

# Tobacco



Tobacco Prevention Toolkit

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For more information go to: [www.tobaccopreventiontoolkit.stanford.edu](http://www.tobaccopreventiontoolkit.stanford.edu)



## Production

- Tobacco plant mass production began in the 19th century
- It is used traditionally for trade and ceremony in the Americas.
- Tobacco is grown and processed then added to other ingredients to create products like cigarettes and chew.



## Health Effects

- Tobacco naturally contains the stimulant nicotine which is highly addictive.
- When nicotine is first used it leads to feelings of pleasure but over time users begin to crave nicotine just to feel normal.
- Tobacco smoking causes inhalation of carbon monoxide, cyanide, and carcinogens that have been proven to result in heart and lung disease, as well as various forms of cancer.



## Environmental Effects

- Tobacco production requires significant pesticide use, which along with fertilizers, end up in soil and waterways.
- In some areas, a significant amount of deforestation occurs in order to harvest the wood necessary to cure, package, and roll tobacco plants.
- Cigarette butts are the most littered item in the world.