



Chapter Preview

Lesson 1 Facts About Tobacco308

Lesson 2 Health Risks of Tobacco Use 311

Lesson 3 Tobacco Addiction 315

Lesson 4 Tobacco's Costs to Society.....319

Lesson 5 Choosing to Be Tobacco Free323

Building Health Skills.....326

TIME health news328

Chapter Reading Review.....329

Chapter Assessment330

▲ Working with the Photo

Once a person starts smoking it can be very hard to quit. **How can you help others stay tobacco free?**

Start-Up Activities



Before You Read

Do you know how to help someone quit smoking? Answer the Health eSpotlight question below and then watch the online video. Keep a record of your answers.



Health eSpotlight



Breaking the Tobacco Habit

Breaking a tobacco habit is the first step in stopping the damage done to the body by smoking. However, quitting can be difficult. What steps can you take to encourage and support a friend who wants to quit smoking?

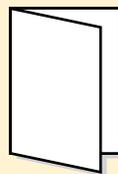
Go to glencoe.com and watch the health video for Chapter 13. Then complete the activity provided with the online video.

FOLDABLES® Study Organizer

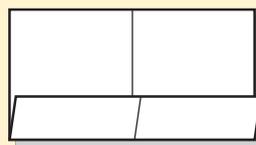
As You Read

Make this Foldable® to record what you learn in Lesson 1 about tobacco's harmful effects. Begin with a plain sheet of $8\frac{1}{2}'' \times 11''$ paper.

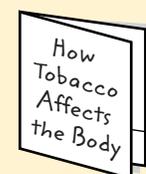
- 1** Fold the sheet of paper in half along the short axis.



- 2** Open and fold the bottom edge up to form a pocket. Glue the edges.



- 3** Label the front of the booklet as shown. Label the pockets "Tobacco Products" and "Harmful Effects." Place an index card or quarter sheet of notebook paper into each pocket.



On index cards or quarter sheets of notebook paper, take notes on the different types of tobacco products and how they harm the body. Store these cards in the appropriate pocket of your Foldable®.



Visit glencoe.com and use the eFlashcards to preview vocabulary terms for Chapter 13.

Lesson 1

Facts About Tobacco

Guide to Reading

Building Vocabulary

As you read this lesson, write each new highlighted term and its definition in your notebook.

- nicotine (p. 308)
- addictive (p. 309)
- tar (p. 309)
- bronchi (p. 309)
- carbon monoxide (p. 309)
- smokeless tobacco (p. 310)

Focusing on the Main Ideas

In this lesson, you will learn to

- **recognize** the various forms of tobacco.
- **identify** some of the harmful substances in all forms of tobacco.
- **describe** the negative effects tobacco use can have on appearance.

Reading Strategy

Making Inferences Look briefly at the headings, figures, and captions in this lesson. Discuss what kinds of information you think this lesson will provide.

FOLDABLES® Study Organizer Use the Foldable® on p. 307 as you read this lesson.

Quick Write

Make a list of as many tobacco products as you can think of prior to reading this lesson. Briefly describe each product.



What Is Tobacco?

Tobacco is a woody, shrub like plant with large leaves. It is estimated that there are more than 4,000 chemicals in tobacco, many of which have been proven to cause cancer. One of these is **nicotine**—an addictive drug found in tobacco leaves and in all tobacco products.

- ▶ Smoking can make it difficult to breathe during physical activity. **What physical activities do you enjoy that would become much more difficult if you smoked?**





Nicotine is an **addictive** drug, meaning it is *capable of causing a user to develop intense cravings*. Once the drug has been in the body regularly for some time, a person begins to depend on it.

Another dangerous ingredient in tobacco is **tar**, *a thick, oily, dark liquid that forms when tobacco burns*. When smokers inhale, tar deposits form on the **bronchi** (BRONG-ky), which are *passages through which air enters and spreads through the lungs*. If tar builds up, serious diseases such as emphysema and lung cancer can develop. These diseases make it very difficult for a person to breathe.

Carbon monoxide is a third harmful substance that is released when tobacco is burned. **Carbon monoxide** is *a poisonous, colorless, odorless gas*. Carbon monoxide enters the bloodstream through the lungs and reduces the amount of oxygen delivered to the body's organs and tissues. This weakens muscles and blood vessels, which can lead to heart attack and stroke.



Reading Check Define What is carbon monoxide?



Citizenship

Good citizenship includes doing your part to keep your school and community healthy. One way to accomplish this is by spreading the word about the dangers of tobacco use.

What are some ways you could raise awareness in your school and community of the health hazards associated with using or being around tobacco products?



Different Tobacco Products

There are many different tobacco products on the market today. These include cigarettes, cigars, pipes, specialty cigarettes, and smokeless tobacco.

Cigarettes

Of the many different products that contain tobacco, the most commonly used is cigarettes. Cigarettes put smokers at risk for emphysema and other lung and heart diseases, cancer, infertility, and stroke. Cigarettes and other forms of tobacco can cause bad breath, stain teeth and fingers, and cause the skin to wrinkle prematurely. More than 400,000 cigarette smokers die from smoking-related illnesses every year.

Cigars and Pipes

Cigars contain larger quantities of the same harmful substances as cigarettes. One large cigar can contain as much tobacco as a pack of cigarettes. Cigar smokers have a higher risk of developing cancer of the mouth, larynx, and throat. They are also at greater risk of dying from heart disease.

- ▼ Cigarette smoke releases carbon monoxide. **What does this gas do inside the smoker's lungs?**





Some people smoke pipes using loose tobacco. Pipe smokers usually inhale less than cigarette smokers. However, they are still at risk of developing cancer of the lips, mouth, and throat.

Specialty Cigarettes

Two other tobacco products are bidis and kreteks. Bidis (BEE·deez) are flavored, unfiltered cigarettes imported from Southeast Asia. Kreteks (KREE·teks), also called clove cigarettes, are imported from Indonesia. Kreteks typically contain a mixture of tobacco, cloves, and other additives. Both can have higher concentrations of nicotine, tar, and carbon monoxide than regular cigarettes.

Go Online
 Visit glencoe.com and complete the Interactive Study Guide for Lesson 1.

