



American Heart Association®

Life's Essential 8™

→ for kids



HOW TO STAY SAFE FROM TOBACCO

TIPS FOR SUCCESS

DON'T START SO YOU DON'T HAVE TO STOP

Smoking or tobacco use of any form, including e-cigarettes is bad for your heart and your blood vessels.¹

Most smokers start young. Nearly 90% first try a tobacco product by age 18. But if someone has not started using tobacco by age 26, they are likely to never start².

- **Smoking is the most preventable cause of death in the U.S.** It's linked to about 20% of deaths from coronary heart disease³ and 90% of lung cancers.⁴
- **Smoking damages** your blood vessels, lungs, and heart as well as increases your risk of multiple diseases⁵.
- **Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals**, as do their smoke, aerosol and liquids⁶.
- **Vaping in all forms and secondhand smoke are also bad** and should be avoided whenever possible⁷.
- **About half of U.S. middle and high school students** are exposed to secondhand smoke and aerosol from e-cigarettes⁸.

IF YOU SMOKE OR VAPE MAKE A PLAN TO QUIT

If you smoke or vape and are trying to quit, you are more likely to quit for good if you prepare by creating a plan that fits your lifestyle.

SET a quit date within the next 7 days.

CHOOSE a method: talk to your doctor or nurse, call 1-800-QuitNow for support, go cold turkey, or gradually cut back.

DECIDE who will be part of your support system and if you need help from a health care professional, nicotine replacement or medicine.

PREPARE for your quit day by planning how to deal.

QUIT on your quit day.



FIGHT CRAVINGS

Notice when you want to smoke or vape the most. What is it about the situation makes you feel the need to reach for a cigarette or e-cigarette? Avoid situations that make you want to smoke or use tobacco.



GET ACTIVE

Physical activity can help you manage the stress so you are less likely to have the urge to smoke or vape. You'll feel better too.



RELAX AND DE-STRESS

Learn other healthy ways to manage stress so you don't feel the need to find relief from cigarettes or e-cigarettes.



RELY ON PEERS AND PROS

A buddy system or support program can help you with some of the common struggles of quitting. You can find support by calling **1-800-QuitNow**.



STICK WITH IT

Staying tobacco free or quitting smoking and vaping takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward.

Learn more at heart.org/lifes8

¹Impairment of Endothelial Function by Cigarette Smoke is not Caused by a Specific Smoke Constituent, but by Vagal Input from the Airway. Arteriosclerosis, Thrombosis, and Vascular Biology. DOI: 10.1161/ATVBAHA.122.318051

²Centers for Disease Control, Youth and Tobacco Use (last updated November 2022) - https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

³World Health Organization, Tobacco responsible for 20% of deaths from coronary heart disease <https://www.who.int/news/item/22-09-2020-tobacco-responsible-for-20-of-deaths-from-coronary-heart-disease>

⁴Impairment of Endothelial Function by Cigarette Smoke is not Caused by a Specific Smoke Constituent, but by Vagal Input from the Airway. Arteriosclerosis, Thrombosis, and Vascular Biology. DOI: 10.1161/ATVBAHA.122.318051

⁵Impairment of Endothelial Function by Cigarette Smoke is Not Caused by a Specific Smoke Constituent, but by Vagal Input From the Airway

⁶Pooneh Nabavizadeh, Jiangtao Liu, Poonam Rao, Sharina Ibrahim, Daniel D. Han, Ronak Derakhshandeh, Huijiang Qiu, Xiaojin Wang, Stanton A. Glantz, Suzayn F. Schick and Matthew L. Springer

⁷Secondhand nicotine vaping at home and respiratory symptoms in young adults, Talat Islam, Jessica Braymiller, Sandra P. Eckel, Fefei Liu, Alayna P. Tackett, Meghan E. Rebuli, Jessica Barrington-Trimis, Rob McConnell

⁸Centers for Disease Control, Exposure to Secondhand Smoke and Secondhand E-Cigarette Aerosol Among Middle and High School Students, Andrea S. Gentzke, PhD, MS; Teresa W. Wang, PhD, MS; Kristy L. Marynak, MPP; Katrina F. Trivers, PhD, MSPH; Brian A. King, PhD, MPH

⁹Centers for Disease Control, Health Effects of Cigarette Smoking https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm