

Bucket	Category	Subcategory	ID#
1	Addiction (10)	General	TF0016
		Becoming Addicted	TF0009
		Becoming Addicted	TF0010
		Becoming Addicted	TF0011
		Becoming Addicted	TF0013
		Becoming Addicted	TF0015
		Becoming Addicted	TF0050
		Ammonia	TF0048
		Role of Product Contents and Design	TF0042
		Progression to Regular Use	TF0051
		Cardiovascular Disease	TF0008
		Cardiovascular Disease	TF0097
		Aneurysms	TF0091
		Immune Function Impairment	TF0073

2	Health Effects (10)	Immune Function Impairment	TF0074
		Cataracts	TF0094
		Depression	TF0061
		Tuberculosis	TF0099
		Diabetes	TF0096
		Blood Vessel Damage	TF0030
3	Health Effects (9)	Bad Breath	TF0069
		Gum and Teeth Damage	TF0068
		Gum and Teeth Damage	TF0070
		Skin Damage	TF0028
		Skin Damage	TF0029
		General	TF0082
		General	TF0090
		General	TF0177
		General	TF0265

4	Health Effects (9)	Cancer	TF0075
		Cancer	TF0076
		Cancer	TF0092
		Cancer	TF0093
		Asthma	TF0071
		Asthma	TF0072
		Chronic Obstructive Pulmonary Disease (COPD)	TF0095
		Lung Damage	TF0026
		Lung Damage	TF0098
5	HPHCs (10)	Ammonia	TF0208
		Benzene	TF0101
		Beryllium	TF0281
		Butane	TF0102
		Cadmium	TF0046
		Carbon Monoxide	TF0043

		<b>Chromium</b>	TF0103
		<b>Formaldehyde</b>	TF0047
		<b>Hydrogen Cyanide</b>	TF0207
		<b>Lead</b>	TF0049
<b>6</b>	<b>HPHCs (10)</b>	<b>Naphthalene</b>	TF0282
		<b>Polonium-210</b>	TF0209
		<b>Toluene</b>	TF0210
		<b>Vinyl Chloride</b>	TF0104
		<b>HPHCs in Cigarette Smoke</b>	TF0079
		<b>HPHCs in Cigarette Smoke</b>	TF0045
		<b>HPHCs in Tobacco Plant</b>	TF0077
		<b>Nicotine</b>	TF0012
		<b>Nicotine</b>	TF0014
		<b>Nicotine</b>	TF0081
		<b>Cigarette Smoking</b>	TF0003
		<b>Cigarette Smoking</b>	TF0171
		<b>Cigarette Smoking</b>	TF0005
		<b>Cigarette Smoking</b>	TF0006

7	Mortality (10)	Cigarette Smoking	TF0054
		Cigarette Smoking	TF0107
		Cigarette Smoking	TF0109
		Cigarette Smoking	TF0172
		Cigarette Smoking, SHS Exposure	TF0185
		Tobacco Use	TF0106
8	Social Norms and Myths (9)	General	TF0066
		General	TF0067
		Family and Siblings	TF0119
		Peers and Friends	TF0052
		Peers and Friends	TF0064
		Peers and Friends	TF0065
		Peers and Friends	TF0116
		Stress Reduction	TF0056
		Weight Loss	TF0117
		Cigarettes	TF0078

9	Product Contents and Design (9)	Cigarettes	TF0118
		Cigars, Little Cigars, and Cigarillos	TF0033
		Hookah/	TF0034a
		Hookah/	TF0034b
		Menthol Products	TF0024
		Menthol Products	TF0025
		"Safe" Alternatives	TF0031
		"Safe" Alternatives	TF0032
10	E-cigarettes (11)	Nicotine	TF0235
		Nicotine	TF0236
		Addiction	TF0231
		Nicotine	TF0266
		E-liquid/Adverse Events	TF0240/ TF0248
		Flavorings	TF0246
		Health Effects	TF0267
		HPHCs	TF0243/ TF0244

		<b>HPHCs</b>	TF0245
		<b>HPHCs</b>	TF0268
		<b>Ingredients</b>	TF0242

Fact

Addiction keeps people smoking even when they want to quit .

People who start smoking as young teens are more likely to get addicted to nicotine and become lifelong smokers .

Teens' brains are still developing, which can make it easier for them to get addicted to nicotine

Research shows that even just a few cigarettes now and then can lead to cravings and other symptoms of addiction in some teens.

Many teens underestimate how easy it is to become addicted to nicotine.

