

1. In the U.S., about 50,000 people die each year from secondhand smoke-related diseases.
2. In the U.S., 30,000 to 60,000 people die each year from secondhand smoke-related heart disease.
3. Of current smokers in the U.S., 2,633,000 have chronic bronchitis from smoking.
4. In the U.S., 1200 people die every day from tobacco-related disease.
5. Of current smokers in the U.S., 358,000 have a cancer other than lung cancer from smoking.
6. Of current smokers in the U.S., 46,000 have lung cancer from smoking.
7. Of current smokers in the U.S., 384,000 have had a stroke from smoking.
8. Of former smokers in the U.S., 1,872,000 have chronic bronchitis from smoking.
9. Of former smokers in the U.S., 1,743,000 have emphysema from smoking.
10. Of former smokers in the U.S., 1,755,000 have had a heart attack from smoking.
11. Of former smokers in the U.S., 1,154,000 have a cancer other than lung cancer from smoking.
12. Of former smokers in the U.S., 138,000 have lung cancer from smoking.
13. Of former smokers in the U.S., 637,000 have had a stroke from smoking.
14. In the U.S., smoking results in 5.1 million years of potential life lost each year.
15. Smoking causes impaired lung growth during childhood and adolescence.

16. Since 1964, there have been 94,000 tobacco-related fetal and infant deaths in the U.S.
17. Cigarette smokers are 20 times more likely to develop lung cancer than non-smokers.
18. In 2000, 49% of middle school students who were regular smokers said they wanted to quit.
19. One cigarette company biologically engineered tobacco plants to have twice the normal level of nicotine.
20. Nicotine reaches the brain within 10 seconds after smoke is inhaled.
21. Cigarette smoke contains about 4800 chemicals.
22. 599 additives are on the composite list released to the government in 1994 by tobacco companies of what may be added to cigarettes. This list includes all ingredients that are used although it does not tell which companies they are used by or which brands they are used in.
23. 2-Naphthylamine, 4-Aminobiphenyl, Benzene, Vinyl Chloride, Ethylene Oxide, Arsenic, Beryllium, Nickel, Chromium (only hexavalent), Cadmium, and Polonium-210 are human carcinogens found in tobacco smoke.
24. Nicotine is in tobacco smoke.
25. Nicotine is addictive.
26. Ammonia is in tobacco smoke.
27. Ammonia boosts the impact of nicotine.
28. Benzene is in tobacco smoke. Benzene causes cancer.
29. Arsenic is in tobacco smoke.

30. Acetaldehyde is in tobacco smoke. Acetaldehyde is a hazardous air pollutant.
31. Carbon monoxide is in tobacco smoke. Carbon monoxide is a toxic gas which can cause death.
32. Chromium is in tobacco smoke. Chromium contributes to cancer.
33. Nicotine has been found in the breast milk of animals exposed to tobacco.
34. Cigarette smoking is the number one cause of preventable death in the U.S.
35. Radioactive Polonium-210 is found in cigarette smoke. Polonium-210 contributes to cancer.
36. In the U.S., 443,000 people die a tobacco-related death every year.
37. In the U.S., 128,922 people die each year from lung, trachea, and bronchus cancers caused by smoking. 3,400 of these deaths result from secondhand smoke.
38. In the U.S., 35,326 people die each year from cancers other than lung, trachea, and bronchus caused by smoking.
39. 174,497 people die from smoking-related and secondhand smoke related cardiovascular diseases each year.
40. 103,338 people die from smoking-related respiratory diseases each year (pneumonia, bronchitis, emphysema, chronic airways obstruction).
41. In the U.S., 3,400 people die each year from secondhand smokerelated lung cancer.
42. In the U.S., tobacco kills more Americans than AIDS, alcohol, car accidents, murders, suicides, drugs, and fires combined.
43. Hydrogen cyanide is in tobacco smoke. Hydrogen cyanide exposure causes cardiovascular and respiratory illness.

