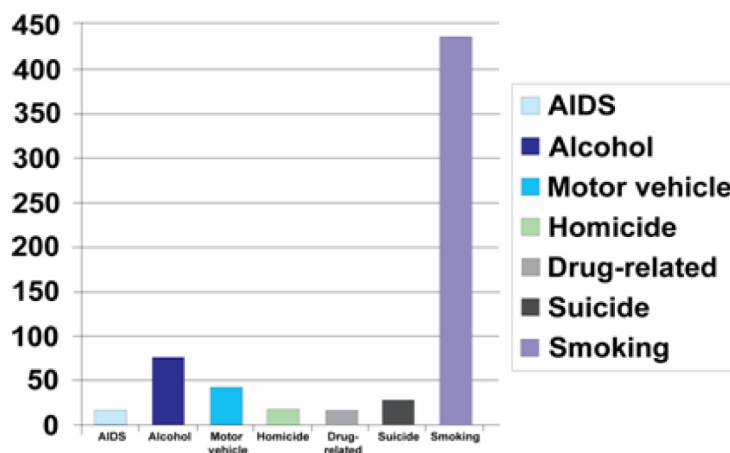


EFFECTS OF TOBACCO ON HEALTH

Every day, people suffer from illnesses caused by the effects of their smoking or from exposure to second-hand or environmental tobacco smoke. Others die daily from the chronic diseases caused by tobacco use. Because of the health risks from tobacco, many restaurants, work places, and other public areas continue to become smoke-free. The use of tobacco products is less popular and acceptable in the U.S. than in the past. The facts presented below will make you more aware of the consequences for you or someone that you know who smokes/uses tobacco.

Comparative Causes of Annual Deaths in the United States



Sources: (AIDS) *HIV/AIDS Surveillance Report, 2004*; (Alcohol) CDC. (2004). *MMWR*, 53(37), 866-870; (Motor vehicle) National Highway Transportation Safety Administration. (2005); (Homicide) NCHS. *Vital statistics, 2002*; (Drug-related) Mokdad, A.H., Marks, J. et al. (2004). Actual causes of death in the U.S., 2000. *JAMA*, 29(10), 1242; (Suicide) NIMH. (2003 [updated 2006]). *In harm's way—Suicide in America*;

Table 2. Actual Causes of Death in the United States in 1990 and 2000

Actual Cause	No. (%) in 1990*	No. (%) in 2000
Tobacco	400 000 (19)	435 000 (18.1)
Poor diet and physical inactivity	300 000 (14)	400 000 (16.6)
Alcohol consumption	100 000 (5)	85 000 (3.5)
Microbial agents	90 000 (4)	75 000 (3.1)
Toxic agents	60 000 (3)	55 000 (2.3)
Motor vehicle	25 000 (1)	43 000 (1.8)
Firearms	35 000 (2)	29 000 (1.2)
Sexual behavior	30 000 (1)	20 000 (0.8)
Illicit drug use	20 000 (<1)	17 000 (0.7)
Total	1 060 000 (50)	1 159 000 (48.2)

*Data are from McGinnis and Foege.⁹ The percentages are for all deaths.