



In North America, tobacco use is the **number one cause of preventable disease and mortality**. Nearly 90% of smokers who are adults first smoked a cigarette before turning 18.

Although smoking rates have declined, E-cigarettes are now impacting how teenagers interact with tobacco products; youth are more vulnerable and are at higher risk for smoking addiction compared to adults.

### Forms of tobacco

Smoke: Cigarette, cigar, hookah, bidi, kretek  
Smokeless: Chewing tobacco, dissolvable tobacco, e-cigarettes, snuff

## FACTORS CONTRIBUTING TO SMOKING INITIATION

- Easy access to tobacco
- Many forms of tobacco
- Misinformation about the health consequences of smoking
- Low socio-economic status
- Sexual minority or Indigenous background
- Peer and family influence, including lack of parental support
- Substance abuse
- Adverse childhood experiences

## CONSEQUENCES OF SMOKING

- Craving, tolerance, and withdrawal leading to dependence
- Negative effects on brain and development
- Reduced executive cognitive function in adulthood
- Increased risks for future substance use
- Increased impulsivity, decreased attention
- Bad smell, poor breath, early wrinkles
- Increased risk of developing chronic illnesses such as COPD, cardiovascular disease and adverse health effects on youth with pre-existing chronic illnesses
- Major risk factor for developing lung cancer

### Motivational interviewing **5A's for smoking cessation**

Ask Advise Assess Assist  
 Arrange

## PREVENTION INTERVENTIONS

- **Age-appropriate** information and **counselling** about tobacco use
- Encourage **family involvement**
- **5A's** method for motivational interviewing
- Support **tax raises** and **bans** on tobacco
- Encourage **government** and **school-based interventions**

## CESSATION INTERVENTIONS

- Individual or group counselling and **motivational interviewing**
- **Cognitive behavioural therapy**
- Mobile phone interventions
- Self-help materials
- **Nicotine-replacement therapy**
- Pharmacotherapy: Bupropion, Varenicline