

Resources

Alcohol-Drug Education Service (ADES)

Shaughnessy Street,
Port Coquitlam
(604-944-4155)

Aims to prevent and/or reduce the abuse of alcohol and other drugs through education and advocacy. Produces **Making Decisions**, drug prevention resources for BC schools and communities.

BC Stop Smoking Program

620-1665 West Broadway
Vancouver
604-638-2946

Provides information, training, and consultation to health professionals who wish to help their patients stop smoking. Publishes a newsletter and educational materials for health professionals and patients. Also offers stop-smoking talks at secondary schools in BC.

Tobacco Reduction Program

800-601 West Broadway
Vancouver
604-675-3800

Coordinates tobacco initiatives for youth and adults in Vancouver. Provides orientation to elementary and secondary school teachers and community health nurses on tobacco facts, and smoking prevention/cessation programs for teens.

(The Red Book, 2007)

References

- Clark, W. (1996). Youth smoking in Canada. Retrieved October 30, 2007 from <http://www.statcan.ca/english/kits/pdf/social/smoke1.pdf>
- Health Canada (2007). Overview of health risks of smoking. Retrieved October 29, 2007, from http://www.hc-sc.gc.ca/hl-vs/tobca-tabac/res/news-nouvelles/fs-if/risks-risques_e.html
- Health Canada (2003). *Smoking in Canada: Young adults*. Retrieved October 29, 2007 from <http://dsp-psd.pwgsc.gc.ca/Collection/H12-35-2003-2E.pdf>
- Net Doctor (2007). Smoking—Health Risks. Retrieved October 29, 2007 from http://www.netdoctor.co.uk/health_advice/facts/smokehealth.htm
- The Red Book. (2007). Retrieved on October 31, 2007 from <http://www2.vpl.vancouver.bc.ca/DBs/RedBook/htmlpgs/home.html>
- Teens Health (2007). Smoking. Retrieved on October 31, 2007 from http://www.kidshealth.org/teen/drug_alcohol/tobacco/smoking.html



Facts About Smoking and Young Males



What's the Big Deal?

- Young people view smoking as a way to appear more mature, to cope with stress, to bond with peers, and to display independence from their families (Clark, 1996).
- 66% of smokers have smoked their first cigarette by the age of 15 (Health Canada, 2003).
- Tobacco smoke contains over 4000 chemicals, including at least 50 carcinogens (Health Canada, 2007).
- Smoking is the most important cause of preventable illness, disability, and premature death in Canada (Clark, 1996).



What are the Risks to my Health?

- Smoking is related to more than 2 dozen diseases and conditions such as: emphysema, high blood pressure, and cholesterol (Health Canada, 2007).
- 90% of lung cancer cases are due to smoking (Health Canada, 2007).
- Research has shown that smoking reduces life expectancy by 7 to 8 years (Health Canada, 2007).



- If no-one smoked, lung cancer would be a rare diagnosis— only 0.5 of people who have never touched a cigarette develop lung cancer (Net Doctor, 2007).

It's OK, I'm Young! I'll Quit Before it's a Problem.

- Although young males may not present with serious health effects for many decades, they are at immediate risk for many health problems, such as nicotine addiction, reduced lung function, asthma, and other respiratory ailments (Clark, 1996).
- 9 out of 10 tobacco users started smoking before they were 18 years old, while adult smokers who began smoking in their teens state that they, “never expected to become addicted” (Teens Health, 2007, para. 4).

