

## Background Information

### Tobacco

**Tobacco use is the single most preventable cause of death worldwide!**

*- World Health Organization*

### Tobacco

Tobacco is grown, dried and then manufactured into tobacco products. Tobacco is a plant that contains a drug called nicotine. Nicotine makes these tobacco products extremely addictive.



Tobacco Leaves



Dried Tobacco Leaves



Smokeless Tobacco Form



Cigarette Form

### Smoking

When tobacco is burned, it is very harmful to the body and lungs. Cigarettes, pipes, and cigars are some of the tobacco products that are burned and smoked. Tobacco smoke contains over 4,000 harmful chemicals. All of these chemicals mix together to form a sticky tar. It is the tar that gives the cigarette smoke its smell and colour. Tar sticks to clothing and skin. It also builds up in the lungs causing damage.

For more information on tobacco's harmful health effects, see the following link:

[http://www.lung.ca/children/grades4\\_6/tobacco/smoking\\_and\\_your\\_health.html](http://www.lung.ca/children/grades4_6/tobacco/smoking_and_your_health.html)

For the most updated Canadian tobacco statistics, go to the  
**Tobacco Information Monitoring Survey (TIMS)** website at:

<http://www.health.gov.sk.ca/smoking-and-your-health>