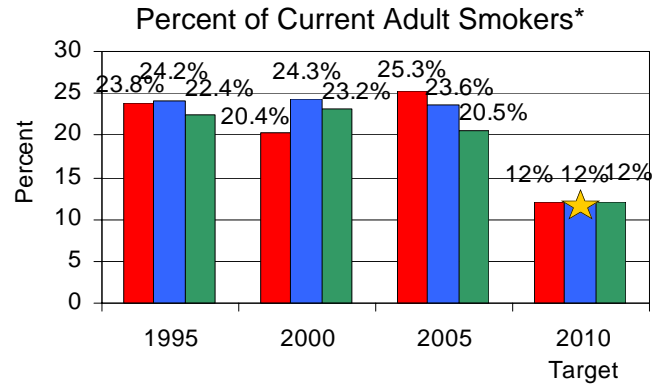


Tobacco Facts

Health Risks for Adult Smokers

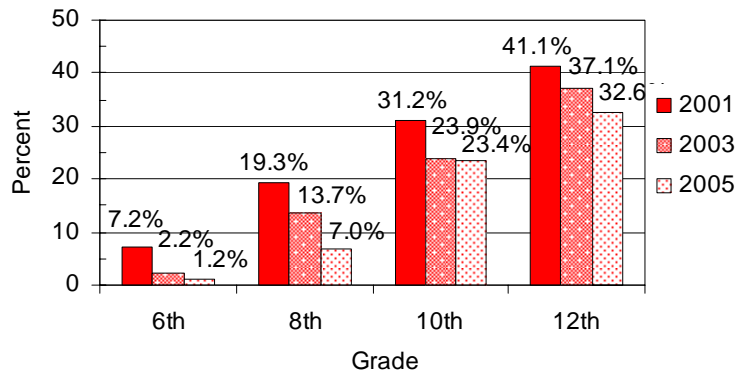
- Cancer of the lungs, mouth and other organs
- Heart disease and stroke
- Hardening of the arteries
- Chronic Obstructive Pulmonary Disease (COPD)
- Infertility



■ Tioga County ■ Pennsylvania ■ United States

*Tioga County results taken from multiple sources.

Tioga County Youth Past-30-day Use of Cigarettes



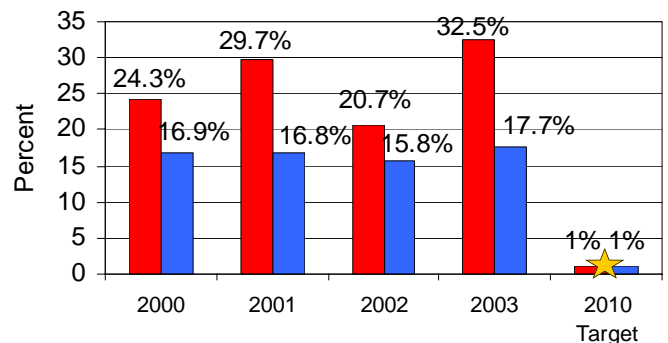
Additional Risks for Young Smokers

- Less physically fit
- More respiratory illnesses
- Impaired lung function
- Chronic cough and wheezing

Health Risks for Babies

- Reduced lung function
- Slow growth
- Low birth weight
- Sudden Infant Death Syndrome (SIDS)
- Stillbirth

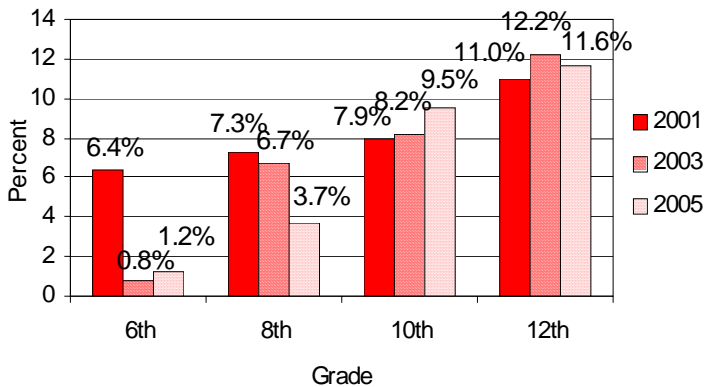
Percent of Women Who Did Not Stop Smoking While Pregnant



■ Tioga County ■ Pennsylvania



Tioga County Youth
Past-30 day Use of Smokeless Tobacco



Health Risks of Smokeless or Spit Tobacco

- Oral cancers
- Nicotine addiction and dependence
- Pre-cancerous lesions
- More likely to use smoke cigarettes

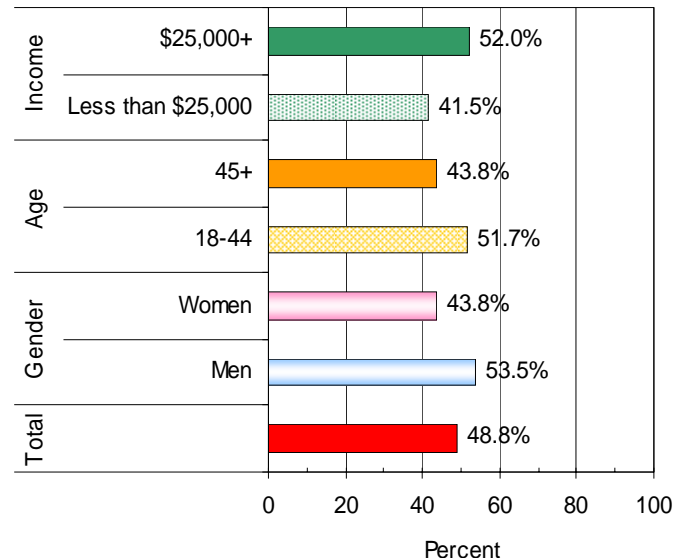


The Benefits of Quitting

(Quit length = Health benefit)

- 20 Minutes** = your heart rate drops;
- 12 hours** = carbon monoxide in your blood drops to a normal level;
- 2 weeks to 3 months** = Your lung function improves and risk of heart disease begins to drop;
- 1 to 9 months** = Coughing and shortness of breath begin to decrease;
- 1 year** = Your increased risk of heart disease is half that of a smokers;
- 5 Years** = Your stroke risk begins to decrease 5-15 years after you quit to that of a non-smoker's;
- 10 Years** = Your lung cancer risk is about half of a smoker's ;
- 15 Years** = Your risk of coronary heart disease is that of a non-smokers.

Percent of Tioga County Adults Who Have Attempted to Quit Smoking



Data for this fact sheet were taken from the following sources: The Pennsylvania Youth Survey, the Pennsylvania Department of Health, Bureau of Health Statistics, and the Tioga County Partnership for Community Health. For further information regarding this fact sheet, please call (570) 662 - 4767 or email: lshelham@mansfield.edu. www.mansfield.edu/~tcpch/