

SAMHSA NATIONAL PREVENTION WEEK

MAY 18-24

National Prevention Week is a SAMHSA-supported annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. National Prevention Week 2014 is about Our Lives. Our Health. Our Future. We'll be highlighting the important role each of us has in maintaining a healthy life and ensuring a productive future.

Take Responsibility to Prevent Tobacco Use in Our Community – It's Our Health, Our Future

Smoking is the nation's largest preventable cause of disease and death.¹ Tobacco use has many proven health risks, including addiction and increased risk of cancer, stroke, reproductive health problems, and death. Tobacco use also exposes others to the harmful effects of secondhand smoke. These health issues are preventable, and prevention strategies focused on adolescents can reduce youth smoking and decrease the number of young people who will be smokers as adults. According to statistics compiled by the Substance Abuse and Mental Health Services Administration (SAMHSA) in 2012, more than one in four people aged 12 or older used a tobacco product in the past month. Estimates show that approximately 6,400 persons aged 12 or older initiate tobacco use each day. Approximately 2.3 million people, about half of whom were under age 18, smoked their first cigarette in 2012.²

Data also indicate that some declines in tobacco use are occurring among youth:

- Rates of past month cigarette use among full-time college students declined more than 10 percent between 2002 and 2012 (from 32.6 to 21.3 percent).
- During the same time period, daily cigarette use declined among current smokers aged 12 to 17 (from 31.8 to 22.0 percent) and those aged 18 to 25 (from 51.8 to 45.1 percent).³

Tobacco prevention and cessation efforts help young people make healthy decisions. Community members can be a part of prevention by promoting existing tobacco prevention initiatives, identifying prevention and cessation resources and support systems for young people and adults, and raising awareness about the importance of preventing and quitting tobacco use. Everyone can make a difference in our community.

¹Centers for Disease Control and Prevention. (2011). Vital Signs: Adult Smoking in the US. Retrieved November 30, 2012, from <http://www.cdc.gov/vitalsigns/AdultSmoking>.

²Substance Abuse and Mental Health Services Administration. (2013). *Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-44, HHS Publication No. (SMA) 12-4713. Rockville, MD. Retrieved September 25, 2013, from <http://www.samhsa.gov/data/NSDUH/2012SummNatFindDetTables/NationalFindings/NSDUHResults2012.htm>.

³Ibid.

FOR MORE INFORMATION VISIT:
<http://beta.samhsa.gov/prevention-week>