



*Partners in*  
**HEALTH**  
*and*  
**WHOLENESS**

AN INITIATIVE OF THE  
NORTH CAROLINA COUNCIL OF CHURCHES

*“ Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and of spirit, making holiness perfect in the fear of God. ”*

– II Corinthians 7:1

*Being healthy. Being faithful.*

## FAITHFULLY TOBACCO FREE

“One thousand Americans stop smoking every day - by dying.”

~ Author Unknown

“If we see you smoking, we will assume you are on fire and take appropriate action.”

~ Douglas Adams

### DID YOU KNOW?:

- Smoking is the leading preventable cause of death.
- Worldwide, tobacco kills more than 5 million people a year and accounts for one in 10 deaths among adults.
- In the US, tobacco kills more than AIDS, alcohol, car accidents, murders, suicides, drugs, and fires combined.
- The primary cause of US fire deaths is cigarettes and other smoking materials.
- In one year, cigarettes leave about 12,000 children without mothers and about 31,000 without fathers. That's approximately 33 mothers and 85 fathers lost each day.
- Cigarette smoke contains more than 7,000 chemicals, including ammonia, benzene, arsenic, and radioactive polonium-210. Hundreds of these chemicals are toxic, and about 70 cause cancer.
- Lung cancer is the leading cause of cancer death in the US, with smoking accounting for 90% of lung cancer deaths among men and 80% of lung cancer deaths among women.
- Other cancers caused by smoking include cancers of the throat, mouth, nasal cavity, esophagus, stomach, pancreas, kidney, bladder and cervix.

### NORTH CAROLINA KEY FACTS:

- 20.9% of the adult population smokes. That is over 1,458,000 people.
- NC has higher adult smoking rates than the US as a whole.
- In NC, tobacco use caused almost 14,000 deaths in 2009.
- 29 states, including NC, have enacted smoke-free laws in restaurants and bars.

### YOUR BODY IS A TEMPLE: DON'T DESTROY IT

- 12,200 adults die each year in NC from their own smoking.
- 193,000 children now under the age of 18 in NC will die prematurely from smoking.
- On average, adults who smoke will die 14 years earlier than non-smokers.
- In 2004, smoking was responsible for 5,121 cancer deaths; 3,612 cardiovascular disease deaths; and 11,743 respiratory disease deaths.



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"A cigarette is the only consumer product which when used as directed kills its consumer."

~ Dr. Gro Harlem Brundtland,  
former Director General of the  
World Health Organization

"The only 'safer' cigarette is your last one."

~ Duane Alan Hahn

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## FAITHFULLY TOBACCO FREE

### **LOVE THY NEIGHBOR: PROTECT THEM FROM SECONDHAND SMOKE**

- Secondhand smoke is dangerous – it causes heart disease and lung cancer.
- As little as 30 minutes of exposure to secondhand smoke can cause a heart attack in someone with heart disease.
- In the US, almost 129,000 people die each year from lung, trachea, and bronchus cancers caused by smoking. 3,400 of these deaths are from secondhand smoke.
- In NC, nearly 2,000 adult nonsmokers die each year from secondhand smoke.

### **VENTILATION DOES NOT PROTECT FROM SECOND-HAND SMOKE!**

- Current heating, ventilation, and air conditioning systems cannot prevent the spread of tobacco smoke throughout the system. Instead of removing smoke, these systems can spread it throughout the building!
- The American Society of Heating, Refrigerating and Air-Conditioning Engineers, who set standards on ventilation issues, has stated that "the only means of effectively eliminating health risks associated with indoor exposure is to ban smoking activity."

### **HONOR THY CHILDREN**

- Children who have a parent or guardian who smokes are more likely to smoke, and to be heavier smokers at young ages.
- How can you prevent your children from smoking?
  1. Quit! When parents quit smoking, their children become less likely to start smoking and more likely to quit if they already smoke.
  2. If you can't quit, tell and show your children how hard it is to quit. (Approximately 70% of smokers say they want to stop smoking but many relapse due to the stress, weight gain, and withdrawal symptoms associated with quitting.)
  3. Don't smoke at home. Children are less likely to smoke if they live in a smoke-free home, even if their parents or guardians are smokers.
  4. Tell your children how you feel about smoking. Your opinions matter!
  5. Make sure your children understand how harmful smoking is, and how immediate the health effects can be. There are many misconceptions about smoking, so make sure your children have facts and not just hearsay. Don't forget to tell them that smoking gives you yellow teeth, bad breath, early wrinkles and smelly clothes!



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### WHAT CAN PEOPLE OF FAITH DO?

- Make your home, church, car and business/workplace smoke-free and tobacco-free.
- Encourage others not to smoke or use other tobacco products.
- Sponsor smoking cessation classes at your church.
- Create and lead support groups.
- Advocate for public policies that make it easier for current smokers to quit and harder for non-smokers, particularly our youth, to start.
- Show your commitment to health as a practice of your faith by becoming a Partners in Health and Wholeness Certified Congregation and signing the PHW Endorsement Resolution. For more information, please visit: [www.healthandwholeness.org](http://www.healthandwholeness.org).

"I'd rather kiss a mad cow on the muzzle than a smoker on the mouth."

~ Paul Carvel, Belgian writer and editor

### RESOURCES

For more information, please see the following, from which information in this handout was drawn:

- **Campaign for Tobacco-Free Kids:**  
[http://www.tobaccofreekids.org/facts\\_issues/toll\\_global/](http://www.tobaccofreekids.org/facts_issues/toll_global/)  
[http://www.tobaccofreekids.org/what\\_we\\_do/state\\_local/smoke\\_free\\_laws/](http://www.tobaccofreekids.org/what_we_do/state_local/smoke_free_laws/)  
[http://www.tobaccofreekids.org/facts\\_issues/toll\\_US/north\\_carolina](http://www.tobaccofreekids.org/facts_issues/toll_US/north_carolina)  
<http://www.tobaccofreekids.org/research/factsheets/pdf/0152.pdf>
- **Centers for Disease Control and Prevention:**  
[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/fast\\_facts/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm)  
[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)  
[http://www.cdc.gov/tobacco/data\\_statistics/state\\_data/state\\_highlights/2010/states/north\\_carolina/index.htm](http://www.cdc.gov/tobacco/data_statistics/state_data/state_highlights/2010/states/north_carolina/index.htm)  
[https://apps.nccd.cdc.gov/sammec/show\\_mort\\_data.asp](https://apps.nccd.cdc.gov/sammec/show_mort_data.asp)  
[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/health\\_effects/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm)  
[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/protection/ventilation/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/protection/ventilation/index.htm)
- **National Cancer Institute:** <http://www.cancer.gov/cancertopics/tobacco/smoking>
- **North Carolina State Center for Health Statistics:** [http://www.schs.state.nc.US/SCHS/pdf/HealthProfile2011\\_WEB.pdf](http://www.schs.state.nc.US/SCHS/pdf/HealthProfile2011_WEB.pdf)
- **TheTruth.com:** <http://www.thetruth.com/facts/>
- **Zeise, Lauren, et al. "Health Effects of Exposure to Environmental Tobacco Smoke."** Smoking and Tobacco Control 10 (1999). <http://cancercontrol.cancer.gov/tcrb/monographs/10/>.