Smokeless Tobacco

Smokeless tobacco is ground tobacco that is chewed or inhaled through the nose. Nicotine absorbed from smokeless tobacco is three to four times greater than the amount delivered by a cigarette. It can lead to cancers of the mouth, esophagus, larynx, stomach, and pancreas. It also stains the teeth and causes bad breath, tooth decay, and gum disease.

Lesson 1 Review



After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

- Vocabulary** What is *nicotine*?
- List** Identify and describe the risks associated with three harmful substances found in all forms of tobacco.
- Recall** What is the most common form in which tobacco is used? Name three other tobacco products.

Thinking Critically

- Analyze** Julia is at a party where another girl lights a cigarette. When Julia points out that smoking is bad for her health, the other girl shrugs. "I'm a strong person," she says. "I can quit any time I want." How might Julia reply?

- Evaluate** Pete chews smokeless tobacco. He uses it when no one else is around so others do not have to watch him spitting tobacco juice. "It's a win-win situation," says Pete. Do you agree with Pete's point of view? Explain your answer.

Applying Health Skills

- Analyzing Influences** Some teens start smoking because they see their peers smoking. With a group, brainstorm other reasons teens might start to use tobacco. Make a list of the reasons and compare it with those from other groups.

Lesson 2

Health Risks of Tobacco Use

Guide to Reading

Building Vocabulary

Write the terms below in your notebook. Add a definition for each term as you read this lesson.

- chronic obstructive pulmonary disease (COPD) (p. 313)
- cardiovascular disease (p. 313)

Focusing on the Main Ideas

In this lesson, you will learn to

- **describe** how tobacco use affects the body systems.
- **practice** decision making to protect your health against tobacco smoke.

Reading Strategy

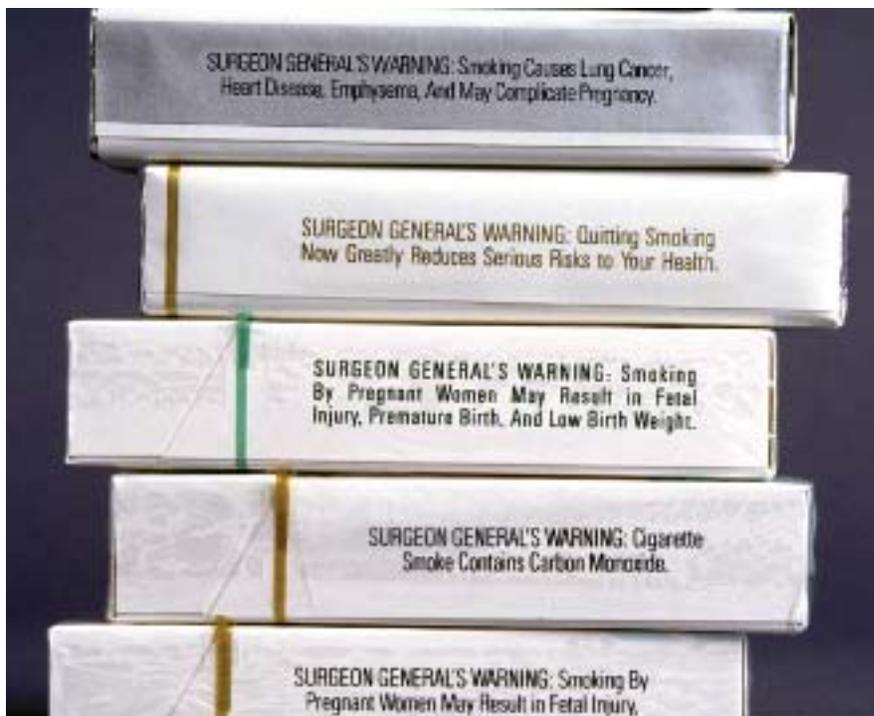
Drawing Conclusions Based on this lesson, list the effects of tobacco use on the body systems.

Tobacco Use Is Hazardous to Your Health

The message that smoking is bad for your health is not new. In 1965, Congress passed a law requiring tobacco manufacturers to print health warnings on cigarette packages. Similar labeling laws have since been passed for other tobacco products.

Quick Write

List two future goals. Then write a short paragraph telling how a tobacco-related illness could affect each of these goals.



Michael Newman/PhotoEDIT

- ◀ Federal law requires that cigarette packages have one of four different warning labels. **Which of these health warnings do you think is most important for teens?**



