

NOT SO FUN FACTS

We all know that tobacco is an **addictive and harmful product**, but did you know....

\$9 Billion

is spent on **advertising** and **promotional** expenses in the U.S. alone by cigarette and smokeless tobacco companies.

7,000

chemicals have been found in secondhand smoke, **70 of those** are known to cause cancer.

By age 14

adolescents who experience numerous highly stressful events have a **greater risk** of initiating tobacco use.

Over 500

E-cigarette brands and approximately 7,700 flavors have been created.

Fruity and candy flavors are **most appealing to minors**.

In light of these facts, we invite you to quit tobacco for the day, or encourage a loved one to quit!

You will be joining hundreds of youth and community members in Pima County by Blacking Out Tobacco for the day- or for good!

Be a part of the movement!

take a **stand.** quit tobacco for the day.

BLACKOUT TOBACCO

Put it out! The Great American Smokeout



3950 S. Country Club Rd. • Ste. 100 • Tucson, AZ 85714
www.pima.gov/blackouttobacco



After

20 minutes: blood pressure drops.

12 hours: oxygen level rises to normal.

1 year: risk of coronary heart disease decreases to half of that of a smoker.



Keep in touch

Make sure to let those around you know of your new lifestyle and ask for support when needed. Call **520-724-7904** for additional quitting resources.



Congrats!

Hooray! You've taken a huge step towards a better and healthier life for you and those around you. Be proud of yourself.



Take a stand

Make the decision to quit tobacco for the day - or better yet - for good.

If you don't use tobacco, encourage a loved one to quit today.



What about money?

Think about this:

The average cost for a pack of cigarettes in Arizona is \$7.06. Buy a pack a day for one month and you're out more than \$210.

Think of better alternatives for spending money typically spent on tobacco.

- Plan for a vacation
- Donate to a local cause
- Treat your friends and family to some ice cream or coffee

#blackouttobacco

Visit pima.gov/blackouttobacco for more resources.