

# BORN TO BREATHE TOBACCO FACT SHEETS



Tobacco is the only product sold that **KILLS** when used as intended and is harmful and deadly to everyone, even to people who do not use tobacco products.



E-Cigarettes contain acrolein, a herbicide primarily used to kill weeds. It can cause acute lung injury and COPD and may cause asthma and lung cancer.<sup>1,4</sup>



The FDA has not found any e-cigarette to be safe and effective in helping smokers quit. If smokers are ready to quit they should talk to their doctor for proven methods, treatments and counseling.



A study from the University of North Carolina found that the two primary ingredients found in e-cigarettes, propylene glycol and vegetable glycerin, are toxic to cells, and that the more ingredients in an e-liquid, the greater the toxicity.<sup>2,4</sup>



E-Cigarettes produce a number of dangerous chemicals including acetaldehyde, acrolein, and formaldehyde. These aldehydes can cause lung disease, as well as cardiovascular (heart) disease.<sup>3,4</sup>



Both the U.S. Surgeon General and the National Academics of Science, Engineering and Medicine have warned about the risks of inhaling secondhand e-cigarette emissions, which are created when an e-cigarette user exhales the chemical cocktail created by e-cigarettes.<sup>4</sup>



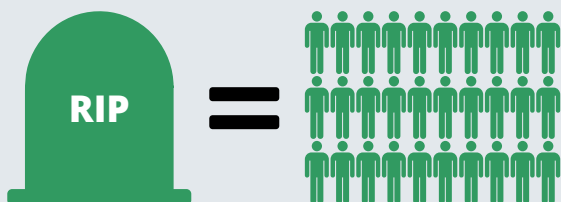
In 2016, the Surgeon General concluded that secondhand emission contain, "nicotine; ultrafine particles; flavorings such a diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin, and lead."<sup>4</sup>

## Smoking increases your risks of....<sup>5</sup>

- Lung Cancer
- Mouth Cancer
- Larynx Cancer
- Pharynx Cancer
- Esophagus Cancer
- Kidney Cancer
- Cervix Cancer
- Liver Cancer
- Bladder Cancer
- Stomach Cancer
- Colon/rectum Cancer
- Pancreas Cancer
- Acute Myeloid Leukemia
- Aortic Aneurysm
- Stroke
- Heart Attack
- Coronary Heart Disease
- Pneumonia
- Chronic Bronchitis
- Emphysema
- Erectile dysfunction
- Reduced fertility
- Type 2 Diabetes
- Gum Disease & tooth Loss
- Low bone density
- Worsening Asthma
- Tuberculosis
- Peripheral Arterial Disease (PAD)
- Peripheral Vascular Disease (PVD)
- Ectopic Pregnancy
- Placenta Previa & Abruption
- Miscarriage & Stillbirths
- Premature Birth & Low-birth weight babies
- Sudden Infant Death Syndrome (SIDS)
- Birth Defects like cleft lip & cleft palate
- Chronic Obstructive Pulmonary Disease (COPD)

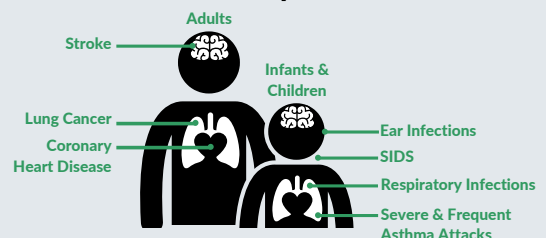
**Tobacco use remains the leading preventable cause of death in the US, accounting for about 1 in 5 deaths each year. On average, people who smoke die about 10 years earlier than people who have never smoked.<sup>5</sup>**