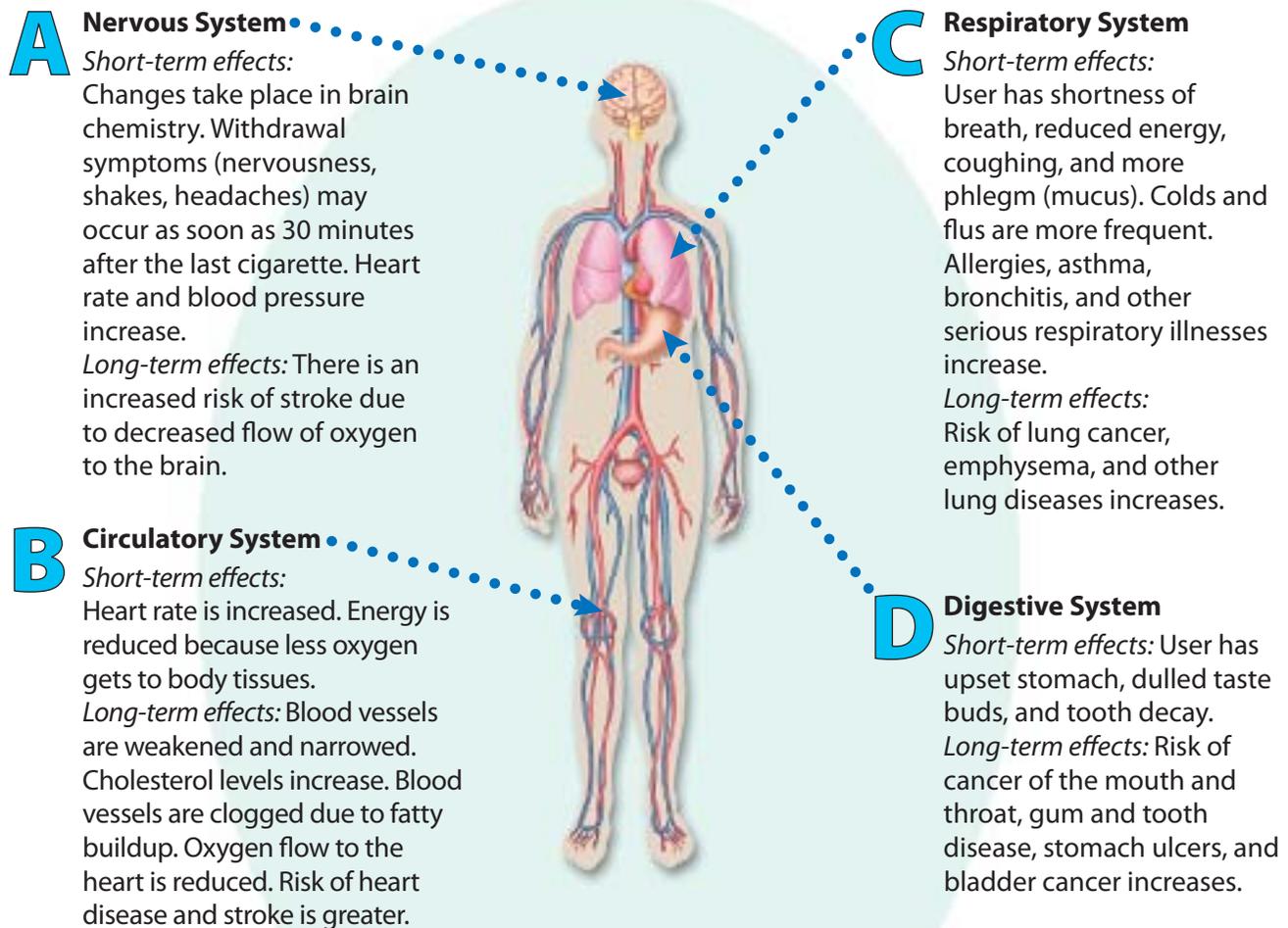
How Tobacco Use Affects the Body

The chemicals in tobacco and tobacco smoke can cause damage to most of the body's systems. Tobacco use is particularly damaging to teens because their bodies are still growing and developing. Some of the effects of tobacco use are evident almost immediately. Others become apparent over time. **Figure 13.1** shows both the short-term and the long-term harmful effects of tobacco use on body systems.

FIGURE 13.1

IMPACT OF SMOKING ON THE BODY SYSTEMS

The negative health effects of smoking begin immediately and grow progressively worse the longer you smoke. **What are the short-term and long-term effects on the nervous system?**





One long-term physical effect of smoking is a dry, hacking cough. This indicates that the tobacco has done permanent damage to the smoker's body. A dry cough is often a symptom of **chronic obstructive pulmonary disease (COPD)**, a condition in which passages in the lungs become swollen and irritated, eventually losing their elasticity. This condition includes chronic bronchitis, asthma, and emphysema. In the United States, COPD causes over 100,000 deaths per year. Ninety percent of these deaths are linked to smoking.

Smokers are also at an increased risk of developing lung cancer. **Figure 13.2** gives some important facts about the link between smoking and lung cancer.

Smoking is also a leading cause of **cardiovascular disease**, a disease of the heart and blood vessels. Long-term smoking increases cholesterol levels and contributes to arteriosclerosis, a hardening of the arteries. Both conditions reduce oxygen flow to the heart, dramatically increasing a smoker's risk of stroke and heart attack. Other long-term effects of smoking include cancers of the brain, throat, breast, and bladder.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 2.

Reading Check Define What do the letters COPD stand for?

FIGURE 13.2

THE FACTS ABOUT LUNG CANCER

Smoking can cause serious damage to the lungs. **What can you do to decrease your chances of getting lung cancer?**

<p>Compare the healthy lung with the cancerous lung. Now think about the following facts:</p> <ol style="list-style-type: none"> 1. Smoking is the number one cause of lung cancer, causing 87 percent of lung cancer cases. 2. Cigarette smoke contains more than 4,000 different chemicals, many of which are cancer-causing substances. 3. Lung cancer is the leading cancer killer in the United States, causing more deaths than the next three most common cancers combined. 4. Secondhand smoke is also an important cause of lung cancer. 	 <p>Healthy Lung</p>	 <p>Cancerous Lung</p>
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Health Skills Activity

Decision Making

Fresh-Air Friend

Mike gets a ride to school with a girl in his class named Ashley. Mike is concerned about his health because Ashley's mom smokes in the car. Mike hasn't mentioned his concern because he doesn't want to sound rude or ungrateful. He's tried opening a window, but Ashley says it makes her cold. Mike doesn't know what to do or say. Use the decision-making process to help him make a decision.

- State the situation
- List the options
- Weigh the possible outcomes
- Consider your values
- Make a decision and act
- Evaluate the decision

What Would You Do?

Apply the six steps of the decision-making process to Mike's problem. What are Mike's options? Show how Mike makes a healthful decision.

Lesson 2 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** What is *cardiovascular disease*? How is this caused by smoking?
2. **List** What are some ways that tobacco use damages the circulatory system?
3. **Describe** What is the relationship between smoking and lung cancer?

Thinking Critically

4. **Analyze** Of the health risks associated with tobacco use, which one do you consider the most serious? Explain your answer.

5. **Explain** Why do you think it is important to put warning labels on cigarette packages?

Applying Health Skills

6. **Advocacy** Make a poster encouraging teens not to smoke. One part of your poster should clearly state the health risks associated with various tobacco products. The other part should try to persuade teens not to use tobacco.

Lesson 3

Tobacco Addiction

Guide to Reading

Building Vocabulary

As you read this lesson, write each new highlighted term and its definition in your notebook.

- tolerance (p. 316)
- physical dependence (p. 316)
- psychological dependence (p. 316)
- withdrawal (p. 317)
- nicotine replacement therapies (NRT) (p. 317)
- relapse (p. 318)

Focusing on the Main Ideas

In this lesson, you will learn to

- **explain** how a person becomes addicted to tobacco.
- **identify** the different types of dependence that occur as a result of tobacco use.
- **describe** the symptoms of withdrawal.

Reading Strategy

Sequencing Make a flow diagram that outlines the steps in the addiction process.

Quick Write

Make a list of habits you know are hard to break. Choose one you find interesting and write a paragraph describing what you think it would be like to change that habit.

