












*...strengthening your child's foundation through life skills education.<sup>SM</sup>*

## TOBACCO FACTS

-  An estimated 3,000 lung cancer deaths and more than 35,000 coronary heart disease deaths occur annually among adult nonsmokers in the United States as a result of exposure to secondhand smoke.
-  Approximately 60% of non-smokers in the United States have biological evidence of secondhand smoke exposure.
-  Secondhand smoke contains a complex mixture of more than 4,000 chemicals, more than 50 of which are known or probable human cancer-causing agents (carcinogens).
-  Because their lungs are not fully developed, young children are particularly susceptible to secondhand smoke. Exposure to secondhand smoke is associated with an increased risk for sudden infant death syndrome (SIDS), asthma, bronchitis, and pneumonia in young children.
-  Cigarette smoking remains the leading preventable cause of death in this country and is responsible for an estimated 438,000 deaths per year (in N.J. alone), or about one of five deaths. An estimated 38,000 of these deaths are the result of secondhand smoke exposure.
-  On average, smokers die 13 to 14 years earlier than nonsmokers.
-  Nearly 11,000 of New Jersey's smokers will die this year from tobacco-related disease.
-  90% of smokers start before the age of 18.
-  Tobacco companies spend \$28 to market cigarettes to every \$1 states spend on tobacco prevention.
-  4,000 students try smoking everyday.
-  Within 20 minutes of when a smoker quits, the body begins to repair itself...

\* NJ Quitline @ 1-866-NJ-STOPS (1-866-657-8677)

\* NJ QuitNet @ [www.nj.quitnet.com](http://www.nj.quitnet.com)

\* NJ Quitcenters – for location information visit  
[www.nj.quitnet.com](http://www.nj.quitnet.com)