

Press Release

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FOR IMMEDIATE RELEASE

TOPIC: Smoking

### **SMOKING...THE DEADLY TRUTH**

Did you know that roughly 9% of all high school students in Kentucky smoke and 26% use e-cigarettes? According to Campaign for Tobacco Free Kids, Kentucky averages 1,800 NEW SMOKERS each year in children under 18.

Cigarette smoking is the leading preventable cause of death in the United States. There are more than 480,000 deaths each year in the United States caused by cigarettes. This is nearly one in five deaths. Per the CDC, smoking increases the risk of coronary heart disease by 2 to 4 times, stroke by 2 to 4 times, and lung cancer by 25 times.

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](http://www.LCDHD.org) and click the "52 Weeks to Health" banner to learn more about each of these areas.

Source:

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/)

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