44. The tobacco industry spends more than \$10 billion a year on the marketing of its products in the U.S. alone.
45. Since 1964, there have been more than 12 million tobacco-related deaths in the U.S.
46. About 90% of lung cancer deaths among women who continue to smoke are tobacco related.
47. Of current smokers in the U.S., 1,273,000 have emphysema from smoking.
48. Cigarettes and other smoking materials are the number one cause of fire deaths in the U.S.
49. If current trends continue, by the year 2020, tobacco is projected to kill about 7 million people a year worldwide.
50. In 1974, a tobacco company explored targeting customers as young as 14.
51. Maternal smoking during pregnancy and exposure to secondhand smoke in infancy double the risk of Sudden Infant Death Syndrome (SIDS).
52. Maternal smoking during pregnancy and exposure to secondhand smoke in infancy results in the deaths of 776 infants every year in the U.S.
53. Over 8.5 million Americans live with tobacco-related illnesses.
54. 1,893 U.S. smokers died in 2008 from smoking-related atherosclerosis.
55. 736 people die each year in the U.S. from smoking-related fires.
56. 7.5% of African American middle school students smoke cigarettes.
57. 9.9% of African American high school students smoke cigarettes.
58. In the U.S., 9.9% of all adult Asian Americans smoke.

59. In the U.S., 15.7% of Asian American men smoke compared to 4.7% of Asian American women.
60. 3.4% of white U.S. middle school students smoke cigarettes.
61. 17.5% of white U.S. high school students smoke cigarettes.
62. In the U.S., 22% of white adults smoke.
63. In the U.S., 15.8% of all Hispanic adults smoke.
64. In the U.S., 10.8% of Hispanic high school students smoke cigarettes.
65. Every year, tobacco-related disease kills about 174,000 women in the US.
66. In the U.S., 26% of middle school, and 21% of high school students who smoke, smoke Newport.
67. In the U.S., light cigarette use is significantly higher among high school smokers (41%) than among middle school smokers (28%).
68. In the U.S., 25% of middle and high school boys and 31% of middle and high school girls smoke light cigarettes.
69. In 2006, U.S. consumers spent an estimated \$90.7 billion on tobacco products.
70. In 1984, a tobacco company called younger adult smokers "replacement smokers."
71. In 1972, a tobacco company considered adding honey to cigarettes because teenagers like sweet products.
72. The tobacco industry increased its spending on advertisements and promotions by \$2.7 billion between 2002 and 2003.
73. In 1985, one tobacco company brainstormed targeting potential smokers in school bathrooms, playgrounds, YMCAs, and city parks.

74. Cigarette companies advertised "light" cigarettes as less harmful to the smoker, although they can deliver the same levels of tar and nicotine.
75. In 1993, one tobacco company executive thought it would be a good idea to have his employees mail "grassroots" complaints to airlines about their smoking bans, pretending to be regular customers.
76. Tobacco companies actually went to court to fight for the right to keep tobacco advertising near high schools. They won. Congrats, Big Tobacco!
77. In 1993, the Supreme Court decided that an inmate could sue a prison claiming that exposure to his cellmate's secondhand smoke could constitute cruel and unusual punishment.
78. In 1989, one tobacco company's ideas for reaching minority customers included to "be seen as a friend," "build on black history", and "help them find jobs."
79. In 1996, a major tobacco company planned to boost cigarette sales by targeting gay and homeless people. They called their plan "Project SCUM: Sub Culture Urban Marketing."
80. A tobacco company once gave \$125,000 worth of food to a charity, according to an estimate by The Wall Street Journal. Then, they spent well over \$22 million telling people about it. I guess when you sell a deadly, addictive product, you need all the good PR you can get.
81. In 1997, a Big Tobacco executive once said, under oath, that he believed Gummy Bears were addictive like cigarettes.
82. In the past, Big Tobacco has compared the addictiveness of cigarettes with M&M's.
83. In the past, Big Tobacco has compared the addictiveness of cigarettes with coffee.
84. In the past, Big Tobacco has compared the addictiveness of cigarettes with that of television.

85. U.S. adults below the poverty level have an average smoking rate of 31.5% compared to 19.6% for people at or above the poverty level.
86. Higher smoking rates are associated with lower education levels.
87. 90% of lung cancer is attributable to tobacco products.
88. In the U.S., 60.9% of students who ever smoked cigarettes daily tried to quit smoking cigarettes
89. During 2000-2004, annual smoking-attributable medical expenditures were estimated at \$96 billion.
90. During 2000-2004, smoking-attributable productivity losses totaled \$96.8 billion per year.
91. During 2000-2004, smoking-attributable health care costs and productivity losses totaled \$193 billion per year.
92. In 2006, a judge ruled that Big Tobacco had been engaged in a 50-year-long scheme to deceive the public about the dangers of smoking. Lies suck too.
93. In 2008, 48.8% of people for whom their high school diploma was their highest level of educational attainment who have ever smoked reported that they had successfully quit.
94. About 20% of African American youth are exposed to secondhand smoke in the home.
95. In 2000, 68.4% of African Americans reported wanting to quit smoking and 45% reported making a quit attempt.
96. In the U.S., 0.9% of Asian American middle school students smoke.
97. 28% of U.S. middle school students who smoke use light cigarettes.
98. 41% of U.S. high school students who smoke use light cigarettes.