Tobacco's Web of Addiction

Nicotine is an extremely powerful and addictive drug. It is just as addictive as heroin or cocaine. When nicotine enters the body, it interacts with receptors in the brain. The brain sends a message to the body to speed up heart and breathing rates. As these feelings go away, they leave the user wanting more. Tobacco use soon becomes a habit, and the user can quickly become addicted. Once addicted, it becomes very difficult to quit smoking.

- ▶ The best way to prevent tobacco addiction is to never start using tobacco. **Why is it difficult to stop smoking once a person has started?**





Go Online

Topic: Voices Against Tobacco

Visit glencoe.com for Student Web Activities to learn about the effects of smoking and how advertising can be used to speak out against it.

Activity: Locate and analyze an anti-tobacco ad. What does it say about the dangers of tobacco use? Is this ad more effective than the tobacco ads that you have seen? Why, or why not?

Academic Vocabulary

trigger (TRIG er) (noun)
to cause a reaction or a series of reactions.
Certain foods can trigger headaches in some people.

Tolerance and Dependence

As the body gets used to nicotine, it develops a tolerance to the drug. **Tolerance** is a process in which the body needs more and more of a drug to get the same effect.

Any time the nicotine level drops or is absent, the body experiences a craving. This is a sign that the body has a physical dependence on nicotine. **Physical dependence** is a type of addiction in which the body itself feels a direct need for a drug. The cravings that result from a physical dependence can only be satisfied by more nicotine.

Addiction to a drug affects the mind as well as the body. Some people begin to believe they need tobacco to perk up or relax. What these people are experiencing is a psychological dependence on nicotine. A **psychological dependence** is an addiction in which the mind sends the body a message that it needs more of a drug. Certain events, situations, and habits **trigger** a desire to use tobacco. For example, some people feel the need to smoke at parties or nightclubs.

Studies have reported that a staggering 90 percent of adult smokers began smoking before the age of 18. Teens are more likely to develop a severe level of addiction than people who begin smoking at a later age. Teens who use tobacco are also much more likely to use drugs such as marijuana, cocaine, and alcohol. **Figure 13.3** provides greater detail on nicotine addiction among teens.



Reading Check

Identify What percentage of adult smokers began smoking before the age of 18?

FIGURE 13.3

THE PATH TO SMOKING ADDICTION

The nicotine in tobacco is very addictive. **Based on the facts below, how would you react if a friend said to you, “No way, I won’t get addicted?”**

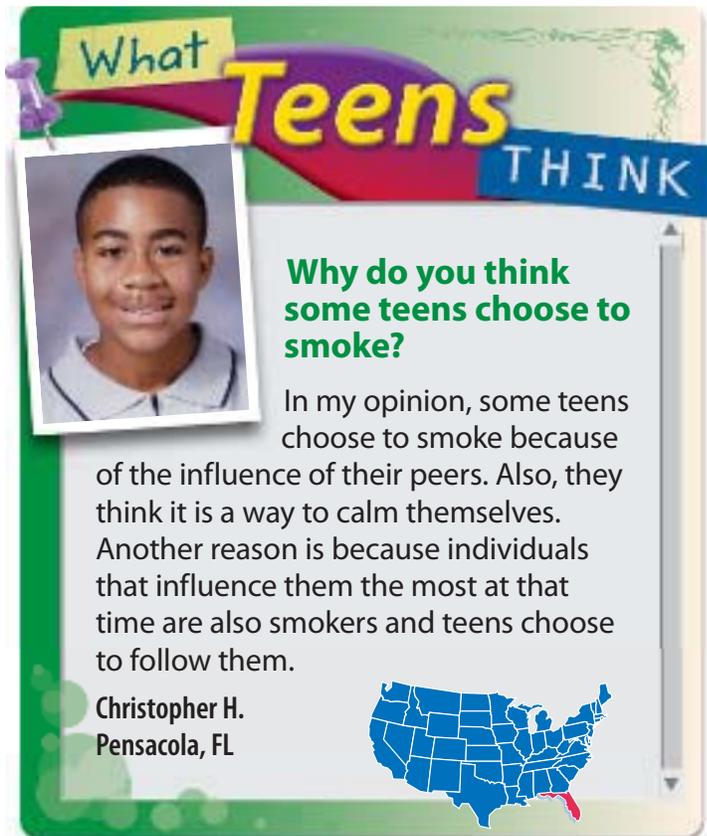
The Path to Smoking Addiction

1. Tobacco companies market to young people. Some young people start smoking at 11 or 12 years old.
2. Every day in the United States, more than 6,000 teens and preteens try their first cigarette.
3. Teens can feel symptoms of nicotine addiction only days or weeks after they first start smoking on an occasional basis. Addiction symptoms are felt well before teens begin to smoke daily.
4. The earlier in life smoking is first tried, the higher the chances are of becoming a regular smoker and the lower the chances are of ever being able to quit.

Breaking the Tobacco Habit

Although some of the damage done by smoking cannot be reversed, it is never too late to quit using tobacco. Here are some steps to do just that:

- **Prepare to stop.** Set a specific date for quitting. Mark that date on a calendar so you won't forget.
- **Get support and encouragement.** Let family and friends know you are quitting and ask them for help and support.
- **Find out about health services.** Doctors, support groups, and certain organizations can help users quit. Explore resources in your community.
- **Change your daily routine.** It helps to avoid smokers and routines that were part of your life as a smoker.
- **Follow a healthy lifestyle.** Eat well, manage stress, and get plenty of physical activity to help you feel good without the use of tobacco.



What Teens THINK

Why do you think some teens choose to smoke?

In my opinion, some teens choose to smoke because of the influence of their peers. Also, they think it is a way to calm themselves. Another reason is because individuals that influence them the most at that time are also smokers and teens choose to follow them.

Christopher H.
Pensacola, FL



Withdrawal

Some people choose to quit smoking *cold turkey*, meaning they stop all use of tobacco immediately. When a person stops using tobacco, he or she may experience symptoms of **withdrawal**. These are *physical and psychological reactions that occur when someone stops using an addictive substance*. The physical symptoms of withdrawal include headaches, tiredness, increased hunger, and a jittery, restless feeling. **Nicotine replacement therapies (NRT)** are *products that assist a person in breaking a tobacco habit*. These products reduce the amount of nicotine in the body slowly, reducing the symptoms of withdrawal.

