



Health effects of smoking among youth

Young people who smoke put their health at risk. Smoking can cause many health problems. It can lead to nicotine addiction. And it can lead to the use of other drugs. Many young people who smoke continue to do so as adults. This can cause health problems over time.

- Smokers' lungs do not work as well as those in people who have never smoked.
- Smoking slows the rate of lung growth.
- Smoking causes heart disease and stroke in adults. Studies have found early signs of these conditions in young smokers.
- Smoking hurts a person's fitness. It affects how well a person performs. This is true even in young people who play sports.
- Someone who smokes a pack or more each day lives an average of seven years less than someone who never smoked.
- The resting heart rates of young adult smokers are two to three beats per minute faster than nonsmokers.
- Smoking at an early age increases the risk of lung cancer. The risk of most cancers related to smoking rises the longer a person smokes.
- Most teen smokers suffer from shortness of breath. This happens almost three times more often than in nonsmokers. They produce more than twice as much phlegm as teens who do not smoke.
- Teen smokers are more likely to have seen a healthcare provider for an emotional issue.
- Teens who smoke are three times more likely to use alcohol. They are eight times more likely to use marijuana. And they are 22 times more likely to use cocaine. Smoking is linked to other risky behaviors too. This includes fighting. It also includes having unprotected sex.

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