99. In the U.S. in 2008, over 80.7% of people with a graduate degree who had ever smoked reported that they had successfully quit.
100. In the U.S., 6% of Asian American high school students smoke cigarettes.
101. In the U.S., smoking-attributable productivity losses for men are approximately \$64.2 billion per year
102. In the U.S., smoking-attributable productivity losses for women are approximately \$32.6 billion per year.
103. In the U.S., 20.7% of Hispanic men smoke, compared to 10.7% of Hispanic women.
104. In the U.S., 50% of Asian Americans who smoke use regular/full flavor cigarettes.
105. In the U.S., 43% of Hispanics who smoke use regular/full flavor cigarettes.
106. In 2008, adults whose highest level of academic achievement was below the equivalent of a high school diploma had the lowest rates of successfully quitting smoking in the U.S.
107. In 2008, more than 48 million Americans had successfully quit smoking.
108. How do infants avoid secondhand smoke?"At some point they begin to crawl." Tobacco Executive, 1996.
109. 34.1% of middle school students report seeing advertisements for tobacco products on the Internet.
110. 39.2% of high school students report seeing advertisements for tobacco products on the Internet.
111. The tobacco industry spends more than \$28 million each day marketing its products in the U.S. alone.

112. According to one tobacco company VP, in 2001, a company name change could focus attention away from tobacco.
113. In the U.S., 23.5% of white men smoke compared to 20.6% of white women.
114. In the U.S., 43% of Black middle school students who smoke use regular/full flavor cigarettes.
115. In the U.S., 66% of Black high school students who smoke use regular/full flavor cigarettes.
116. It is estimated that as many as 22% of pregnant women and girls smoke.
117. 18.3% of women in the U.S. smoke.
118. Pregnant women who smoke increase their risk of preterm delivery, low birth weight, and SIDS.
119. In the U.S. in 2007, 53.1% of current young adult smokers were able to quit smoking for more than a day.
120. In the U.S., only 5.7% of people with a graduate degree are current smokers.
121. The majority of smokers begin before the age of 18 (nearly 80% before age 18, and nearly 90% before age 20).
122. 1 out of 3 smokers begin smoking before the age of 14.
123. Every day, about 3,900 youth ages 12 to 17 try a cigarette for the first time.
124. Every day, about 1,000 youth become daily smokers.
125. About one third of youth smokers will eventually die from a tobacco-related disease.
126. In just one year, cigarettes leave about 12,000 kids motherless. That's 33 mothers a day.

127. In just one year, cigarettes leave about 31,000 kids fatherless.
128. 3.0% of U.S. middle school students smoke.
129. 14.3% of U.S. high school students smoke.
130. Nearly 70% of smokers say they want to quit, but only 6% are able to each year.
131. In 2008, 45% of U.S. smokers quit for at least a day.
132. Each year only 4.7% of smokers succeed in quitting.
133. Every 6.5 seconds, someone in the world dies from a smoking-related disease.
134. In 1985, one tobacco vice president wondered, in reference to smoking-related deaths, if we should ban sleep since according to him the majority of people die in their sleep.
135. In 1997, one tobacco company CEO said he would probably "instantly" shut his doors "to get a better hold on things" if it were proved to his satisfaction that smoking causes cancer. That same company now admits on their website that smoking causes cancer, but they're still open for business.
136. Tobacco accounts for one out of every ten deaths worldwide and claimed 5.5 million lives in 2009 alone.
137. Every year, 394,000 loyal tobacco customers in the U.S. are awarded with premature death.
138. 12 million cigarettes per minute will be smoked around the world every single day in 2010.
139. The U.S., China, Russian Federation, Japan, and Indonesia were the top five countries that consume more than half of the world's cigarettes in 2007.
140. There were 100 million deaths worldwide from tobacco use in the 20th century.
141. There could be 1 billion tobacco deaths worldwide in the 21st century if current

trends continue.

