

The Effects of Smoking in African Americans

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Purpose of Study

To learn the effects of smoking on African Americans. To find ways to address the problem. Finally, to see why it is so hard for people to stop smoking.

Introduction

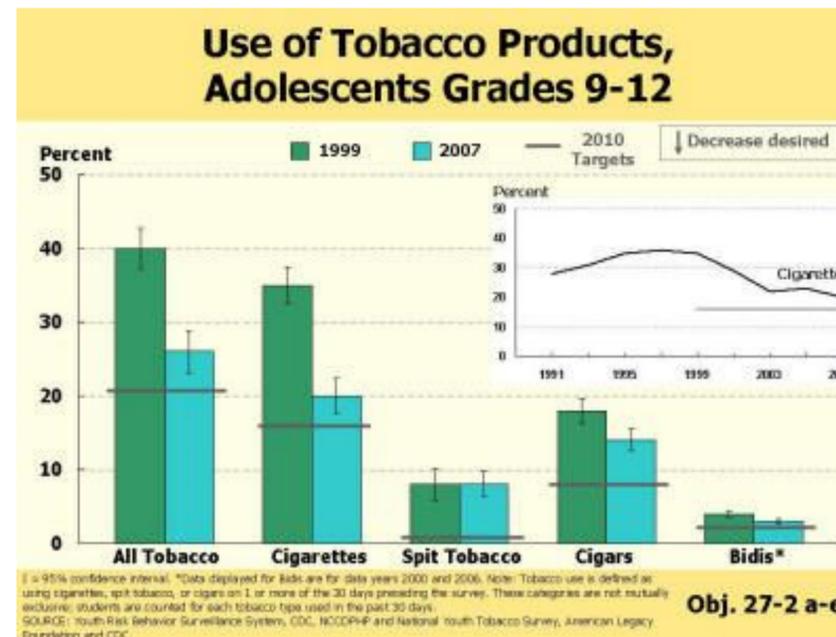
- Learning why adolescents smoke is important because it is unhealthy for everyone, especially teenagers with developing lungs.
- Researchers should dedicate time to this because in past years smoking has become popular in the media. This can lead to higher prevalence of use in adolescents.
- The public's view on smoking is conflicting. People know that it is not healthy but, the media shows tobacco use in a positive light.

Public Perception

- The public's perception about smoking is conflicting. People know that it's not safe or healthy but yet 16.8% of African Americans smoke.
- According to Campaign for Tobacco-Free Kids:
- 8.7% of high school students in Maryland smoke with about 2,200 new smokers daily (under 18 years of age)
 - MD has 27.3% of cancer deaths annually due to smoking

Risks

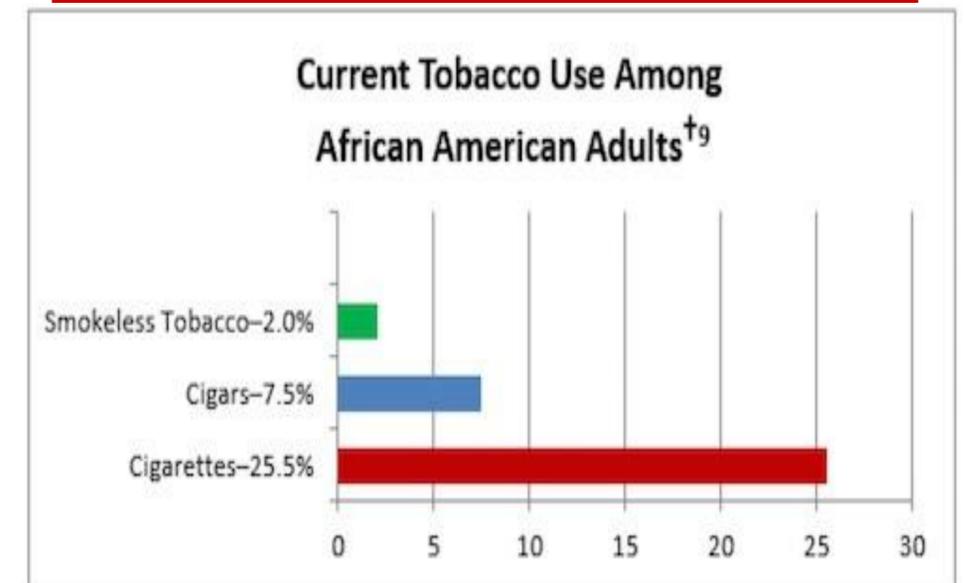
Tobacco use can cause oral cancer, lung cancer, increased risk of stroke and heart attacks.



Discoveries and Innovations

- Tobacco Programs in Baltimore City Schools: for K-12 Grade about dangers of smoking including smoking cessation
- "We Can Beat This Together": a Program sponsored by Johns Hopkins showing effects of Second-Hand smoke on children and families
- 1-800-QUITNOW: Free to all MD 13 and older to help with smoking cessation
- SmokeFreeTXT: texting app to provide hints to help remain smoke free

Data



Conclusion

- In conclusion, if we all know that tobacco use causes such things as oral & lung cancer, why do we let our friends and families do it?
- Continued research and education is needed to help gain a better understanding of the effects of smoking in African Americans.

References

- www.lung.org
- www.cdc.org
- <https://www.tobaccofreekids.org/problem/toll-us/maryland>