

Youth Tobacco Use and Genomics

Did You Know?



- ◆ Critical factors in whether or not youth decide to start smoking are:
 - Parental smoking
 - Parental involvement
 - Peer influence
 - Tobacco industry advertising
- ◆ Nearly 30,000 children in Michigan become new daily smokers each year. ^
- ◆ Approximately 716,000 Michigan children are exposed to secondhand smoke in the home. ^
- ◆ Approximately 23% of Michigan high school students use some form of tobacco (for example, cigarettes and/or spit tobacco). *
- ◆ Approximately 26% of Michigan young adults ages 18 to 24 smoke cigarettes. **
- ◆ College students are a high risk population for smoking, as approximately 30% of US college students are current smokers.

*Michigan Youth Behavior Risk Factor Survey

**Michigan Behavioral Risk Factor Survey

^Tobacco Free Kids

Help is out there!

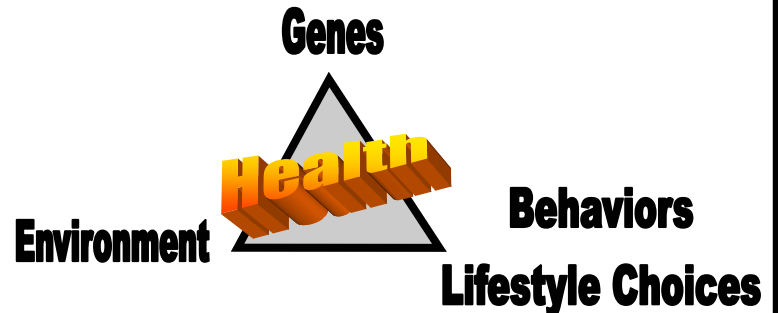
Quitting smoking isn't easy! For help in quitting smoking, call the numbers below and don't quit quitting!

- ◆ 1-800-480-7848—Michigan Tobacco Quit Line
- ◆ 1-800-557-5666—For FREE resources including Smoker's Quit Kit



What is Genomics?

"Genomics" is the study of how multiple genes interact with each other and the environment. Many different genes contribute to traits that affect a person's behaviors and risk of developing chronic diseases related to smoking. Realizing that many factors play a part in health is the first step to a better life for you and your family.



What does genomics have to do with tobacco use?

- ✓ Research suggests that genetic variations may play a role in differences in smoking behavior, level of addiction, and difficulty in quitting smoking.
- ✓ Mothers who smoke during pregnancy put their children at risk for:
 - * Low birth weight
 - * SIDS (sudden infant death syndrome)
 - * Prematurity
- ✓ Children with one or two parents who smoke are more likely to become smokers themselves.
- ✓ Smoking leads to a greatly increased risk of developing chronic diseases such as lung cancer, emphysema, and heart disease.
- ✓ Secondhand smoke leads to an increase in asthma and ear infections in children.
- ✓ Nearly 2,500 adults, children and babies in Michigan die each year from exposure to secondhand smoke.



What Can You Do?

Smoke-free policies, ordinances and regulations can reduce youth smoking by changing the social 'norm' about smoking. Prohibit smoking at home, school, college campus, work sites, restaurants and other public places. Smoke-free environments demonstrate that smoking is not an acceptable, healthy behavior and is not the 'norm'.


Insist on a smoke-free home....

Protect your children from tobacco smoke at all times by:

- ◆ Calling the EPA for a Smoke-Free Home Pledge at 1-866-SMOKE-FREE.
- ◆ Quitting smoking and/or staying tobacco free.
- ◆ Not smoking around your children and not allowing others to smoke inside your home. Smoke outdoors and away from your children.
- ◆ Not smoking where children can see you. If children see you smoke they may believe that smoking is a healthy behavior.



Insist on a smoke-free school zone...

- ✍ Research has demonstrated that smoke free policies can prevent youth from starting to smoke and encourage youth to quit. 
- ✍ 24/7 tobacco-free school policies prohibit tobacco use on school grounds at all times, including athletic events, and all school sponsored off-campus events. For more information on tobacco-free school policies or school-based cessation and prevention programs go to www.Michigan.gov/tobacco or call (517)335-8376.
- ✍ Smoke-free college campus and resident hall policies help prevent and reduce tobacco use among students and employees. To find more information on making college campuses tobacco-free go to www.tobaccofreeu.org or call (517)335-8376.

Insist on a smoke-free workplace.....

- It is believed that a large number of the estimated 30,000 to 60,000 secondhand smoke related deaths each year in the U.S are caused by exposure in the workplace.
- Only about one third of Michigan's population is currently protected by local smoke-free work site regulations.
- Employees exposed to secondhand smoke are more likely to develop:
 - ☞ lung cancer
 - ☞ worse asthma symptoms
 - ☞ poor blood circulation
 - ☞ pneumonia or bronchitis
- Employees most at risk are those in hotels, motels, casinos, bars and restaurants.
- For more information on smoke-free worksite policies call (517)335-8376.



Insist on dining in smoke-free restaurants...

To find a list of smoke-free restaurants in Michigan, go to www.smokefreemichigan.org/

If you are a bar or restaurant employee who would like to advocate for a smoke-free workplace, go to www.breathemi.org