142. One half of all lifetime smokers will die prematurely as a result of smoking.
143. Smoking is responsible for the premature deaths of approximately 3 million women since 1980.
144. 9% of college students smoke daily.
145. 18% of U.S. college students smoke.
146. 31% of young adults who are college age, but do not attend college, smoke.
147. Since 2001, there has been little consistent gender difference in smoking among U.S. college students
148. 69 animal and/or human carcinogens are in tobacco smoke.
149. Every day, cows release methane gas into the air. From you know where. But methane is also found somewhere else. Yesiree, in cigarette smoke.
150. As late as 1999, tobacco companies placed in-store advertising signage at a child's eye level.
151. Tobacco companies have been targeting women with their advertising for the last 80 years.
152. Hydrogen cyanide has been used in prison executions. It's also found in cigarette smoke.
153. There's hydrogen cyanide in rat poison. The same stuff is in cigarette smoke.
154. Because of the tobacco industry's products, about 353 people in the U.S. die of lung cancer every day.
155. In 1989, millions of cases of imported fruit were banned after a small amount of cyanide was found in just two grapes. There's 33 times more cyanide in a single cigarette than was found in both of those grapes.

156. Smoking can lead to cataracts, the number one cause of vision loss in the world.
157. In 1985, a tobacco industry brainstorming session came up with the idea of reaching their "younger adult smokers" in candy stores.
158. Sunburns can cause wrinkles; so can cigarettes.
159. In the U.S., smoking is depicted in three-quarters of youth-rated movies, and 90% of R-rated movies.
160. Problems with self-esteem. Has menial, boring job. Emotionally insecure. Passive-aggressive. Probably leads fairly dull existence. Grooming not a strong priority. Lacks inner resources. Group conformist. Non-thinking. Not into ideas. Insecure follower. These are all terms taken from Big Tobacco's files that have been used to describe different groups of potential customers for their deadly, addictive products.
161. Tobacco kills over 20 times more people than murder.
162. Sodium hydroxide is a caustic compound found in hair removal products. It was found in cigarettes in 1994.
163. Tobacco companies' products kill nearly 37,000 people every month. That's more lives thrown away than there are public garbage cans in NYC.
164. Human sweat contains urea and ammonia. Urea is added to cigarettes.
165. In 1985, one tobacco company brainstormed the idea of reaching younger adult customers in record stores.
166. In 2006, a former Russian spy was allegedly murdered using Polonium -210. This radioactive chemical is also found in cigarette smoke, a fact at least one tobacco company was aware of in 1964.
167. On their websites, tobacco companies encourage people to quit smoking. However, in 2006, a court found that tobacco companies manipulate nicotine levels to keep smokers addicted.

168. Every day, tobacco-related disease kills about 476 women in the US.
169. As long ago as 1969, a tobacco company executive stated that they had "taken a great many steps to avoid advertising directed to young people." Yet 10 years later, they supplied their products to be featured in The Muppet Movie.
170. Around the 1980s, tobacco companies labeled African Americans - less educated, prefer malt liquor, have problems with their own self-esteem.
171. In 1996, the tobacco industry said that drinking one to two glasses of whole milk a day was riskier than second-hand smoke.
172. In 1971, when one tobacco executive was reminded that smoking can lead to underweight babies, he said, "Some women would prefer smaller babies."
173. According to the New York Times, in 1998, one tobacco executive said, "Nobody knows what you'd turn to if you didn't smoke. Maybe you'd beat your wife."
174. Benzene, arsenic and cyanide are all poisons. They're all in cigarette smoke too.
175. In 1978, one tobacco executive said that "unhappiness causes cancer." So smile!
176. In 1953, Phillip Morris advertised their cigarettes as "the cigarette that takes the FEAR out of smoking."
177. A tobacco executive said that smoking is only as addictive as "sugar and salt and internet access."
178. 6.3 trillion cigarettes will be produced by tobacco companies in 2010, amounting to more than 900 cigarettes for every man, woman and child in the world.
179. There are 11 known human carcinogens in cigarette smoke.
180. An ingredient in mothballs- naphthalene- is also found in cigarette smoke.
181. In the US, cigarettes kill about 50 people an hour.

