



## Lesson Two

### Tobacco & Vaping Facts Hot Potato: Answer Key

1. True or False: Commercial tobacco use is the #1 cause of preventable disease in the U.S. Answer: True. Commercial tobacco kills more people each year than AIDS, car crashes, illegal drugs, alcohol, murder and suicide combined.<sup>1</sup>
2. True or False: Most smokers start smoking as adults. Answer: False. 90% of Smokers start smoking before they graduate high school.<sup>2</sup>
3. How many years of life does the average smoker lose? A. 1-2 B. 3-5 C. 7-9 D. 10-12 Answer: D. (varies by gender; men 12 years, women 11)<sup>3</sup>
4. Tobacco companies spend how much money on advertising each year: A. \$1,000 B. \$500,000 C. \$100 Million D. \$9 billion nationwide Answer: D. (about \$1M/hour)<sup>4</sup>
5. What is the average age that kids try their first cigarette? A. 7 B. 12 C. 15. D. 19 Answer: B. 12<sup>5</sup>
6. What percentage of high school students in Maine smoke cigarettes? A. 3.2% B. 7% C. 17% Answer: B: 7% of Maine High school students smoke.<sup>6\*</sup>
7. Nicotine leaves the body in how much time? A. up to 24 hrs B. 3 minutes C. 7 days D. 2 weeks Answer: A. up to 24 hrs. This is when withdrawal symptoms start.<sup>7</sup>
8. True or False: Secondhand Smoke may irritate people who are sensitive; however, it is not deadly. Answer: False. Secondhand Smoke kills up to 53,800 people in the U.S. every year. And children are at significant risk to many acute and chronic diseases as a result of secondhand smoke exposure.<sup>8</sup>
9. Which of the following chemicals are found in a cigarette? A. Ammonia (used in toilets) B. Arsenic (rat poison) C. Carbon monoxide (car exhaust) D. Acetone (nail polish remover) E. All of the above Answer: E. All of the above, There are approximately 600 ingredients in cigarettes. When burned, they create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are poisonous.<sup>9</sup>
10. Where are youth most likely to see e-cigarette advertising? A. The Internet B. Retail Stores C. TV Answer: Retail Stores (68%), followed by the Internet (41%), then TV (38%) then magazines/newspapers (24%). Between 2014 and 2016, exposure to retail e-cigarette advertising among young people jumped nearly 20%.<sup>10</sup>
11. True or False: Electronic Cigarettes are harmless. Answer: False. According to the Surgeon General, "E-cigarette aerosol is not harmless. It can contain harmful and potentially harmful constituents, including nicotine." Studies have found other chemicals and toxins present in some e-cigarettes, including formaldehyde, acrolein, volatile organic compounds like toluene, tobacco-specific nitrosamines, and metals like nickel and lead. While some of the flavorings used in e-cigarettes are generally recognized as safe for ingestion as food, the health effects of their inhalation are generally unknown" and noted that some of the flavorings found in e-cigarettes have been shown to cause serious lung disease when inhaled.<sup>11</sup>
12. True or False: Electronic Cigarettes have been shown to be an effective way to quit smoking. Answer: False. At this point, it is still unclear whether these products will help people quit, discourage smokers from quitting completely, or lead to nicotine addiction and tobacco use for new users, including kids True or False: Electronic Cigarettes have been shown to be an effective way to quit smoking. Answer: False. At this point, it is still unclear

<sup>1</sup> [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/tobacco\\_related\\_mortality/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/)

<sup>2</sup> [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/fast\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm)

<sup>3</sup> <https://well.blogs.nytimes.com/2013/01/23/putting-a-number-to-smokings-toll/>

<sup>4</sup> [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/fast\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm)

<sup>5</sup> <https://www.tobaccofreekids.org/assets/factsheets/0127.pdf>

<sup>6</sup> [https://data.mainepublichealth.gov/miyhs/files/2019\\_Reports/Detailed\\_Reports/HS/MIYHS2019\\_Detailed\\_Reports\\_HS\\_State/Maine\\_High\\_School\\_Detailed\\_Tables.pdf](https://data.mainepublichealth.gov/miyhs/files/2019_Reports/Detailed_Reports/HS/MIYHS2019_Detailed_Reports_HS_State/Maine_High_School_Detailed_Tables.pdf) \*In 2017, almost 9 percent of Maine high school students smoked on at least one day in the past 30 days. Nationally, the rate was 8.8 percent.