The psychological symptoms of withdrawal can include irritability, sudden cravings for tobacco in certain situations or at certain times, and difficulty concentrating or sleeping. Counseling or support groups can help a user overcome a psychological dependence on tobacco.



Reading Check

Define What are *nicotine replacement therapies*?



Dealing with Relapse

The body undergoes physical changes when a person no longer uses tobacco. Learning to live without tobacco takes time and a lot of willpower.

Sometimes, the symptoms of withdrawal are so bad that a person takes up smoking again. As a result, many people who decide to quit tobacco suffer a relapse within the first three months of quitting. A **relapse** is a return to the use of a drug after attempting to stop. Resuming the habit after working hard to quit can be discouraging. Self-esteem often drops and people may feel frustrated and angry.

Most people attempt to quit several times before they succeed. Reviewing what caused a relapse and taking steps to prevent it from happening again can help. For example, if a person is in the habit of smoking after a meal, planning another activity can take the person's mind off smoking.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 3.

Reading Check Define What is a relapse?



Lesson 3 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

- Vocabulary** Define *tolerance*. How does a tolerance to nicotine form?
- Recall** Explain the difference between physical dependence and psychological dependence.
- Give Examples** What are the symptoms of nicotine withdrawal?

Thinking Critically

- Analyze** What specific dangers does trying tobacco pose for teens?
- Synthesize** How do nicotine replacement therapies help a person stop smoking?

- Apply** Madison's mother has been trying to quit smoking, but has had several relapses. What can Madison do to help her mother quit smoking?

Applying Health Skills

- Refusal Skills** Some teens try tobacco for the first time because of peer pressure. With a small group, brainstorm effective ways to say no when peers offer or suggest that you use tobacco. Make a list of the best ideas and share them with your classmates in a roundtable discussion.

Lesson 4

Tobacco's Costs to Society

Guide to Reading

Building Vocabulary

Explain how the terms below are related. Then find each in the lesson and write a definition for each term in your journal.

- secondhand smoke (p. 320)
- sidestream smoke (p. 320)
- mainstream smoke (p. 320)
- passive smoker (p. 320)

Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** ways in which tobacco harms nonsmokers.
- **describe** the costs tobacco use has on society.

Reading Strategy

Identifying Problems and Solutions After reading this lesson, state why secondhand smoke is a problem. Offer your suggestions for dealing with this problem.

Quick Write

Make a list of the costs associated with tobacco use. As you read, add costs to your list.

Tobacco's Many Costs

For every dollar spent to spread the word about the dangers of tobacco, tobacco companies spend \$23 on marketing. Marketing is a method used by businesses to make the public aware of their product. Each year tobacco companies spend \$12.7 billion on advertising alone. Whether or not they smoke, U.S. taxpayers pay around \$38 billion each year in federal taxes to treat the many health problems caused by smoking. That averages to about \$320 per American household. There are many more costs associated with tobacco use. This lesson takes a look at some of them.

Cost to the Individual

Researchers discovered that the average smoker smokes a pack and a half a day. The average price per pack in most states is up to \$5. This means the typical smoker spends \$7.50 per day on tobacco. Over the course of a month, that works out to \$225. In 10 years' time, the smoker will have spent \$27,000 on tobacco.

- ▶ The average smoker spends \$225 a month on cigarettes. **How would you put this money to better use?**





Academic Vocabulary

estimated (ES tuh may ted) (*adjective*) obtained using rough calculations. *Tyra's assignment was to calculate the estimated number of teens who join after-school sports teams.*



- ▼ Secondhand smoke is particularly hard on small children and people with asthma.

What are some actions that you can take to eliminate secondhand smoke in certain places?



Buying tobacco products is not the only cost of smoking. Smokers pay higher health insurance rates than nonsmokers. They can also expect to live shorter lives and have more health problems than nonsmokers. This is especially true for females, whose lives are shortened by an average of five years from smoking.

Smoking is costly in two other ways as well. Burning tobacco is a leading cause of forest fires and fires in the home.



Reading Check

Recall How much does the United States spend each year on health care costs related to tobacco use?

Costs to the Nonsmoker

Smokers are not the only people who pay a price for their habit. The health of those who don't smoke is also affected. Whenever a smoker lights up, smoke is released into the air that everyone breathes. This is referred to as **secondhand smoke**, or *environmental tobacco smoke (ETS)*. ETS is a mixture of two forms of smoke from burning tobacco products. The first is **sidestream smoke**, or *smoke that comes directly from a burning cigarette, pipe, or cigar*. The second type is **mainstream smoke**, or *smoke that is exhaled by a smoker*. Sidestream smoke contains twice as much tar and nicotine as mainstream smoke.

A nonsmoker who breathes in secondhand smoke is said to be a **passive smoker**. Passive smokers develop many of the same health problems as people who actually light and smoke tobacco products. An **estimated** 40,000 nonsmokers die each year from heart disease. About 3,000 additional nonsmokers die of lung cancer.

Secondhand smoke is particularly hard on children younger than 18 months and people with asthma. Each year, between 150,000 and 300,000 infants and toddlers develop pneumonia or bronchitis from secondhand smoke. Of these, some 15,000 need to be hospitalized. Secondhand smoke is also estimated to cause between 200,000 to 1 million asthma attacks each year.

Costs to the Unborn Child

Health experts have long recognized that pregnancy and tobacco do not mix. Smoking during pregnancy increases the risk that the baby will be born too soon and have developmental problems. Babies born to smoking mothers also have lower birth weights than those born to nonsmoking mothers. One reason for the lower birth weight is that the developing baby gets too little oxygen. The lack of oxygen is caused by the presence of carbon monoxide gas in the mother's blood.



Reading Check

Identify If a pregnant female smokes, how is her baby affected?

Costs of Lost Productivity

Productivity is a measure of how much a person is able to produce based on how much time he or she works. If you finish most of your homework in study hall, you might say study hall is "productive." People who use tobacco have lower productivity levels on the job. They are sick more often than nonsmokers and, therefore, get less done. This reduced or lost productivity is costly to businesses. It is also costly to the nation as a whole. It is estimated that smoking costs the U.S. economy \$80 billion per year in lost productivity.

Countering the Costs of Tobacco

According to the Centers for Disease Control and Prevention, the cost of each pack of cigarettes sold in the United States is more than \$7 in medical care. Other studies suggest that the cost may be even higher. Some public action groups and Congress have been investigating ways to lower that cost. A ban on the manufacture and sale of tobacco products has been proposed. Many smokers, however, claim that would interfere with their constitutional rights.