182. Urea is found in cigarettes. Urea is also found in Pee.
183. Methanol is found in cigarettes. Methanol is also found in antifreeze.
184. Cinnemaldyhyde is found in cigarettes. Cinnemaldehyde is also found in pet repellent.
185. Cadmium is found in cigarettes. Cadmium is also found in batteries.
186. Toluene is found in cigarette smoke. Toluene is also found in gasoline.
187. Hydrazine is found in cigarettes. Hydrazine is also found in rocket fuel.
188. Acetone is found in cigarette smoke. Acetone also removes nail polish.
189. Geraniol is found in cigarettes. Geraniol is also found in pesticides.
190. Formaldehyde is found in cigarette smoke. Formaldehyde preserves the dead.
191. Toluene is found in cigarette smoke. Toluene is also found in explosives.
192. Acetanisole is found in cigarettes. Acetanisole is also an ingredient in some perfumes.
193. Acetic Acid is found in cigarettes. Acetic Acid is also found in floor wipes.
194. Each year, about 5 million people around the world die from tobacco products.
195. In 1988, one tobacco company brainstormed the idea of a colored cigarette to "enhance wardrobe."
196. In 2008, 3.5% of 8th graders, 5.0% of 10th graders, and 6.5% of 12th graders were frequent users of smokeless tobacco.
197. Adolescents who use smokeless tobacco are more likely to become cigarette smokers.

198. Smokeless tobacco use is higher among males (6.2%) than females (.4%) for people aged 12 or older.
199. Among males aged 12 to 17, smokeless tobacco use has increased significantly—from 3.4 percent in 2002 to 4.4 percent in 2007.
200. In 2005, the vast majority of secondary school students who used smokeless tobacco users were male.
201. 2.2% of youths aged 12 to 17 started using smokeless tobacco in the past 12 months. 1.8% of young adults aged 18 to 25 and 0.1% of adults aged 26 or older began using smokeless tobacco during the same timeframe.
202. In 2007, among adults aged 26 or older, 3% had used smokeless tobacco in the past month. Among youths aged 12 to 17, the rate was 2.2%, and among young adults aged 18 to 25, the rate was 5% percent.
203. Smokeless tobacco use among men declined between 1987 and 2000. The largest declines were among those aged 18 to 24 years, people 65 years and older, African-Americans, residents of the South, and persons in more rural areas.
204. Revenues from smokeless tobacco sales totaled \$2.59 billion in 2006.
205. The five major smokeless manufacturers spent a total of \$354.1 million on advertising and promotion in 2006, an increase from the \$250.8 million spent in 2005.
206. In 2006, smokeless tobacco companies reported spending \$203.7 million on price discounts (payments made to smokeless tobacco retailers or wholesalers in order to reduce the price of smokeless tobacco to consumers).
207. 77.44 million pounds of moist snuff were sold in 2006—more than the combined sales of all of the other types of smokeless tobacco. Moist snuff also continued to receive the most advertising and promotional support from smokeless tobacco companies.
208. Smokeless tobacco is addictive.

209. Smokeless tobacco use causes oral cancer, lesions, and gum recession.
210. Smokeless tobacco increases the risk of oral cancer.
211. Long-term smokeless tobacco users may be up to fifty times more likely to have cancers of the cheek and gum than non-users.
212. Using smokeless tobacco is also associated with gum recession, dental caries, and dental staining and abrasion.
213. Because nicotine from smokeless tobacco is absorbed through the mouth, it takes longer to produce an effect than if it were absorbed through the lungs. But using cigarettes and smokeless tobacco really do result in the same amount of nicotine intake.
214. An average of 4.5mg of nicotine is absorbed from 7.9g of chewing tobacco and an average of 3.6mg of nicotine is absorbed from 2.5g moist snuff.
215. One tobacco company brainstormed reaching its target consumer from ice cream trucks.
216. Candy-flavored cigarettes are now illegal. But Big Tobacco still sells other tobacco products in over 45 candy flavors.
217. In 2010, tobacco will kill 6 million people worldwide.
218. In 2007, Camel sold pink and teal-packaged cigarettes which attracted young girls.
219. Nicotine is as addictive as heroin, cocaine and alcohol.
220. Chronic exposure to heavy metals like lead, arsenic and cadmium can affect the brain. They're all found in cigarette smoke.
221. In 1989, one tobacco company called the threat of an acute deficiency of young smokers the "doomsday scenario."

222. Chemicals that seep out of a cigarette butts can be acutely toxic to fish and micro-organisms.
223. One cigarette butt soaked in a liter of water killed half of the fish exposed in a study in a laboratory setting
224. In 1994, 7 executives from major tobacco companies stated under oath that they didn't believe nicotine was addictive.