For every person who dies because of smoking,



at least **30 people** live with a serious smoking-related illness.<sup>6</sup>

Secondhand smoke exposure contributes to

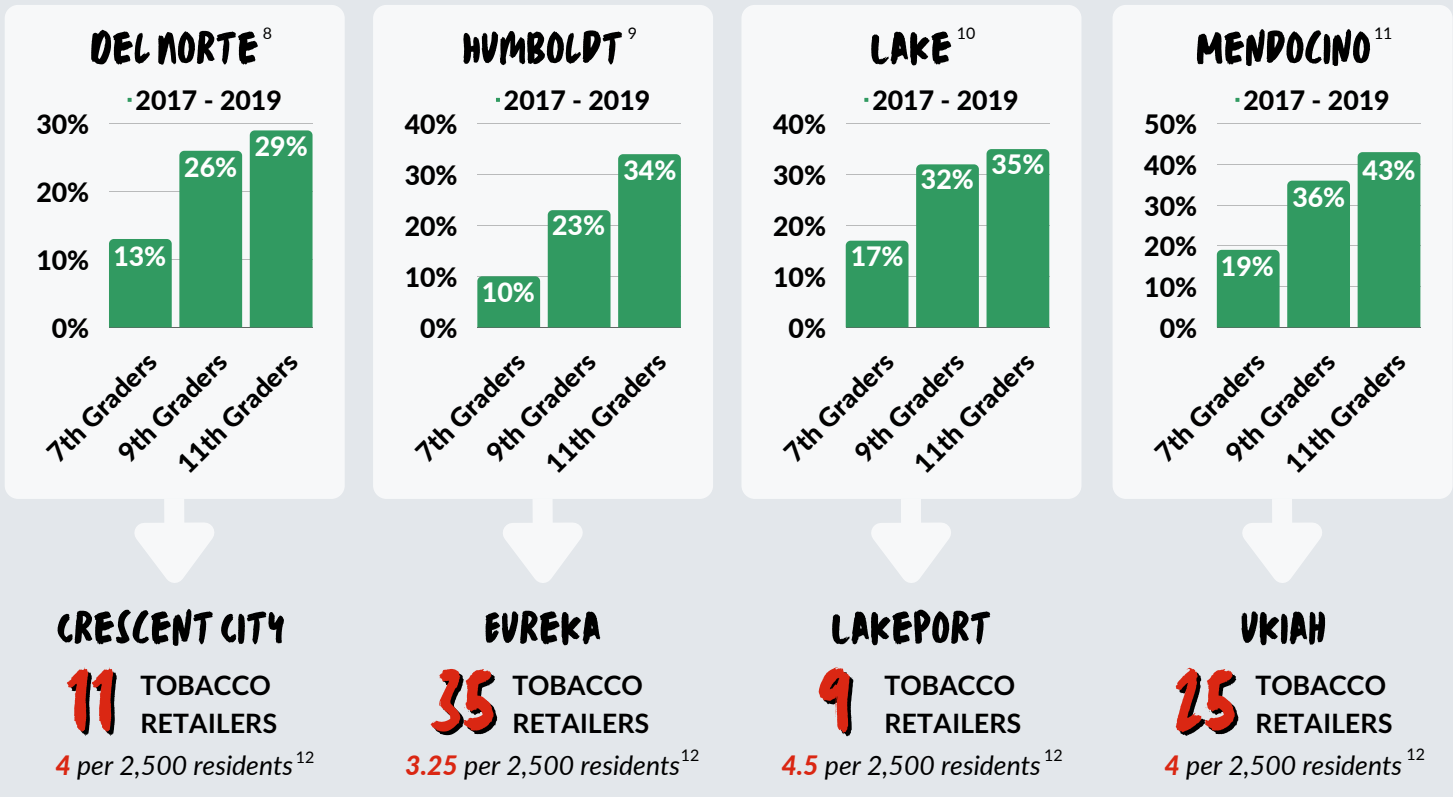


approximately **41,000 deaths** among nonsmoking adults and **400 deaths** in infants each year.<sup>6</sup>

## Local Statistics

Exposure to tobacco marketing in stores increases tobacco experimentation and use by youth and is more powerful than peer pressure. Middle school youth exposed to tobacco products in a retail setting multiple times per week are twice as likely to start smoking.<sup>7</sup>

### YOUTH THAT HAVE EVER TRIED E-CIGARETTES.



## Call To Action

- Smart tobacco policies can help create an environment where community leaders and families feel empowered to reject the culture of tobacco use and choose healthier, tobacco-free futures.
- Local retail licensing policies can reduce youth access to tobacco by banning the sale of all flavored tobacco products, address retail density, tobacco displays and advertising proximity to youth friendly areas, and tobacco free pharmacies.
- Ask communities to pass smoke free policies to protect community spaces such as fairs, rodeos, and shared shared living spaces such as apartment complexes.
- Smokefree outdoor air laws can protect rural Californians from the secondhand smoke they want to avoid.



1. Bein K, Leikauf GD. (2011) Acrolein - a pulmonary hazard. *Mol Nutr Food Res* 55(9):1342-60.doc10.1002/mnfr.201100279.  
 2. Sassano MF, Davis ES, Keating JE, Zorn BT, Kochar TK, Wolfgang MC, et al. (2018) Evaluation of e-liquid toxicity using an open-source high-throughput screening assay. *PLoS Biol* 16(3): e2003904. <https://doi.org/10.1371/journal.pbio2003904>  
 3. Ogunwale, Mumiye A et al. (2017) Aldehyde Detection in Electronic Cigarette Aerosols. *ACS omega* 2(3): 1207-1214. doi:10.1021/acsomega.6b00489.  
 4. [communityhealthcouncil.com/wp-content/uploads/2021/04/impact-of-cigarettes-on-lung.png](http://communityhealthcouncil.com/wp-content/uploads/2021/04/impact-of-cigarettes-on-lung.png)  
 5. <https://www.cancer.org/healthy/stay-away-from-tobacco/health-risks-of-tobacco/health-risks-of-smoking-tobacco.html#:~:text=Here%20are%20a%20few%20examples%20of%20other%20ways,smell%20and%20taste.%20Premature%20aging%20of%20the%20skin.>  
 6. [https://www.cdc.gov/tobacco/basic\\_information/health\\_effects/index.htm](https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm)  
 7. <https://www.tobaccofreekids.org/assets/factsheets/0072.pdf>  
 8. [https://data.calschls.org/resources/Del\\_Norte\\_County\\_1719\\_Sec\\_CHKS.pdf](https://data.calschls.org/resources/Del_Norte_County_1719_Sec_CHKS.pdf)  
 9. [https://data.calschls.org/resources/Humboldt\\_County\\_1719\\_Sec\\_CHKS.pdf](https://data.calschls.org/resources/Humboldt_County_1719_Sec_CHKS.pdf)  
 10. [https://data.calschls.org/resources/Lake\\_County\\_1719\\_Sec\\_CHKS.pdf](https://data.calschls.org/resources/Lake_County_1719_Sec_CHKS.pdf)  
 11. [https://data.calschls.org/resources/Mendocino\\_County\\_1719\\_Sec\\_CHKS.pdf](https://data.calschls.org/resources/Mendocino_County_1719_Sec_CHKS.pdf)  
 12. <https://cthat.org/>

bit.ly/bornntobreathe



SCAN ME

SOURCES