Because of nicotine addiction, 3 out of 4 teen smokers will become adult smokers.

As little as one cigarette a month. That's all it can take to show symptoms of addiction.

Some chemicals that are added to tobacco, like ammonia, may increase the absorption of nicotine in the brain. This can make the product more addictive .

Cigarettes today deliver nicotine more quickly from the lungs to the brain. This makes them more addictive than ever before.

Even smoking occasionally can lead to daily use.

Smoking can cause plaque buildup in your arteries, which can lead to heart attack or stroke.

Smoking changes a person's blood chemistry. This can lead to deadly clots that can cause heart attacks and block blood flow to the heart, brain, or legs.

Smoking can cause aneurysms, which are bulging blood vessels that can burst and cause death.

Smoking can weaken a person's immune system and leave them more vulnerable to respiratory illnesses, like bronchitis and pneumonia



Smoking can cause inflammation throughout the body and weaken a person's immune system.
Smoking can cause cataracts.
Research suggests that the relationship between depression and smoking may work both ways: depression may increase the risk of smoking, and regular smoking may increase the chance that a person develops depression.
Smoking increases a person's risk of getting tuberculosis (TB) and dying from it.
Smoking increases the risk of developing type 2 diabetes. It can also make managing diabetes more difficult.
Smoking causes damage to the body that can lead to amputation of toes, feet or legs.
Smoking makes a person's breath smell like an ashtray
Smoking causes gum disease that can lead to tooth loss.
Smoking may stain a person's teeth.
Smoking accelerates skin aging and can lead to premature wrinkles.
Smoking can make your skin look grayish.
Smoking longer means more damage. Scientists now know that disease risk surges even higher after a person has smoked for about 20 years.
Smokers generally are much less healthy than nonsmokers. Their overall health is worse and they need to go to the doctor more often. They are also admitted to the hospital more often.
In the U.S., 8.6 million people have at least one serious illness caused by smoking.
Any amount of smoking —even an occasional cigarette —is harmful.

Smoking can cause cancer almost anywhere in the body.

Even young adults under age 30 who started smoking in their teens and early twenties can develop smoking-related health problems. For example, they can have DNA damage that can cause cancer almost anywhere in the body.

If nobody smoked, 1 out of 3 cancer deaths in the U.S. could be prevented.

Smoking causes cancer of the mouth, nose and throat; larynx; trachea; esophagus; lungs; stomach; pancreas; kidneys and ureters; bladder; cervix; bone marrow and blood.

A person doesn't have to be a long-time smoker to have an asthma attack that is triggered by tobacco smoke.

Even young adults under age 30 who started smoking in their teens and early twenties can develop smoking-related health problems. For example, they can experience wheezing that can lead to being diagnosed with asthma.

Smoking causes chronic obstructive pulmonary disease, or COPD. There is no cure for COPD. People with COPD slowly die from lack of air.

Teens who smoke may develop smaller, weaker lungs that never grow to their potential size and never perform at maximum capacity.

Smoking can damage and destroy cilia – the tiny hairs that line the airways and sweep out mucus and dirt to keep the lungs clear. When the cilia are damaged and destroyed by smoking, a person gets “smokers’ cough.”

Ammonia is a chemical found in household cleaning products and cigarette smoke.

Benzene is a chemical found in crude oil, gasoline, diesel exhaust, and cigarette smoke.

Beryllium is a chemical found in chemical weapons, reactors, and cigarette smoke.

Butane is a chemical found in fuel gas and cigarette smoke.

Cadmium is a chemical found in batteries and cigarette smoke.

Carbon monoxide is a chemical that is found in cigarette smoke and car exhaust.

Chromium is a chemical used to make steel. It is also found in cigarette smoke.

Formaldehyde is a chemical used to embalm dead bodies. It is also found in cigarette smoke.

Hydrogen cyanide is a chemical used in rat poison, insecticide, and chemical weapons. It is also found in cigarette smoke.

Lead is a chemical that was once used in paint. It is also found in cigarette smoke.

Naphthalene is a chemical found in mothballs , auto exhaust, toilet deodorant blocks and cigarette smoke.

Polonium-210 is a chemical found in nuclear reactors and cigarette smoke.

Toluene is a chemical found in paint thinner and cigarette smoke.

Vinyl chloride is a chemical used to make PVC plastic. It is also found in cigarette smoke.

When you light a cigarette, new chemicals are created as the cigarette burns.

Cigarette smoke contains 7,000+ chemicals. Many of these chemicals are toxic, including more than 70 that can cause cancer.

