



Sedgwick County...
working for you

Tobacco

What is tobacco and how is it used?

Tobacco is short-leaved plant used for "smoking" in the form of a cigarette, cigar or pipe. This can damage the lungs and contribute to existing health issues, such as asthma. Tobacco can also be "chewed," "dipped" (placed between the cheek and gum), or "sniffed" into the nose as finely powdered snuff. All means of consuming tobacco result in the absorption of nicotine in varying amounts into the user's bloodstream. Over time, addiction occurs.

What diseases are linked to tobacco use?

Tobacco use has been linked to life-threatening diseases including cancer of the lungs, throat, mouth, larynx, esophagus, pancreas, cervix, kidney, stomach and bladder. Additional health risks include heart disease, stroke and emphysema.

Effects of Tobacco

Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined. Thousands more die from other tobacco-related causes including fires caused by smoking and smokeless tobacco. In the U.S., one person dies from a tobacco-related disease every 72 seconds, or 1200 people a day. The economic effects of tobacco are also significant. In Kansas, the annual health care costs directly caused by smoking are \$927 million.

For more information

Visit the Sedgwick County
Health Department Web page at
www.sedgwickcounty.org
or call 660-7300.

How does Sedgwick County compare?

While it seems that many have smoked at one time, in fact, 52% of Sedgwick County adults report they've never smoked. Further, 25% report they are former smokers. Comparing Sedgwick County to Kansas and the United States shows that we have a higher percentage of current adult smokers.

- 23% of Sedgwick County adults currently smoke
- 17.85% of Kansas adults currently smoke
- 20.9% of American adults currently smoke

Ways to reduce the harms of tobacco

The U.S. Surgeon General has concluded the only way to fully protect yourself and your loved ones from the adverse effects of tobacco is avoiding use and smoke-filled environments.

Citation

Campaign for Tobacco-Free Kids, 2005
U.S. Centers for Disease Control and Prevention (CDC), CDC, CDC, *Sustaining State Programs for Tobacco Control, Data Highlights, 2006*.
U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking & Health, 2006.