

Basic Information

- The percentage of Arkansas youth who began smoking before the age of 11 has dropped from 23.3% in 2000 to 17.6 in 2005, a decline by 25%.
- Of all Arkansas middle and high school students who were current smokers in 2005, 54% expressed wanting to stop smoking cigarettes and 55% have at least made one serious quit attempt in the 12 months preceding the study.
 - Between 2000 and 2005, the percentage of middle and high school students who smoked cigarettes on school property has declined from 8% to 5%.
 - The use of smokeless tobacco on school property, however, has remained the same at around 6% of all students during the same period.
- Children who are exposed to secondhand smoke are more likely to have more colds and sore throats, asthma, ear infections, behavior problems, bronchitis, pneumonia and hyperactivity problems. Smoking is also extremely dangerous to an unborn child.
- Beadies are miniature cigarettes from India. They contain 7% more nicotine than regular cigarettes. Even the leaf itself is toxic.
- Nicotine is a drug that causes addiction. Tobacco contains nicotine.
- Cigarettes start about 25,000 fires every year in America.
- There are about 40 poison chemicals in cigarettes. Over 4,000 chemicals are evident in cigarettes. Example: tar, ammonia, formaldehyde and insecticide.
- Each year, 400,000 people die from tobacco-related diseases.
- Lung cancer accounts for about 30% of all cancer deaths.
- Tar in the lungs causes wart-like cancer tumors. Cancer cells from the lungs can be carried by the bloodstream to the brain, liver, skin and bone.
- One cigar has as much nicotine as almost 3 packs of cigarettes.
- When a person breathes the smoke from a cigarette, the heart must work harder and needs more oxygen.
- Smokers pay more for life insurance and hospital bills.
- Cigarettes damage the earth's environment.
- Tar stains teeth.
- Cigarettes cause yellow stains on fingers.
- Smoking adversely affects the heart.
- Smoking causes bad breath.
- Using tobacco-related products may affect life expectancy and quality of life.