Smokers die 10 years earlier than nonsmokers

In 2018, tobacco use in Southwest CT ranged from 7% in the Greenwich area to 21% in Greater Bridgeport.

Vapes contain nicotine & aerosolized chemicals. Vaping is addictive & harmful. Teens who vape are 4X more likely to start smoking cigarettes.

- 14% to 23% of adults in Southwest CT towns had tried vaping in 2018, up from 11% to 18% in 2015
- 12% of high schoolers had vaped marijuana during the past month in a 2018 youth survey in a Southwest CT town

25% of freshmen & sophomores reported vaping during the past month in a local youth survey conducted in 2017

45% of juniors & seniors

After a 12-year decrease in the region, smoking among adults increased 3 points between 2015 & 2018 in Bridgeport

FIND RESOURCES AND GET INVOLVED AT THEHUBCT.ORG
GET THE FACTS

1. Adults with mental health or substance use disorders account for 40% of all cigarettes smoked.
2. Secondhand smoke is harmful even from vapes.
3. Smoking & vaping lead to respiratory diseases such as "popcorn lung" as well as cardiovascular problems.
4. As of October 1, 2019, it is illegal in CT to sell any nicotine-related product, including vapes, to individuals under age 21.

Resources:

- Local hospitals offer smoking cessation programs, and St Vincent's Medical Center has a teen vaping cessation program. SmokefreeTXT and BecomeAnEx.org are apps to help teens quit vaping, or text DITCHJUUL to 88709.
- Police departments conduct vendor compliance checks, and Local Prevention Councils coordinate awareness efforts. Find prevention resources at www.thehubct.org/nicotine-vaping.