaths a year. The cancer deaths combined with the heart disease deaths make passive smoking the third leading cause of preventable death in this country—behind smoking and alcohol abuse.
- A 1994 University of California study indicated that laboratory rats exposed to second-hand tobacco smoke experience a significant increase in both severity of heart attacks and heart disease death.
- Approximately 50% to 67% of children under five years of age live in homes with at least one adult smoker.
- Non-smokers who live with smokers have a 20% to 30% higher risk of dying of heart disease than other non-smokers.
- For many people, second-hand smoke causes reddening, itching and watering of the eyes, and can cause respiratory problems in non-smokers such as coughing, phlegm, chest discomfort, and reduced lung function.
- More than 4,000 chemical compounds have been identified in tobacco smoke. Of these, at least 43 are known to cause cancer in humans and animals.
- If you live with a smoker, or even ride in a car-pool or work with a smoker, you have nicotine in your blood and urine.
- Sidestream smoke has a higher concentration of most poisons and carcinogens than the mainstream smoke that the smoker inhales.
FACTS

- In a 1993 report Donna Shalala, Secretary of Health and Human Services, said that on average smokers die seven years earlier than non-smokers.
- Children of smokers are more than twice as likely to become smokers themselves.
- In 1991, smoking attributable illness cost Kansans $594 million.
- The 1994 Surgeon General Report stated that the tobacco industry targets youths as consumers.
- The FDA reports evidence that the tobacco industry is manipulating nicotine levels to cause or satisfy addiction.

- A Center on Addiction and Substance Abuse study at Columbia University found that tobacco can be an “entry” into hard drug usage, and that among youths 12 to 17 years of age, smokers were 50 times more likely than non-smokers to use cocaine.
- A December 1993 study at K-State indicated that 13.4% of KSU students smoke cigarettes; nationally, 13.6% of people with a college education smoke.
- A Veterans Administration report indicates that older people who quit smoking, even if they have smoked several packs of cigarettes a day for as long as 50 years, will feel noticeably better within a year. More important, though, they will apparently reduce their chances of having a stroke and potentially will delay the onset of a variety of forms of senility, including Alzheimer’s disease.
- Nicotine taken in by cigarette smoking takes only seconds to reach the brain, but has a direct effect on the body for up to 30 minutes. Cigarette smoke is primarily comprised of a dozen gases (mainly carbon monoxide), nicotine and tar.

SMOKELESS TOBACCO

- “Chewing” tobacco calls for a golf ball-size wad of tobacco to be placed in the pouch of the cheek and sucked. “Dipping” is the process of placing a pinch of tobacco (snuff) between the lower lip and teeth where it stimulates the flow of saliva and mixes with it.
- Snuff users have a 4 times greater chance of getting cancer of the mouth than non-users.
- A dip of snuff delivers roughly the same amount of nicotine as a cigarette and 10 times the nitrosamines (nitrosamines form in the mouth though the chemical interaction of saliva and tobacco and are cancer causing compounds).
- Oral cancer is the 7th leading cause of cancer death. There are 29,000 new cases of oral cancer annually and 9,000 deaths (70% tobacco related). Sores start out as white patches on the gums (Leukoplakia), then red areas break out through the white patches and eventually cauliflower-like growths appear (which indicates cancer).
- Snuff production has increased by 50% since 1981; 46 million pounds of snuff were produced in 1990.
- Snuff (and chewing tobacco) are highly addictive.
- Smokeless tobacco can also lead to less sense of taste and the ability to smell, receding gums, more tooth decay, bad breath, and discolored teeth.
- There are 6-10 million snuff users nationally.

COSTS

- Cigarette smoking is the number one preventable cause of death and disability in the United States according to overwhelming amounts of scientific research. More than one of every six deaths is attributed to smoking. In 1988, an estimated 434,000 Americans died as a result of smoking. These deaths and illnesses resulted in $69 billion in health care costs and lost productivity in the United States.
- 1990 Census Bureau estimates indicate that almost 1 out of 4 Kansans between the ages of 35 and 64 smoke cigarettes.
- In 1991, an estimated 3,888 Kansans died due to smoking related illnesses (this represents 18% of all deaths reported that year!).
- By combining the smoking attributable direct costs and the indirect costs, it is estimated that the total smoking attributable costs to our Kansas economy for 1991 was $594 million (this equals $2.68 per pack of cigarettes sold).
PHYSICAL EFFECTS OF CIGARETTE SMOKING

- Cigarette smoking is associated with higher rates of cancers of the urinary bladder, esophagus, mouth, lips, larynx, colon and kidneys, as well as peptic ulcers, stomach ulcers, and periodontal disease. Smoking is responsible for 30% of all cancers and 87% of all lung cancers.

- John Hopkins University researchers have found cataracts to be more common in cigarette smokers.

