Tobacco use is responsible for more than 8 million deaths each year worldwide, making it one of the leading causes of preventable deaths, including both active smokers and those exposed to secondhand smoke.

- About 85% of lung cancer cases are directly attributed to smoking.
- Smokers are 2 to 4 times more likely to have a heart attack or stroke than nonsmokers.
- Over 16 million Americans are living with a disease caused by smoking.
- Each year, an estimated 41,000 nonsmoking adults and 400 infants die in the United States due to exposure to secondhand smoke.

Cigarettes, however, are not the only type of tobacco that can carry a health risk.

- Smokeless tobacco, such as chewing tobacco and snuff, increases the risk of oral cancer, including cancers of the mouth, lips, tongue and throat. These cancers can be aggressive and hard to treat.
- Smokeless tobacco can lead to tooth decay, gum disease and permanent mouth damage, including tooth loss.
- Vaping is not safe, either. Individuals who vape carry similar cardiovascular and respiratory risks to those who smoke cigarettes. E-cigarettes can contain harmful chemicals, and the long-term health effects are not fully understood.

Quitting smoking and reducing exposure to secondhand smoke can significantly improve health outcomes and reduce the burden of diseases related to tobacco use.