



# Stats on the Harms of Tobacco

Tobacco has seriously bad effects on your health and wallet. Not so great for society either.

## DID YOU KNOW?...

**#1**

Tobacco's ranking as a preventable killer

Tobacco is the #1 cause of preventable death in MA & the US! Smoking kills more people than alcohol, AIDS, car accidents, illegal drugs, murders, and suicides combined. Thousands more die from chewing tobacco.

**25**

Number of people who die each day in MA from tobacco-related illnesses

**1,096**

Number of people who die each day in the US from tobacco-related illnesses

**13-14  
YEARS**

Average number of years of life smokers lose

Each cigarette you smoke takes 7 minutes off your life!

**90%**

Percentage of smokers who started before their 18th birthday



---

**33%**

Percentage of youth who start smoking each day who will ultimately die from a tobacco-related illness

---

**50,000**

Number of non-smokers who die each year due to secondhand smoke

---

**#1**

Nicotine's ranking as an addictive substance

Nicotine is more addictive than cocaine and heroin!

---

**GREATER  
THAN  
4,000**

Number of chemicals in cigarette smoke

Includes arsenic (poison), carbon monoxide (car exhaust), formaldehyde (preserves the dead), and acetone (nail polish remover).

---

**GREATER  
THAN  
\$3,000**

Money a pack-a-day smoker in MA will spend on cigarettes in a year

---

**\$5.5  
BILLION**

Smoking's cost to the state of MA

That's \$3.54 billion for healthcare-related costs and \$1.98 billion for lost productivity.

---

**\$1.8  
BILLION**

Extra taxes for MA taxpayers because of smoking

This is what the state and federal government have to spend to cover tobacco-related health expenses.

---

**SOURCE:** Fact Sheets by the Campaign for Tobacco Free Kids,  
<http://tobaccofreekids.org/research/factsheets>



**JOIN THE 84 MOVEMENT  
TO FIGHT TOBACCO!**

**THE84.ORG**