

# TOBACCO

Comes in the form of traditional cigarettes, hookah, e-cigarettes, smokeless, chew, and more. The main ingredient in tobacco is nicotine. In its purest form, nicotine has the ability to kill a person within an hour if injected directly into the blood stream.



## HEALTH RISKS

- High blood pressure
- Chronic cough
- Frequent colds
- Shortness of breath
- Stroke
- Heart disease
- Cancer
- Addiction to nicotine
- Chronic bronchitis
- Reproductive damage

Surgeon General's Warning: *Smoking causes lung cancer, heart disease, emphysema, and may complicate pregnancy.*

## TOBACCO IN HAWAII & THE US



480,000 lives are lost to tobacco use each year in the US, including 1,400 in Hawai'i.



Tobacco-related health care cost Hawai'i taxpayers \$526 million each year.



8.1% of high school students in Hawai'i smoke.



On average smokers die 10 years earlier than non-smokers.



58.8% of e-cigarette users also smoke cigarettes.

## KNOW THE LAW



In Hawaii, it is illegal to smoke within 20 ft from any public building or space including beaches.



Federal law requires merchants selling tobacco to ask for a photo ID. It is illegal for merchants to sell tobacco to minors. Those convicted can be fined between \$500-\$2,000.



In Hawaii, merchants cannot display or sell cigarettes or tobacco paraphernalia within 1,000 ft of a school, park or anywhere youth convene.



Sources: Center for Disease Control National Health Survey, Hawaii Public Health Institute  
2017 Hawaii Youth Risk Behavior Survey

(coffin, clock, Hawaiian Flag) icon made available from flaticon.com

This infographic was produced by the HIPRC for educational purposes only. Funded by the  
State of Hawaii DOH ADAD through Federal Substance Abuse Prevention and Treatment  
Block Grant funds.