Some of the harmful chemicals found in tobacco occur naturally in the plant while others are absorbed from the soil and fertilizers around the plant.

Nicotine - the highly addictive chemical in cigarettes - reaches your brain within 10 seconds.

Nicotine can change the way the brain works, causing a person to crave more and more nicotine.

Nicotine - the highly addictive chemical in tobacco products - occurs naturally in the tobacco plant.

Smokers are estimated to lose more than 10 years of life.

More than 160,000 people in the U.S. die each year from cancers caused by cigarette smoking.

Cigarette smoking causes 480,000 deaths in the U.S. per year.

Nearly 1 in every 5 deaths in the U.S. is caused by a smoking-related disease.

More than 1,300 people in the U.S. die each day because of cigarette use.

In the past 50 years, more than 20 million Americans have died because of smoking.

Of every three young smokers, only one will quit, and one of those remaining smokers will die from smoking -related causes.

More than 100,000 people in the U.S. die each year from respiratory diseases (including COPD) caused by cigarette smoking.

In the U.S., 1 person dies every 66 seconds from smoking and exposure to cigarette smoke.

Tobacco use is the leading preventable cause of disease and death in the U.S.

Smoking is not the norm. 9 out of 10 high school students do not smoke.

There are a number of factors - like advertising, images of smoking in the movies, and smoking by family and friends - that increase the risk that teens try smoking.

Teens are more likely to smoke if they have an older sibling who smokes.

“Social smoking”, like smoking at parties or the occasional smoke with friends, is still smoking and can lead to daily use.

Some teens may use smoking as a way to fit in. But since the majority of teens don't smoke, they are actually more likely to miss out if they smoke.

Teens are more likely to smoke if they have friends who smoke.

Of those who were surveyed, more than 3 out of 4 high school students said they prefer to date people who don't smoke.

Smoking doesn't reduce stress and can actually make the stress you already feel worse.

Many young people believe that smoking can help them lose weight, but young people who smoke are not thinner than those who don't.

Some dangerous chemicals are formed when tobacco leaves are processed.

<p>Cigarettes today are more deadly than ever before.</p>
<p>Cigars, cigarillos and little cigars can lead to nicotine addiction and contain toxic, cancer-causing chemicals that can cause serious health problems.</p>
<p>Waterpipe (or hookah) smoking delivers the addictive drug nicotine.</p>
<p>Waterpipe (or hookah) smokers are at risk for the same kinds of diseases caused by cigarette smoking.</p>
<p>Menthols may be even more addictive and harder to quit than other cigarettes.</p>
<p>People who smoke menthol cigarettes are at risk for the same kinds of diseases as those who smoke non-menthol cigarettes.</p>
<p>There's no such thing as safe tobacco. All tobacco products can lead to nicotine addiction and contain toxic, cancer-causing chemicals that can cause serious health problems.</p>
<p>There is no such thing as safe tobacco. Tobacco products labeled as "natural" or "free of additives" are not a safer option than other tobacco products.</p>
<p>E-cigarettes can expose you to similar amounts of nicotine as traditional cigarettes.</p>
<p>Some e-cigarettes deliver more nicotine than others.</p>
<p>Like other tobacco products, use of e-cigarettes that contain nicotine may lead to addiction.</p>
<p>Some e-cigarettes are marketed as nicotine-free, but those claims may not be accurate.</p>
<p>The liquid in e-cigarettes may leak out. E-liquids containing nicotine may be poisonous if swallowed or absorbed through the skin.</p>
<p>Some flavorings in e-cigarettes are considered safe to eat, but they are not necessarily safe to inhale. Inhaling certain flavorings may harm the lungs.</p>
<p>E-cigarettes haven't been fully studied, so the potential health risks to users are unknown.</p>
<p>We do not know all of the chemicals in e-cigarette aerosols. Chemicals that have been found in some e-cigarette aerosols include nicotine, volatile organic compounds, polycyclic aromatic hydrocarbons, flavorings, and metal particles.</p>

E-cigarettes produce more than just water vapor. Chemicals like formaldehyde and acetaldehyde that are known or suspected to cause cancer have been found in some e-cigarette aerosols.

Some of the chemicals found in cigarette smoke like nicotine, formaldehyde, and acrolein are also found in some e-cigarette aerosols.

We do not know all of the ingredients in e-liquids. Ingredients that have been identified in some e-liquids include nicotine, propylene glycol, glycerin, and flavorings.

