



American
Heart
Association.

Dear Families,

Did you know that more than 1 in 3 high schoolers and 1 in 8 middle schoolers use tobacco products? Nearly 90% of adults who smoke began using tobacco before age 18 and each day about 1,600 youth smoke their first cigarette. Tobacco use increases the risk of heart disease and stroke and is linked with depression, anxiety and stress. On average, people who smoke die more than 10 years earlier than those who don't.

Be aware of e-cigarettes, the most used tobacco product among youth. These battery-powered devices deliver an aerosol of nicotine and other additives and are marketed in kid-friendly flavors like cherry, peach and vanilla. In 2020, 3.6 million teens were e-cigarette users (1 in 5 high schoolers and 1 in 20 middle schoolers).

Talk to your child about this important topic now - even you children can understand that tobacco products are dangerous and addictive. Emphasize the risks associated with all tobacco products and take steps to protect your child from secondhand smoke.

If you smoke, there are important steps that you can also take today. Your lungs can begin to heal themselves as soon as you stop smoking. Check out the resources below for guidance on quitting.

Sincerely,

Teacher



Good to Know!

Here's a fact:

More than 300 kids
become regular
smokers each day.

Learn more at
heart.org/kids.

Your child is a participant in the American Heart Association's KIDS HEART CHALLENGE. The AHA has five priority messages for your family:



Physical
Activity



Healthy
Eating



Reduce
Sodium



Limit Sodas and
Sugary Drinks



Tobacco/
Smoking

What can you do?

Here are some effective ways to help your kids stay steer clear of tobacco products:

- Set a healthy and positive example as kids might be more likely to use tobacco products if you do. Give consistent messages about dangerous tobacco products and explain that no tobacco product is safe. Maintain an open dialogue with your child about smoking and vaping.
- Set a smoke-free policy in your home. More than 34,000 nonsmokers die every year from heart disease caused by exposure to secondhand smoke. Kids who live with people who smoke have many more respiratory infections than those who don't.
- If you smoke, the best thing you can do is quit. Do not smoke around your children.

Looking for more resources? Check out:

- https://www2.heart.org/site/SPageNavigator/ahc_resources_vapingandcigarettesresource_parent.html
- <https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco>
- <https://tobaccoendgame.yourethecure.org/>