



# SMOKING FACTS AND FIGURES

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*Sam Hamilton*

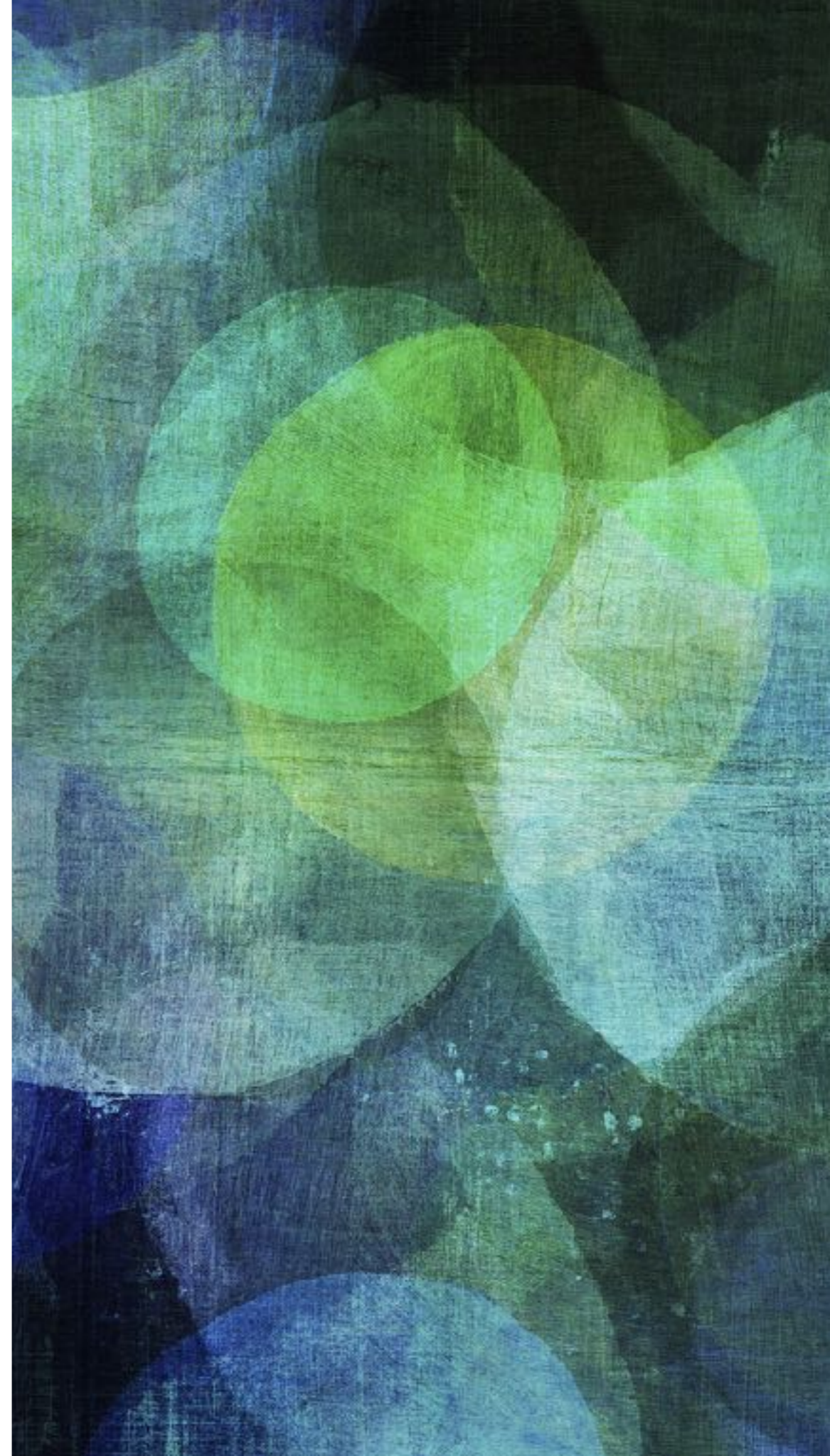



# WHAT IS NICOTINE?

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Nicotine is the chemical found in tobacco products that is responsible for addiction. When you use tobacco, nicotine is quickly absorbed into your body and goes directly to your brain. Nicotine activates areas of the brain that make you feel satisfied and happy. Whether you smoke, vape, or dip, the nicotine you are putting in your body is dangerously addictive and can be harmful to your developing brain.