Another proposal is to increase the amount of excise tax on cigarettes. This would make it more costly to purchase tobacco products and give the government more money to educate people about the dangers of tobacco use. The graph in **Figure 13.4** on the next page shows the portion of the retail price of cigarettes that goes to excise tax in selected states.



Reading Check

Explain What are two possible solutions to offsetting the costs of tobacco on society?



Connect To... Math



Cigarette Taxes

Research has shown that higher cigarette taxes have been one of the most effective ways to reduce smoking. State and federal taxes can really increase the cost of a pack of cigarettes. For example, in New Jersey the average price of a pack is \$6.06. This price includes the following taxes:

\$2.40 state excise
cigarette tax
.39 federal tax
.34 sales tax

Compute the total tax included in the price of a pack of cigarettes in New Jersey. What percentage of the price is tax? What effect would increasing the state cigarette tax have on the average price?



Visit glencoe.com and complete the Interactive Study Guide for Lesson 4.



▼ FIGURE 13.4

STATE EXCISE TAX RATES ON CIGARETTES

Since January 1, 2002, 41 states have increased their cigarette tax in an effort to reduce smoking. **What is the tax rate for a pack of cigarettes in Florida? In New York?**

State	Tax Rate (¢ per pack)	State	Tax Rate (¢ per pack)
Alaska	160	New York	150
Arizona	118	North Carolina	5
Connecticut	151	Rhode Island	246
Florida	33.9	South Carolina	7
Georgia	37	Vermont	119
Michigan	200	Washington	142.5
Montana	170	Wisconsin	77
New Jersey	240	District of Columbia	100

Source: Compiled by FTA various sources, 2005.

Lesson 4 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

- Vocabulary** What is *secondhand smoke*? How does it affect the nonsmoker?
- Identify** How much money do tobacco companies spend each year on advertising?
- Vocabulary** What is smoking's cost to the United States in terms of business productivity?

Thinking Critically

- Evaluate** Why are pregnant women advised not to smoke?
- Analyze** Erin was waiting in line for the movies. When the man in front of Erin

lit a cigarette, a woman standing behind the man said it was rude. "Why?" the man asked. "I'm not hurting anyone else, am I?" How would you respond to this question?

Applying Health Skills

- Advocacy** With a group, brainstorm ways to lessen the cost of tobacco to society. Once you come up with a plan, share it with those in other groups. Take the best ideas from all plans. Share these with your local government representative in the form of a class letter or e-mail.

Lesson 5

Choosing to Be Tobacco Free

Guide to Reading

Building Vocabulary

Write the terms that follow in your notebook. Next to each write the definition that is highlighted in the lesson.

- negative peer pressure (p. 323)
- point-of-sale promotions (p. 324)

Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** ways teens are influenced to try tobacco.
- **explain** how to avoid pressure to use tobacco.
- **describe** the rights of nonsmokers.

Reading Strategy

Predicting Glance at the headings and pictures in this lesson. Predict what this lesson will teach you.

Quick Write

Write a short dialogue between yourself and a peer who wants you to try tobacco. Show how you can politely but firmly refuse.

Why Some Teens Start Using Tobacco

With everything you have read in this chapter, you may wonder why any teen would use tobacco. Here, you will find some answers and learn about ways to stay tobacco free.

Pressure from Peers

At some point, most teens will be offered tobacco. Some will not only have it offered to them, but be strongly encouraged to use it as well. This *pressure you feel to go along with harmful behaviors or beliefs of others your age* is called **negative peer pressure**.

- ▶ Messages like this encourage people to say no to tobacco. **What would you say if someone offered you a cigarette?**





Respiratory Therapist

 Respiratory therapists evaluate, treat, and care for patients with breathing disorders like asthma or emphysema. Respiratory therapists are in demand because many people have respiratory problems and need help in order to breathe comfortably. If you want to become a respiratory therapist, you should study the respiratory system and learn about environmental factors or personal behaviors that can harm a person's lungs.

What kind of training does a respiratory therapist need? Go to *Career Corner* at glencoe.com to find out.

Other Pressures

Some of the pressures to smoke can come from indirect sources, such as the following:

- **Family members.** Teens who live in homes where tobacco is used are more likely to use tobacco themselves.
- **Advertising.** Tobacco companies use strategies such as **point-of-sale promotions**, which are *advertising campaigns in which a product is promoted at a store's checkout counter*. They effectively capture the attention of shoppers as they are waiting to pay.
- **Media.** TV shows and movies often show characters having fun while smoking.

The good news is that fewer and fewer teens are using tobacco every year. **Figure 13.5** shows what teens really think about tobacco.



Reading Check

Describe What are some ways in which teens are pressured to smoke?

FIGURE 13.5

TEEN OPINIONS ON SMOKING

Here is what teens across the United States said in response to statements about tobacco use. **How would you respond to these statements?**

All numbers are percentages	Agree	Disagree	No Opinion or Do Not Know
Seeing someone smoke turns me off.	67	22	10
I would only date people who don't smoke.	86	8	6
It is safe to smoke for only a year or two.	7	92	1
Smoking can help you when you're bored.	7	92	1
Smoking helps reduce stress.	21	78	3
Smoking helps keep your weight down.	18	80	2
Chewing tobacco and snuff cause cancer.	95	2	3
I strongly dislike being around smokers.	65	22	13

Source: Centers for Disease Control and Prevention, 2005.



Staying Tobacco Free

You can protect your health now and in the future by making a commitment to stay tobacco free. Ninety percent of adult smokers report having started smoking before age 18. If you avoid using tobacco now as a teen, there is a strong possibility that you won't start smoking as an adult.

There is no question that resisting negative peer pressure can be difficult, but you can do it. Start by choosing friends who do not use tobacco. Also, avoid situations where tobacco is likely to be used. Finally, if you do feel pressure to try tobacco, remember to use the S.T.O.P. strategy to help you say no. The S.T.O.P. strategy is explained in Chapter 5.

Nonsmokers' Rights

You have the right to breathe air that is free of tobacco smoke. Laws have been passed in recent years to protect the rights of nonsmokers. Many local laws forbid smoking in designated areas such as businesses, schools, and public transportation vehicles.



Reading Check

Identify What action has been taken to protect nonsmokers' rights?



