

Quantitative Study of Tobacco Facts Designed to Inform Youth Tobacco Prevention Messaging

Attachment E6: AI/AN Cigarette and E-Cigarette Facts

Cigarettes

Addiction:

- People who start smoking as 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.

Health Effects:

- Smoking can harm nearly every part of your body.
- From cigarettes, cigarillos, and little cigars, to chew, dip and hookah, there's no such thing as safe tobacco.
- All tobacco products, including cigarettes, cigarillos, little cigars, chew, dip and hookah, can lead to nicotine addiction.
- All tobacco products, including cigarettes, cigarillos, little cigars, chew, dip, and hookah, contain toxic, cancer-causing chemicals that can cause serious health problems.
- Teens who smoke may develop smaller, weaker lungs that never grow to their potential size and never perform at maximum capacity.

HPHCs:

- Acrolein is a chemical found in cigarette smoke and it can cause irreversible lung damage.
- 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.
- 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.
- Toluene is a chemical found in paint thinner and cigarette smoke.

Mortality:

- Smokers are estimated to lose at least 10 years of life.

Social Norms and Myths:

- If a teen smokes, it is more likely that their younger siblings will smoke too.

Environmental Impact:

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- Harmful chemicals that hurt human health, wildlife, and water supplies are released from cigar/cigarette butt waste into the environment.
- Cigar/cigarette butts and packaging contribute to the millions of tons of litter and trash heaps across America.

E-cigarettes

HPHCs:

- Vapes can deliver toxic metal particles, like nickel, lead, and chromium into your lungs
- Vapes contain toxic chemicals, even when they do not contain nicotine.
- Teens who use vape may be exposed to toxic chemicals such as:
 - acrylonitrile
 - acrolein
 - propylene oxide
 - acrylamide
 - crotonaldehyde
- Vaping can expose you to similar amounts of nicotine as traditional cigarettes.
- Vapes produce more than just water vapor.
- Some of the chemicals found in cigarette smoke like formaldehyde and acrolein are also found in some e-cigarette aerosols. Inhaling these chemicals can cause irreversible lung damage.

Health Effects:

- Vaping may be harmful to your lungs.
- Vapes haven't been fully studied, so the potential health risks to users are unknown.