[Video](#)





# WHAT DOES NICOTINE ADDICTION LOOK LIKE?

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- Cravings, or feeling like you really need to use tobacco.
- Going out of your way to get tobacco.
- Feeling anxious or irritable if you want to use tobacco but can't.
- Continuing to use tobacco because you find it hard to stop.

*Video*



**MAP OF HOW YOUR BODY IS  
DESTROYED BY TOBACCO**



# HOW DOES TOBACCO EFFECT YOUR BODY?

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- Brain
- Head and Face
  - Eyes
  - Mouth
  - Face
- Heart
  - Stressed muscle
  - Sticky blood
  - Fatty deposits



# YOUR BODY CONT'D

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- Lungs

- Scarred lungs

- Emphysema

- Cilia and respiratory infections

- Stomach and Hormones

- Belly

- Lower hormone levels

- Immune System

- Lack of healing

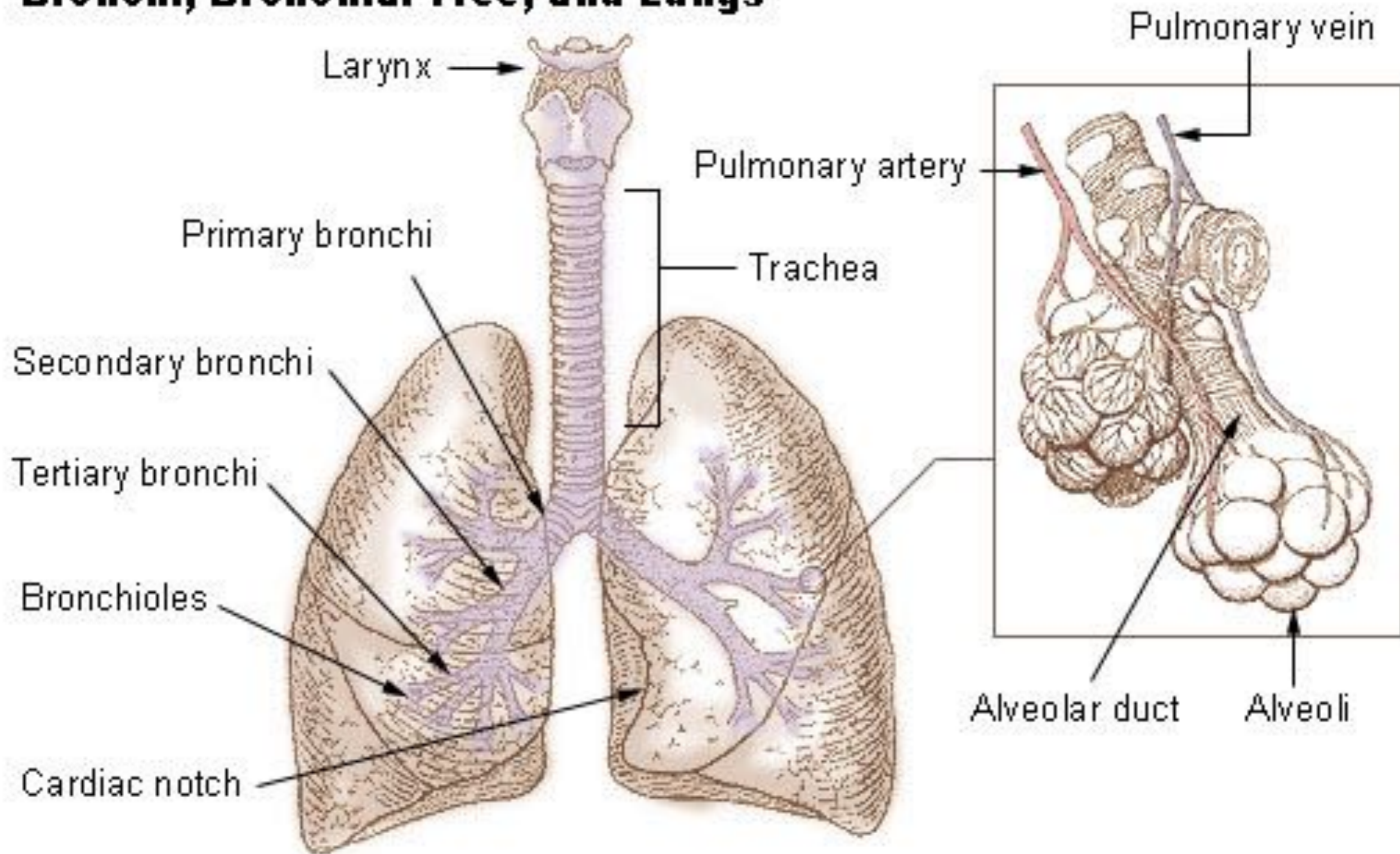
- Inability to fight infections

- Muscles and Bones

- Tired muscles

- Increased injury

# Bronchi, Bronchial Tree, and Lungs







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"The nicotine was making me dead, inside and out. Now I feel free, vibrant, energetic, focused, and so alive!"

-Smokefree Arwen

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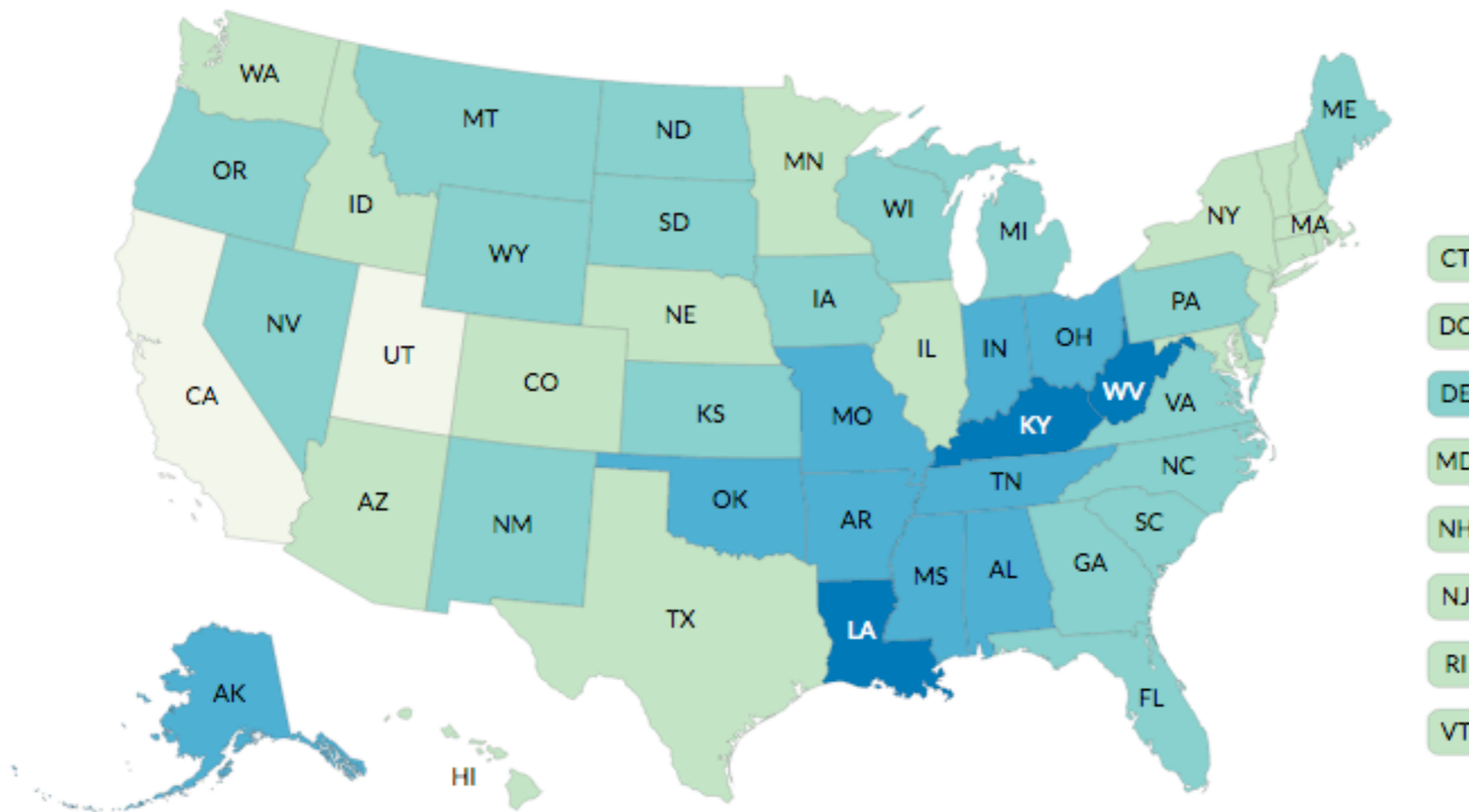


