

Do You Know Your "Tobacco Facts?"

By Cheryl Dudley

Facts and Stats

"B" Average for DECEMBER

According to Idaho Code 39-5701 the Idaho Department of Health and Welfare must inspect each business that sells tobacco to ensure that it does not sell tobacco to minors. In December 2005:

- ❖ 99 Vendors were inspected.*
- ❖ 16 Vendors sold to the inspecting minor.
- ❖ The compliance rate for the month of December 2005 was 84%

*Inspections where purchase attempts were made.

Prevent the Sale Web site

www.preventthesale.com/idaho

- Learn about the law
- Take the tobacco quiz
- See what the ID's look like
- Play the Game "Would You Sell to This Person?"

Empower Your Conviction and Duty to Say "NO!"

As a tobacco vendor, one of your jobs is to prevent the sale of tobacco to minors – not an easy task! That's why training and being prepared are so important when you're confronted by that persistent teen.

Most everyone knows the damaging effects of tobacco, but knowing some facts and figures can empower your conviction to protect our country's most valuable asset – our youth -- from self-inflicted early death and disease.

This quiz from the Center for Disease Control Web site at www.cdc.gov will test your knowledge about tobacco use. Some of the answers are obvious, but let them serve as reminders of the serious affects of smoking.

1. Smoking is harmful only if you smoke for a long time -- 20 to 30 years or more.
True
False

2. If you smoke a pack a day for one year, it will cost you about:
\$50
\$1000
\$1,500
\$3,000

3. Nicotine in tobacco is highly addictive.
True
False

4. Spit tobacco is a safe and non-addictive alternative to cigarettes.
True
False

5. Which of the following chemicals are found in cigarette smoke?

- Ammonia (used to clean toilets)
- Cyanide (used to kill rats)
- Formaldehyde (used to preserve dead frogs)
- All of the above

6. More than 80% of smokers start before they turn:

- 18 years old
- 21 years old
- 25 years old

7. How many young people become new smokers each day?

- 1,000
- 2,000
- 3,000

8. Tobacco kills more people each year than which of the following causes of death?

- Illegal drugs
- Car crashes
- AIDS
- All of the above

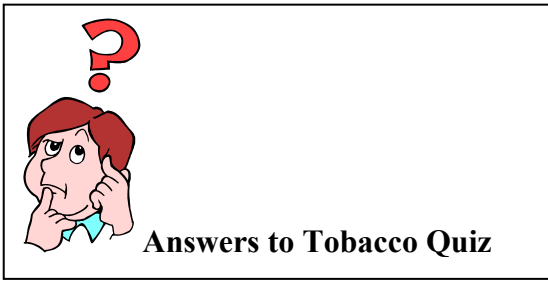
9. Within two days of quitting smoking, your sense of taste and smell are greatly improved.

- True
- False

10. What is the number one source of pollution on California beaches?

- Oil slicks
- Hospital waste
- Cigarette butts

Find the answers on page 2.



1. **False.** The physical damage from smoking sets in almost immediately. Teen smokers have lungs that are damaged and smaller, and have weaker hearts.

2. **\$1000.** If you put \$1000 every year in a bank account earning 5 percent interest, you'd have \$34,719.25 after 20 years.

3. **True.** About two-thirds of young smokers say they want to quit smoking, and seven in 10 say they regret having started. Only 5 percent of teen smokers think they will definitely be smoking in 5 years, but close to 75 percent end up still smoking 7-9 years later.

4. **False.** Use of spit tobacco can cause mouth cancer and other kinds of cancer. It also may play a role in heart disease and stroke. Like cigarettes, smokeless tobacco contains nicotine, and nicotine is addictive. One "dip" of smokeless tobacco can deliver as much nicotine as several cigarettes.

5. **All of the above.** Scientists estimate that there are more than 4,000 known chemical compounds in cigarette smoke. More than 40 of these are known to cause cancer in people or animals. Spit tobacco, even though it is not smoked, contains high concentrations of cancer-causing chemicals called nitrosamines, plus at least a half dozen other chemicals that cause cancer.

6. **18 years old.** More than 80% of adult smokers started before they turned 18, and by that time more than half of them were already smoking daily. Among high school seniors who use spit tobacco; about three in four had tried it by grade 9. Hardly anyone starts using tobacco as an adult. So if you make it through your teens tobacco-free, chances are great you'll be tobacco-free for life.

7. **3,000.** Each day 6,000 young people will take their first puff on a cigarette and 3,000 will become regular smokers. That's more than a million new smokers each year. One out of three of them will die from a disease caused by their smoking. Unless we do something to stop this trend, 5 million young people who are alive today will die from using tobacco.

8. **All of the above.** Each year smoking kills more people than AIDS, alcohol, drug abuse, car crashes, murders, suicides, and fires -- combined! More than 400,000 people die from smoking each year -- one out of every five deaths in the U.S. That's the same as three fully loaded jumbo jets crashing each day with no survivors!

9. **True.** Within two days of quitting smoking, your sense of taste and smell can be greatly improved. There are other immediate benefits of quitting. The levels of carbon monoxide and nicotine in your body go down quickly. Your heart and lungs will begin to repair the damage done by smoking. You'll begin to breathe easier. Your smoker's cough will begin to disappear. And you'll soon notice a boost in your energy and stamina.

10. **Cigarette butts.** Littering beaches and the countryside is only one way that cigarettes harm the environment. Nearly 12.5 million acres of forest -- more than 10 Grand Canyons -- are destroyed each year to provide trees to cure tobacco. That's about a tree every two weeks for the average smoker.

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**Prevent
the Sale!**

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Tobacco Retailers

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What's Inside:

- *Empower Your Conviction
- *Facts and Stats
- *Prevent the Sale Web Site

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