



KNOWLEDGE IS THE KEY

get the facts on TOBACCO

TOBACCO IS THE LEADING CAUSE OF PREVENTABLE DEATH AND ILLNESS IN THE US. IN FACT, THERE IS NO SAFE WAY TO USE TOBACCO AND NO SAFE LEVEL OF EXPOSURE.

Nicotine is highly addictive, in fact, the great majority of adults who smoke, started using tobacco in adolescence.

Smokeless tobacco (chewing tobacco, snuff, snus and dip) carries its own set of health risks including the risk of gum disease and cancer. It delivers nicotine and harmful chemicals directly to the tissues.

What about the Hookah?

A hookah is a special type of water pipe that burns tobacco. According to the National Institute on Drug Abuse, a typical hookah session delivers approximately 125 times the smoke, 25 times the tar, 2.5 times the nicotine, and 10 times the carbon monoxide as smoking a cigarette.

What can parents do?

- Start discussing the health impacts of smoking at an early age.
- When talking to teens, target issues that are a big deal for young people such as bad breath, high cost, yellow teeth, wrinkled skin and bad smell.
- Tell your teen it is illegal to purchase or possess any tobacco products under the age of 19 in Alabama.
- Set clear expectations that you do not want your child to use tobacco products.
- Talk to your doctor if you smoke and are interested in stopping. There are "Quitlines" that are toll free and offer free information and counseling. **See here:** Quit Smoking Resources <http://goo.gl/q2ayKg>

Interested in learning more?

Campaign for Tobacco-Free Kids <http://www.tobaccofreekids.org>
Smokeless Tobacco and Cancer <http://goo.gl/xNyDKN>