

Tobacco Health Impacts

Tobacco use has deadly consequences, and tobacco retailers play a critical role in protecting kids from addiction, disease, and early death. It's pretty simple — don't sell tobacco and nicotine products to underage customers.

- ✓ Two thirds of people who try a cigarette become daily smokers, and nine out of 10 adult smokers start by age 18.^{5,6}
- ✓ Young people who took up vaping were more than four times more likely to smoke traditional cigarettes a year later, according to one study.²
- ✓ The brain is still developing until at least the age of 25.^{3,4}
- ✓ Introducing nicotine, a highly addictive chemical, to a young, developing brain can disrupt the development of the brain circuits that control attention, learning, mood and impulse control.^{3,4}
- ✓ Nicotine can also affect the brain's reward system and cause young people's brains to be more easily addicted to other unhealthy substances.^{3,4}
- ✓ 16 million Americans alive today suffer from a disease caused by smoking, and each year 480,000 will die.¹
- ✓ Smoking costs the U.S. at least \$289 billion each year, including at least \$151 billion in lost productivity and \$130 billion in direct healthcare expenditures.¹
- ✓ Smoking harms nearly every organ in the body, and is a main cause of lung cancer and COPD. It also is a cause of coronary heart disease, stroke and a host of other cancers and diseases.¹
- ✓ Cigarette smoke contains more than 7,000 chemicals, at least 69 of which are known to cause cancer.⁷ Smoking is directly responsible for approximately 90 percent of lung cancer deaths and approximately 80 percent of deaths caused by chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis.⁸
- ✓ Among current smokers, 73% of their diagnosed smoking-related conditions are chronic lung diseases. Even among smokers who have quit, chronic lung disease still accounts for 50% of smoking-related conditions.⁹

Thank you for your assistance in helping keep Lone Tree residents and visitors safe and healthy. The information stated above has been provided by the Tri-County Health Department. If you would like to know more about the health impacts of tobacco, or if you are seeking general information on this issue, please visit the Tri-County website at www.tchd.org.

For retail tobacco licensing information, please contact the Lone Tree City Clerk's Office at 303-708-1818 or email to rick.parsons@cityoflonetree.com.

Document References:

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9. U.S. Department of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*, 2004.