<sup>7</sup> <https://www.healthline.com/health/quit-smoking/how-long-does-nicotine-stay-in-your-system#nicotine-inurine>

<sup>8</sup> <https://www.cdc.gov/vitalsigns/tobacco/>

<sup>9</sup> <https://www.lung.org/stop-smoking/smoking-facts/whats-in-a-cigarette.html>

<sup>10</sup> <https://truthinitiative.org/research-resources/emerging-tobacco-products/e-cigarettes-facts-stats-and-regulations>

<sup>11</sup> <https://e-cigarettes.surgeongeneral.gov/>



whether these products will help people quit, discourage smokers from quitting completely, or lead to nicotine addiction and tobacco use for new users, including kids.<sup>12</sup>

13. In 2019 in Maine, what percentage of gay/lesbian high schoolers had ever used an electronic vapor product. A. 4% B. 12% C. 25% D. 58% Answer: 25%. Transgender Identity: Transgender (26%), Not Sure (29%); Sexual Orientation: Heterosexual (29%), Not Sure (21%) Bisexual (32%)<sup>13</sup>
14. True or False: In 2019, the number of heterosexual high school youth who reported smoking cigarettes at least once in the past 30 days was higher than the number of LGBTQ or transgender high school youth who reported smoking cigarettes at least once in the past 30 days. Answer: False. Sexual Orientation: Heterosexual (5.9%), Gay/Lesbian/Bisexual (12%); Transgender Identity (20.3%)<sup>14</sup>
15. Youth smoking is much higher in certain populations. What percentage of youth (grades 9-12) in 2015 who smoke reported being depressed? A. 11% B. 19% C. 27% D. 39% Answer: C. (smokers = 27% vs nonsmokers = 16%). Additionally, youth who smoke reported twice the rate of considering a suicide attempt (smokers = 32% vs. nonsmokers = 15%).<sup>15</sup>
16. True or False: if ingested, vaping liquid (e-juice) can lead to an overdose in children. True. Because the liquid in vape pods is flavored and tastes good, if not stored properly young children and pets can find these products and eat them. The result is an overdose; vaping liquid is very dangerous if consumed this way. The e-cigarette devices themselves can be dangerous, especially if modified or hacked to use other substances; batteries can overheat, and the devices can catch on fire.<sup>16</sup>
17. True or False: In 2019, 32% of Maine middle schoolers lived in a home with someone who smokes cigarettes. Answer: True. 13 year olds (32%), 14 years or older (34%).<sup>17</sup> Even brief exposure to secondhand smoke causes damage that can lead to serious disease and death. Secondhand smoke contains thousands of chemicals. At least 69 of these chemicals are known to cause cancer. Children exposed to secondhand smoke are at a higher risk of health issues, including: Sudden Infant Death Syndrome (SIDS), acute respiratory infections, ear problems, learning disabilities, behavioral problems and more severe asthma. Pets breathe secondhand smoke and, as with humans, exposure is known to cause cancer and illness.

<sup>12</sup> <https://ctimaine.org/wp-content/uploads/2019/03/ENDS-Policy-Statement-Final-20190227.pdf>

<sup>13</sup> [https://data.mainepublichealth.gov/miyhs/files/2019\\_Reports/Detailed\\_Reports/HS/MIYHS2019\\_Detailed\\_Reports\\_HS\\_State/Maine\\_High\\_School\\_Detailed\\_Tables.pdf](https://data.mainepublichealth.gov/miyhs/files/2019_Reports/Detailed_Reports/HS/MIYHS2019_Detailed_Reports_HS_State/Maine_High_School_Detailed_Tables.pdf)

<sup>14</sup> [https://data.mainepublichealth.gov/miyhs/files/2019\\_Reports/Detailed\\_Reports/HS/MIYHS2019\\_Detailed\\_Reports\\_HS\\_State/Maine\\_High\\_School\\_Detailed\\_Tables.pdf](https://data.mainepublichealth.gov/miyhs/files/2019_Reports/Detailed_Reports/HS/MIYHS2019_Detailed_Reports_HS_State/Maine_High_School_Detailed_Tables.pdf)

<sup>15</sup> [https://data.mainepublichealth.gov/miyhs/files/HS\\_Detailed\\_Reports\\_MIYHS2015/Maine\\_High\\_School\\_Detailed\\_Tables.pdf](https://data.mainepublichealth.gov/miyhs/files/HS_Detailed_Reports_MIYHS2015/Maine_High_School_Detailed_Tables.pdf)

<sup>16</sup> <https://www.poisson.org/articles/2013-sep/electronic-cigarettes>

<sup>17</sup> [https://data.mainepublichealth.gov/miyhs/files/2019\\_Reports/Detailed\\_Reports/MS/MIYHS2019\\_Detailed\\_Reports\\_MS\\_State/Maine\\_Middle\\_School\\_Detailed\\_Tables.pdf](https://data.mainepublichealth.gov/miyhs/files/2019_Reports/Detailed_Reports/MS/MIYHS2019_Detailed_Reports_MS_State/Maine_Middle_School_Detailed_Tables.pdf)