- A new study has found that women who smoke a pack a day through adulthood reach menopause with bones that are up to 10% less dense than those of non-smokers.

THE BENEFITS OF QUITTING

Once you kick the smoking habit, you'll find the benefits of a smoke-free life last a lifetime. By quitting: you will embark on a sensible program of self-care for your throat, lungs, heart, and other organs; you will decrease the incidence of all smoking-related diseases; you will begin to reduce your death rate; after as little as one year, you can cut the excess risk of heart disease by one-half; your sense of smell will sharpen, you'll get rid of those smokers' headaches, and you'll save hundreds (thousands) of dollars!

BREAKING THE HABIT

Will shifting to a healthier lifestyle be worth the effort? Yes. The U.S. Public Health Service reports that 51% of deaths in this country are due to unhealthy lifestyles. But habits aren't created equal. Some are tougher to break than others. Getting ready to quit is part of the battle! There is no magic formula for success, but these eight tips should help make your resolution a reality:

1. MAXIMIZE MOTIVATION
   An honest commitment to change is the key to success; list on paper reasons a change will benefit you.

2. UNDERSTAND YOUR HABIT
   Before attempting a change, observe and record your behavior. Keep a log of harmful behavior. When does the behavior most often occur? What makes it worse? Changing your behavior involves getting to know yourself.

3. SET REALISTIC GOALS
   All-or-nothing proclamations usually are a recipe for defeat. Set a date and take it one day at a time.

4. AVOID TRIGGERS
   "Triggers" are events or feelings that tempt you to revert to old habits. If you can recognize your triggers, you can prepare for them.

5. SWAP BAD FOR GOOD
   Once you recognize your triggers, start a "competing behavior" that fulfills the same need. It is better not to change eating habits or try to diet; instead, many ex-smokers suggest healthy snacks such as fruit or raw vegetables. It is also an opportune time to begin an exercise program that will help you maintain a healthier lifestyle.

6. TRIP, BUT DON'T FALL
   Expect a lapse now and then. Don't let it deter you from your long-term goal of a healthier lifestyle. Learn from lapses. Consider them part of the process, not the end of it.

7. ENLIST OTHERS
   Working with at least one other person who is also interested in change can be a helpful reinforcement and resource. Share information, ideas, and successes.

8. MAINTAIN AND REWARD
   Mark milestones with small rewards. This helps to engrain your new behavior and gives you something pleasant to anticipate.

   Maintaining a change is often difficult, so make the change as enjoyable as possible.

   (Mayo Clinic Health Letter January 1992)
WOMEN

• The National Institute of Environmental Sciences has found evidence that cigarette smoking can markedly reduce a woman’s fertility and delay her ability to conceive.

• Some studies suggest that smoking during pregnancy may cause birth defects.

• Smoking mothers produce less milk, and their babies have lower birth weights. Maternal smoking also is associated with neonatal death and Sudden Infant Death syndrome.

• Children of mothers who smoked during and after pregnancy are more likely to suffer behavioral problems such as hyperactivity than children of non-smoking mothers. Modest impairment in school performance and intellectual achievement have also been demonstrated.

• Babies of smoking women average 6 ounces less at birth than babies of non-smoking women.

• Statistics show a direct correlation between smoking during pregnancy and the incidence of spontaneous abortion and stillbirth.

TRENDS

• The 30,000 employees of the Lorillard Tobacco Company voted to make the company’s work environment smoke-free. They produce 200 million cigarettes daily.

• During March 1994, moves were made to ban smoking in McDonalds’ company-owned restaurants, in U.S. military workplaces, and in every work space, including restaurants and bars, throughout Maryland.

• After falling for decades, the percentage of Americans, 18 years of age and older, who smoke has leveled off at about 25% (43.3 million Americans).

• An estimated 3,000 U.S. children begin smoking each day. Sooner or later, 30 of them will die in traffic accidents...but more than 20 times as many (750) will die from tobacco-related diseases!

• Since peaking in the late 1970’s, cigarette smoking among high school seniors had remained around 28-30% through 1992; however, it appears the proportion of young people who are picking up the habit is starting to rise again.

• The Clinton Administration hopes to finance a large part of health-care reform with a 75¢—a—pack increase in the U.S. cigarette tax (now 24¢ a pack).

• The tobacco industry revenues last year was approximately $48 billion.

Campus Resources

University Counseling Services
Lafene Health Center-2nd floor
(Sherry Benton) 532-6927

Al-Anon Meeting
Lafene Health Center-Room 21
532-6927 (Roxanne)
Thursdays, 5-6 p.m.

Alcoholics Anonymous
Open Noon Meeting
(M-F, Noon-1 p.m.)
Ecumenical Campus Ministry
1021 Denison

Lafene Health Center
532-6544

“U.S tobacco companies are shipping billions of cigarettes to the Soviet Union. Boy you’d think we were still enemies!”

Jay Leno

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