



TOBACCO
FREE
COLLEGES

Social Smoking

WHAT IS SOCIAL SMOKING?

Social (intermittent) smokers light up regularly but not daily.¹ They only have a cigarette when they go out with friends. They think, "I will smoke a little in social situations and quit later."

MYTH:

Real smokers are people who can't make it through a day without their cigarettes.

FACT:

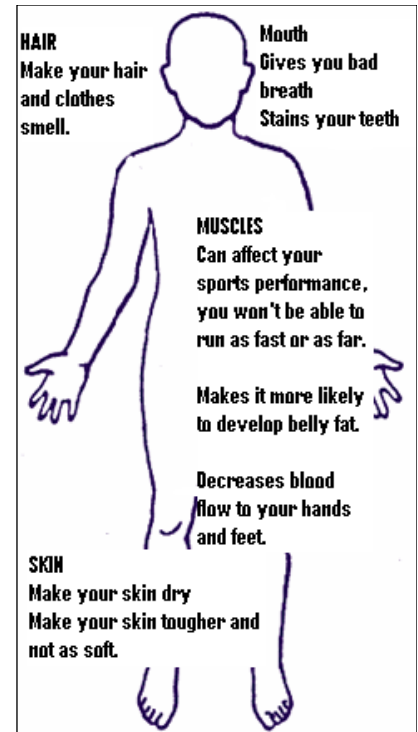
There is really no safe amount of smoking. Social smoking is smoking. Social smoking can lead to regular smoking. Many intermittent smokers go on to become daily smokers.

MYTH:

There's no risk of getting cancer if someone only smokes sometimes.

FACT:

If you smoke at all you increase your risk for cancer and heart disease. Second hand smoke is dangerous. Each year about 3,000 people die from lung cancer because of exposure to secondhand smoke (or environmental tobacco smoke). Also, studies link secondhand smoke with heart disease.² Practically every part of the human body is affected by the chemicals in the tobacco and tobacco smoke.



THE BOTTOM LINE: CHOOSE NOT TO SMOKE.

If you or someone you know wants to quit smoking or dipping, please call:



References: ¹Henningfield and Djordjevic "Menthol cigarettes: Research needs and challenges" *Nicotine & Tobacco Research* Volume 6, Supplement 1 (February 2004) S11-S16. ²Hymowitz, N.; Mouton, C.; and Edkholdt, H. Menthol cigarette smoking in African Americans and Whites. *Tobacco Control* 4(2):194-195, 1995. ³J.M. Kreslake, G. F. Wayne, H. R. Alpert, H. K. Koh, and G. N. Connolly "Tobacco Industry Control of Menthol in Cigarettes and Targeting of Adolescents and Young Adults" *Am J Public Health*, September 1, 2008; 98(9): 1685 - 1692. ⁴Letcher, Hulley, Huston, et.al "Menthol Cigarettes, Smoking Cessation, Atherosclerosis, and Pulmonary Function" *Arch Intern Med*. 2006;166:1915-1922. ⁵Muscat, Richie and Stellman, "Mentholated Cigarettes and Smoking Habits I Whites and Blacks" *Tobacco Control* 2002; 11: 368-371. ⁶T L Richardson "African-American smokers and cancers of the lung and of the upper respiratory and digestive tracts. Is menthol part of the puzzle?" *West J Med*. 1997 March; 166(3): 189-194.

ABOUT THE NORTH CAROLINA HEALTH AND WELLNESS TRUST FUND (HWTF)

The NC Health and Wellness Trust Fund was created by the General Assembly in 2000 to allocate a portion of the state's share of the national tobacco settlement to improve the health of all North Carolinians by funding preventive health initiatives. Please visit: www.HealthWellNC.com

ABOUT TOBACCO-FREE COLLEGES

Tobacco-Free Colleges is the NC Health and Wellness Trust Fund's program that provides assistance to all NC campuses in adopting and implementing tobacco-free policies and in promoting cessation. Please visit: www.tobaccofreecollegesnc.com.