Visit glencoe.com and complete the Interactive Study Guide for Lesson 5.



Lesson 5 Review



After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** What is *negative peer pressure*?
2. **Describe** Name ways of avoiding pressure to try tobacco.
3. **Recall** What right is shared by all nonsmokers?

Thinking Critically

4. **Evaluate** Of all the sources that pressure to smoke can come from, which do you find the most persuasive, and why?
5. **Analyze** You are sitting in a nonsmoking area of a restaurant. A person at the

next table lights up. When you point to the nonsmoking sign, the person extinguishes the cigarette. She then says, "You know, smokers have rights, too." How do you respond?

Applying Health Skills

6. **Accessing Information** Use the Internet to research government policies and laws related to the sale and use of tobacco products. What laws have been created by your state's government? Analyze the purpose and benefits of these laws.



For more Lesson Review Activities, go to glencoe.com.

Building Health Skills

Accessing Information
Practicing Healthful Behaviors
Stress Management
Analyzing Influences
Communication Skills
Refusal Skills
Conflict Resolution
Decision Making

Goal Setting

Advocacy

What Is Goal Setting?

Goal setting is a five-step plan for improving and maintaining your personal health. Some goals are easy to reach while others may be more challenging.

The Five Steps of the Goal-Setting Plan

- Step 1:** Choose a realistic goal and write it down.
- Step 2:** List the steps that you need to take to reach the goal.
- Step 3:** Find others, like family, friends, and teachers, who can help and support you.
- Step 4:** Set checkpoints along the way to evaluate your progress.
- Step 5:** Reward yourself once you have reached your goal.

Saying No to Tobacco

Follow the Model, Practice, and Apply steps to help you master this important health skill.

1 Model

Read how Carrie and Rebecca use goal setting to make Rebecca's wedding reception smokefree.

Carrie and Rebecca were discussing plans for Rebecca's wedding reception. Carrie remembered that many of the guests smoke. "What are we going to do?" Carrie asked Rebecca.

Carrie and Rebecca then came up with a plan to make the reception smoke free.

- 1. Identify a specific goal.** Rebecca wants to have a smoke-free reception.
- 2. List the steps you will take.** All the smokers will be asked to smoke outside.
- 3. Get help and support from others.** Rebecca and her fiancé will ask their nonsmoking relatives to notify the smokers about the decision.
- 4. Evaluate your progress.** Rebecca will make sure that everyone knows that the wedding is a nonsmoking event.
- 5. Reward yourself.** Rebecca's reward will be a smoke-free reception.

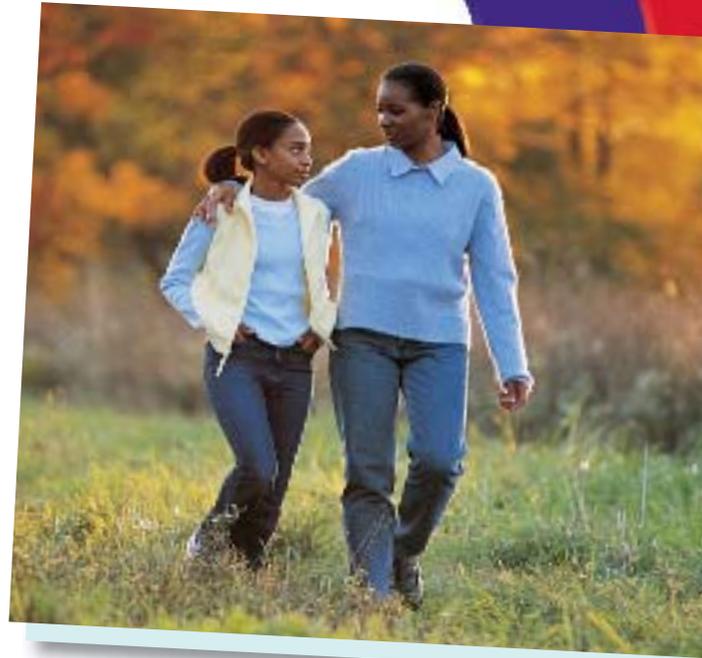


2 Practice

Help Pilar use the goal-setting steps to protect herself from environmental tobacco smoke at a birthday party.

Pilar is on her way to a birthday party with relatives. Her aunt Emily, who smokes, is going to be there. Though Pilar is looking forward to seeing her aunt, she wants to protect her health by avoiding secondhand tobacco smoke.

1. What is Pilar's specific goal?
2. What are some steps she could take?
3. How could she get help and support from others?
4. How can she evaluate her progress?
5. What is Pilar's reward?



3 Apply

Use what you have learned about goal setting to complete the activity below.

Imagine that you are planning to take a vacation with your relatives. Some of your relatives smoke. You know issues will come up about when and where smoking will be allowed. For example, the smokers in the group will want to sit in the smoking section at restaurants. Use your goal-setting skills to help you stay tobacco free. Explain why it is important to stay away from tobacco smoke.

Self-Check

- Did I make a plan for achieving my goal of remaining tobacco free?
- Did I explain why it's important to avoid tobacco smoke?

UP IN SMOKE

Secondhand smoke might be even more dangerous than experts first thought.

Recently, many people were surprised to hear that the Centers for Disease Control and Prevention (CDC) issued a warning about secondhand smoke. It advised anyone at risk of heart disease to avoid any indoor public spaces where smoking is allowed. According to the CDC, exposure to secondhand smoke for as little as 30 minutes can significantly increase a person's risk of heart attack.

DETECTING A HIDDEN DANGER

The health risks posed by secondhand smoke are well documented, but what triggered the warning was a small study out of Helena, Montana. When the city passed a law banning indoor smoking, Helena's only heart hospital recorded a 40 percent drop in the number of heart attacks. They went from an average of 40 per six months to just 24.

What's more, when a court order lifted the ban half a year later, the heart-attack rate bounced right back. Dr. Robert Shepard, who wrote the Helena study, offers this explanation: "There is laboratory evidence that secondhand smoke makes platelets in the blood stickier.

This causes clots and sends arteries into spasm—both of which can lead to heart attacks." The chemical reaction and the resulting damage occur quickly.

WHAT DOES IT MEAN FOR EVERYONE ELSE?

The study's findings could be very important. The CDC estimates that in the United States, secondhand smoke causes 35,000 deaths a year from heart disease. This figure, some experts believe, will have to be revised upward. Why? Because 60 percent of Americans—both smokers and nonsmokers—show biological effects of tobacco-smoke exposure.

Shepard did offer some reassurance for people who cannot avoid groups of smokers when they walk outside. Exposure for a few seconds probably doesn't do much harm, he says, because the toxins in cigarette smoke are diluted in outside air.



Visit glencoe.com to download quizzes and eFlashcards for Chapter 13.

FOLDABLES® Study Organizer

Foldables® and Other Study Aids Take out the Foldable® that you created for Lesson 1 and any graphic organizers that you created for Lessons 1–5. Find a partner and quiz each other using these study aids.

Lesson 1 Facts About Tobacco

Main Idea Tobacco is an addictive and harmful drug.

- Harmful substances in tobacco include nicotine, tar, and carbon monoxide.
- Tobacco products include cigarettes, cigars, pipes, bidis, kreteks, and smokeless tobacco that is chewed or inhaled.

Lesson 2 Health Risks of Tobacco Use

Main Idea The chemicals in tobacco and tobacco smoke can cause damage to most of the body's systems.

- Congress passed a law in 1965 requiring tobacco manufacturers to print health-warning labels on cigarette packages. Other tobacco products have similar labels.
- The long-term effects of tobacco include chronic obstructive pulmonary disease, cardiovascular disease, stomach ulcers, infertility, and cancer.

Lesson 3 Tobacco Addiction

Main Idea Once addicted, it is very hard to quit smoking.

- A tolerance to nicotine forms as the body adjusts to the effects of the drug.
- Physical dependence is a type of addiction in which the body feels a direct need for a drug.

- Psychological dependence is an addiction in which the mind sends the body a message that it needs more of a drug.
- Withdrawal is the physical and psychological reactions that occur when someone stops using an addictive substance.

Lesson 4 Tobacco's Costs to Society

Main Idea There are many costs associated with tobacco use.

- Tobacco products are expensive.
- A nonsmoker who breathes in tobacco smoke is called a passive smoker. They are exposed to secondhand smoke, in the form of sidestream and mainstream smoke.
- Pregnant women who smoke risk having babies born too soon and with developmental problems.
- People who smoke get less work done because they are sick more often than nonsmokers.

Lesson 5 Choosing to Be Tobacco Free

Main Idea You can protect your health now and in the future by making a commitment to stay tobacco free.

- Pressure to use tobacco can come from peers, family members, advertising, and the media.
- Ways to avoid using tobacco include choosing friends who do not use tobacco, avoiding situations where tobacco is likely to be used, and using refusal skills.
- Many local laws forbid smoking at businesses, at schools, and in public transportation vehicles.



After You Read

Health eSpotlight



Now that you have read the chapter, look back at your answer to the Health eSpotlight question on the chapter opener. What are some additional steps you can recommend to help a friend stop using tobacco products?

Reviewing Vocabulary and Main Ideas

On a sheet of paper, write the numbers 1–5. After each number, write the term from the list that best completes each sentence.

- addictive
- bronchi
- carbon monoxide
- cardiovascular disease
- chronic obstructive pulmonary disease (COPD)
- nicotine
- smokeless tobacco
- tar

Lesson 1 Facts About Tobacco

1. _____ is an addictive drug found in tobacco leaves and in all tobacco products.
2. A poisonous, odorless gas found in tobacco smoke is _____.
3. _____ is ground tobacco that is chewed or inhaled through the nose.

Lesson 2 Health Risks of Tobacco Use

4. A condition in which passages in the lungs become swollen and irritated, eventually losing their elasticity, is known as _____.
5. _____ is a disease of the heart and blood vessels.

On a sheet of paper, write the numbers 6–11. Write **True** or **False** for each statement below. If the statement is false, change the underlined word or phrase to make it true.

Lesson 3 Tobacco Addiction

6. A process in which your body needs more and more of a drug to get the same effect is called withdrawal.
7. A form of addiction in which the mind sends the body a message that it needs more of a drug is called physical addiction.

Lesson 4 Tobacco's Costs to Society

8. Sidestream smoke is smoke that comes from a lighted cigarette, pipe, or cigar.
9. When people miss work because of a tobacco-related illness, the result is lost productivity.

Lesson 5 Choosing to Be Tobacco Free

10. An advertisement that catches your attention at a checkout counter is an example of negative peer pressure.
11. Teens who avoid smoking are more likely to start smoking as adults.



Applying Technology

Targeting Tobacco PSA

You and a partner will use a digital recorder and iMovie® to create a public service announcement (PSA) about the dangers of tobacco use.

- Write a script that is no longer than two minutes with two speaking parts. You can use any information in this chapter as long as it sends the message that tobacco is dangerous.
- Use a digital recorder to record your PSA
- Edit for clarity, accuracy of information, and time. Save your PSA
- Import your PSA into iMovie®.

Thinking Critically

Using complete sentences, answer the following questions on a sheet of paper.

- 12. Apply** Nadine smells tobacco on her sister Shari's hair and clothes one afternoon. How could Nadine talk to her sister about the tobacco smell without accusing her of smoking?
- 13. Synthesize** Explain how a person becomes addicted to tobacco.

Write About It

- 14. Personal Writing** Write a story about a teen faced with a difficult decision. The decision is whether to join a club in which the members smoke. Use the decision-making process to show how the teen makes a healthy choice.

Standardized Test Practice

Math

This chart shows the estimated number of annual smoking-related deaths and their causes. Use this information to answer the questions that follow.

Lung Cancer	123,800
Other Cancers	34,700
Chronic Lung Disease	90,600
Coronary Heart Disease	86,800
Stroke	17,400
Other Diagnoses	84,600

TEST-TAKING TIP

When problems include charts, make sure you understand what type of data it shows.

1. This chart reveals
 - A. that lung cancer is not the leading cause of smoking-related deaths.
 - B. that more people die of chronic lung disease than lung cancer.
 - C. that lung cancer is the leading cause of smoking-related deaths.
 - D. that more people die of other cancers and strokes than of lung cancer.
2. Based on this chart, you can assume all of the following *except*
 - A. that smoking can cause a person to have a deadly stroke.
 - B. that more people die of other cancers than of strokes.
 - C. that smoking leads to a number of deadly diseases.
 - D. that more people die in car crashes than from smoking.