# COST OF TOBACCO

# Current Cigarette Use Among Adults (Behavior Risk Factor Surveillance System) 2017

## About This Map

- 8.9% - <12.4%
- 12.4% - <15.9%
- 15.9% - <19.4%
- 19.4% - <22.9%
- 22.9% - 26.4%



Territories

GU

PR



## 20 Minutes after quitting

The heart rate and blood pressure drop back to normal levels.

## 1-2 Weeks after quitting

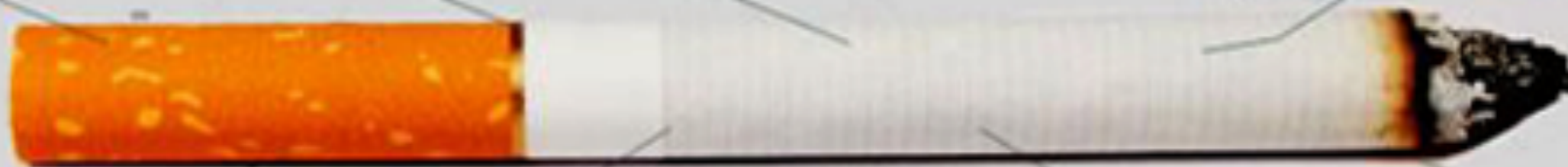
Circulation and lung function improve.

## 1 Year after quitting

The risk of getting coronary heart disease is half as high as a smoker's.

## 10 Years after quitting

The risk of dying from lung cancer is half that of smokers'. Risk of getting pancreatic and larynx cancer also decreases.



## 12 Hours after quitting

The level of carbon monoxide in the blood drops to normal.

## 1-9 Weeks after quitting

Smoker "norms" (like a constant cough and shortness of breath) become less pronounced.  
The tiny hairs lining the lungs (aka "cilia") work normally again and clean the lungs to reduce risk of infection.

## 5 Years after quitting

The risk of contracting mouth, throat, esophagus, and bladder cancers is half of what it is for smokers. Risk of cervical cancer and stroke fall, too.

## 15 Years after quitting

The risk of heart disease is equivalent to non-smokers' risk.

[www.HealthyFoodTeam.com](http://www.HealthyFoodTeam.com)

# SHORT & LONG TERM IMPROVEMENTS OF STOPPING SMOKING

in one week,  
your sense of taste  
and smell improves

in three months,  
your lung function  
increases 30%

in five years,  
your risk of stroke  
has dramatically  
decreased

in three months,  
your lungs regain the  
ability to clean themselves



in one year,  
a pack-a-day  
smoker will save  
over \$4,000

in twelve months,  
your risk of heart  
disease is halved

in five days,  
most nicotine is  
out of your body

in eight hours,  
excess carbon monoxide  
is released from your body

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How does your body change if  
you stop smoking?

