

Press Release

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FOR IMMEDIATE RELEASE

TOPIC: Smoking

SMOKING...THE DEADLY TRUTH

Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined. Astonishingly, 119,000 of *Kentucky kids* under the age of 18 will ultimately die a prematurely death from smoking this year, according to Campaign for Tobacco Free Kids. 3,200 kids in Kentucky start smoking each year.

Tobacco smoke is a deadly mix of more than 7,000 chemicals, almost 70 of which cause cancer. The evidence is clear, smoking can be deadly. Don't start and be a statistic.

If you smoke and want to stop call your local health department or visit our website for smoking cessation assistance.

On a separate note, it is important to point out that Kentucky is one of the unhealthiest states in our nation; but, a few healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place. Visit our website at www.LCDHD.org and click the "52 Weeks to Health" banner to learn more about each of these areas.

While at our website fill out the Health Calculator & Wellness Profile to take the first step toward personal wellness AND to be entered for a chance to win \$1,000.00.

Source: <https://www.tobaccofreekids.org/problem/toll-us/kentucky>