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SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

CONTACT: SEDGWICK COUNTY COMMUNICATIONS 316-660-9370 FAX: 316-383-7509

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Contact: Jenni (Gluszek) McCausland  
Kristi Zukovich  
316-660-9370

## FOR IMMEDIATE RELEASE

### **Tobacco Expected to Kill 6 Million Worldwide Next Year**

(Sedgwick County, Kansas) – In August global cancer experts reported tobacco use would kill 6 million people in 2010 from cancer, heart disease, emphysema and a range of other illnesses. The American Cancer Society estimates that tobacco use costs \$500 billion (worldwide) per year in direct medical expenses, lost productivity and environmental harm.

**Tobacco is lethal.** It accounts for one out of every 10 deaths worldwide and will claim 5.5 million lives this year. If the current trends hold, the number will grow to an estimated 7 million by 2020 and 8 million by 2030. Tobacco kills one-third to one-half of those who smoke and smokers die an average of 15 years earlier than nonsmokers. Tobacco use will eventually kill 250 million of today's teenagers and children.

**Men smoke more.** One billion men compared to 250 million women smoke worldwide.

**Secondhand smoke is also dangerous,** claiming the lives of 200,000 (worldwide) annually.

**Tobacco use starts early.** Nearly one-quarter of young people who smoke tried their first cigarette before the age of 10.

Quitting smoking will reduce risks and provide immediate health improvements. The U.S. Centers for Disease Control and Prevention report the following statistics:

- 20 minutes after your last cigarette, your heart rate drops to normal.
- 12 hours after quitting, the carbon monoxide level in your blood normalizes.
- One year after quitting, coronary heart disease risk is half that of a smoker's.

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“The New Year is right around the corner. Quitting tobacco is one of the best New Year’s resolutions you can make,” stated Sedgwick County Health Department Director Claudia Blackburn. “If you are a current smoker in Sedgwick County, help the community achieve the Healthy People 2010 goal by reducing our current rate of smoking from 20 percent to 12 percent.”

If you or someone you know is ready to quit tobacco, the toll-free Kansas Tobacco Quitline 1-866-QUIT-NOW (1-866-784-8669) is ready to help. Experienced quit coaches work with callers to prepare for a quit date and help them make a free personalized quit plan. For more information on smoking, its negative consequences, and helpful resources, visit [www.sedgwickcounty.org/healthdept](http://www.sedgwickcounty.org/healthdept).

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