

Tobacco Facts

- 1 in 4 Oklahomans currently use tobacco
- Tobacco kills more Oklahomans than alcohol, car accidents, AIDS, suicides, murders, and illegal drugs **combined.**
- Tobacco use costs Oklahomans over \$2.7 billion annually in medical expenses and lost productivity, or an average cost of \$750 for every Oklahoman every year
- Cigarettes contains more than 4,000 different substances, many of which have been linked to cancer and other tobacco related illnesses
- Tobacco use is the single most preventable cause of death and disease in the US
- Smoking has been linked to 82% of lung cancer cases
- Smoking has been linked to 80% of deaths chronic obstructive pulmonary disease (COPD)
- Smoking has been linked to 17% of deaths from heart disease
- Smoking has been linked to 11% of deaths from strokes
- Secondhand smoke exposure causes heart disease, cancer, sudden infant death syndrome (SIDS), asthma attacks, bronchitis, and pneumonia
- Secondhand smoke contains at least 250 toxic chemicals
- Smokeless tobacco (spit tobacco) contains 28 cancer-causing agents (carcinogens)
- Women who smoke are at an increased risk for cervical cancer and infertility
- Men who smoke are at an increased risk for erectile dysfunction
- 5,800 Oklahoma smokers die each year as a result of smoking
- 700 Oklahoma **non-smokers** die each year from second hand smoke
- Using smokeless tobacco is also associated with gingivitis, dental caries, abrasion, and staining.
- Long-term smokeless tobacco users are nearly fifty times more likely to have cancers of the cheek and gum than non-users
- Smokeless tobacco increases the risk of oral cancer
- The average age of first smokeless tobacco use for those aged 12 to 49 in 2005 was 18 years
- In 2006, over 5 million people around the world died from tobacco products
- Cigarettes kill over 50 people an hour
- There are 11 known human cancer-causing (carcinogens) in cigarette smoke
- Smoking can lead to cataracts, the number one cause of vision loss in the world
- One half of all lifetime smokers will die prematurely as a result of smoking
- The additive nicotine found in cigarettes and in other tobacco products is a powerful, addictive substance. Once addicted, it becomes difficult, but not impossible, to quit using tobacco products
- Some of the harmful ingredients found in tobacco products are:
 - Nicotine
 - Arsenic
 - Fertilizer
 - Cyanide
 - Formaldehyde
 - Urea
 - Ammonia
 - Pesticides

FAQ's

1. How will the new FDA regulation change tobacco control?

- a. The Family Smoking Prevention and Tobacco Control Act will allow the Food and Drug Administration (FDA) to set standards that could control and/or reduce tobacco nicotine content and regulate the chemicals in cigarettes. The law also bans most tobacco flavors, which have been used to lure first time smokers (minor underage smokers).

The Act also sets restrictions on the types of marketing and advertisement tobacco companies can use. Tobacco advertisements will be replaced by black-and-white only text (beginning in 2010). Beginning next year, as well all outdoor advertisement for tobacco products within 1,000 feet of schools and playgrounds will be illegal.

By 2010 cigarette makers will be required to stop using the terms "light" and "low tar" and by 2012 a large graphic health warning will be required on their packaging.

2. What is Oklahoma doing to decrease its number of tobacco users?

- a. The state of Oklahoma is working hard to decrease the number of tobacco users in its state. The Oklahoma State Plan for Tobacco Use Prevention and Cessation plan is to have 200,000 fewer tobacco users by 2012. By specifically working on cessation, prevention, and protection services Oklahoma will continue to see a decrease in its number of tobacco users. There are also currently grants awarded by the Tobacco Settlement Endowment Trust fund to help address tobacco control issues on a more local basis. For more information on what is being done in Oklahoma County, contact the Oklahoma County Tobacco Use Prevention Coalition at (405) 419-4247.

3. Does Oklahoma have smoke-free laws?

- a. Currently Oklahoma has no smoke-free law in place. 68% of Oklahoma voters believe the rights of customers and an employee to breathe clean air is more important than the rights of smokers to smoke. Thirty states, as well as Washington, D.C and Puerto Rico, have adopted smoke-free laws to protect the health safety of their citizens.

4. What is the Oklahoma County Tobacco Use Prevention Coalition doing in Oklahoma City and other communities in Oklahoma Community?

- a. The Oklahoma County Tobacco Use Prevention Coalition is comprised of concerned and dedicated citizens of Oklahoma County who would like to make a difference on how tobacco is marketed, and push for local change. The Oklahoma County Tobacco Use Prevention Coalition has made strides within Oklahoma County by creating awareness about tobacco and why it is important to establish and advocate tobacco prevention in our communities.

5. How do I become involved with the Oklahoma County Tobacco Use Prevention Coalition?
 - a. Please contact Michelle Terronez for more information about the Oklahoma County Tobacco Use Prevention Coalition at Michelle_Terronez@occhd.org or 405-425-4498.

6. Where can I go to get additional information regarding other tobacco control efforts in the state and nation?
 - a. Go to our [partner page](#) to see a list of local, state, and national resources.

7. Can local communities pass a local smokefree law stronger than the state law?
 - a. As of now, unfortunately, Oklahoma municipalities are unable to pass local ordinances that are stronger than the state law due to state preemption laws. Oklahoma is one of the few states with super or partial preemption laws, which strongly hinders progress that can be done in Oklahoma in tobacco control and in the prevention of secondhand smoke exposure. If you would like to talk to your legislator about returning the rights of Oklahoma communities to adopt tobacco-related ordinances stronger than the state law, which is allowed by all of our neighboring states, please go to www.lsb.state.ok.us to find the names and contact information of your legislators.

8. Where can I go to get information about how to contact my legislator about tobacco policy change?
 - a. To find your legislator, log on to www.lsb.state.ok.us and scroll down the page and at the bottom of the middle column Legislative Information System, there is a link "Find Your Legislator." At this site you will enter your home address and your U.S. and OK Senators and Representatives will be shown. This site also provides a wealth of information regarding the State legislators, session information, etc. Do not be afraid to let your legislator know who you are! Send them a letter or an email, call them, or schedule an appointment to meet with them to discuss issues that are important to you. For more information on tobacco policy issues being discussed at this time, contact the Oklahoma County Tobacco Use Prevention Coalition at (405) 419-4247.