

COACHES

YOU CAN INFLUENCE YOUTH

Know the facts about youth and tobacco use.

- Youth are more likely to use tobacco products if they see people their age using these products.
- Nearly nine out of 10 cigarette smokers first try cigarette smoking by age 18.
- High school athletes are more likely to use smokeless tobacco than those of the same age who are not athletes.
- Youth who use multiple tobacco products are at higher risk for developing nicotine dependence and might be more likely to continue using tobacco into adulthood.
- Smoking slows lung growth, decreases lung function, and reduces the oxygen available for muscles used in sports.
- Nicotine is an addictive chemical and affects brain development.
- Tobacco use is the leading cause of preventable death in the United States, causing heart and lung disease, cancers and strokes.



GET TIPS ON STARTING THE CONVERSATION AT
TOBACCOFREEFLORIDA.COM/SPEAKINGTOYOUTH.



Florida
HEALTH