

# TOBACCO

## What is tobacco?

Tobacco includes products such as cigarettes, cigars, chew tobacco and non-spit tobacco products.



## AZ Fast Fact

16% of adults in Arizona smoke, a drop of 19% from 2007,<sup>1</sup> the greatest drop in the nation.

## Who uses tobacco in Arizona?

700,000 Arizonans use tobacco—about 16% of the population. Whites are more likely than many ethnic and racial groups to use tobacco products in Arizona and low-income wage earners are more likely to use tobacco products.

## Why is tobacco use dangerous?

Commercial tobacco describes products refined with over 4,000 chemicals including nicotine, which creates a physical need or addiction, and 200 others known to cause cancer. The addictive nature of tobacco makes it very difficult to quit once a person is dependent upon it. Tobacco use:

- Causes cancer (lung, throat, mouth)
- Increases risk for heart disease
- Creates cosmetic issues: Yellowing teeth, ages skin
- Causes respiratory (lung) problems
- Aggravates and triggers asthma

- The highest rate of smoking in Arizona is among 45 to 54 year old smokers at a rate of 23%.<sup>1</sup>
- Youth consumption of tobacco has decreased by 40%, since 2003.<sup>1</sup>

## What can I do about it?

Tobacco is known to cause cancer. Quitting tobacco will lessen the risk of lung, throat and mouth cancers and decrease risks for other chronic diseases. It can take between 8-12 attempts before one can successfully quit. A combination of nicotine replacement therapies (patch, gum, lozenge or medication) and the support of a quit coach increase the likelihood of staying quit.

## What is Arizona doing?

Arizona participates in several programs that work to help prevent and control tobacco use, including:

- **Arizona Smokers' Helpline: (800) 55 66 222 or ASHLine.org**  
ASHLine provides free telephone and online quit coaching and free nicotine replacement therapies (NRT) to all Arizonans.
- **ADHS Bureau of Tobacco and Chronic Disease: [tobaccofreearizona.org](http://tobaccofreearizona.org)**  
ADHS BTCD works to prevent youth initiation of smoking and provides services to help people quit tobacco.
- **Smoke-Free Arizona: [smokefreearizona.org](http://smokefreearizona.org)**  
The Smoke-Free Arizona Act prohibits smoking in most enclosed public places, places of employment, or within 20 feet of their entrance. This program oversees compliance and enforcement of the Smoke-Free Arizona (SFA) Act by investigating complaints through inspections and prosecuting offenders. Signs are provided by this program to help inform the public and keep businesses in compliance.

## Further information and resources

*Arizona Smokers' Helpline*  
**(800) 55 66 222** or **ASHLine.org**  
ASHLine provides free telephone and online quit coaching and free nicotine replacement therapies (NRT) to all Arizonans.

*Centers for Disease Control and Prevention*  
**[cdc.gov/tobacco](http://cdc.gov/tobacco)**  
An online source for credible health information, including basic information about the health effects of tobacco use, tobacco prevention and tobacco cessation resources.

*American Lung Association in Arizona*  
**[lungarizona.org](http://lungarizona.org)**  
Part of the nation's oldest health organization that works to prevent lung disease and promote lung health through cutting edge research, proven education programs and public health advocacy.



Bureau of Tobacco and Chronic Disease  
[www.tobaccofreearizona.com](http://www.tobaccofreearizona.com)