## Youth

"If younger adults turn away from smoking, the industry will decline, just as a population which does not give birth will eventually dwindle." RJ Reynolds researcher, 1984

The overwhelming majority of smokers begin tobacco use before they reach adulthood. Among those young people who smoke, nearly one-quarter smoked their first cigarette before they reached the age of ten.

Several factors increase the risk of youth smoking. These include tobacco industry advertising and promotion, easy access to tobacco products, and low prices. Peer pressure plays an important role through friends' and siblings' smoking. Other risk factors associated with youth smoking include having a lower self-image than peers, and perceiving that tobacco use is normal or "cool". Many studies show that parental smoking is associated with higher youth smoking.

While the most serious effects of tobacco use normally occur after decades of smoking, there are also immediate negative health effects for young smokers. Most teenage smokers are already addicted while in adolescence. The younger a person begins to smoke, the greater the risk of eventually contracting smokingcaused diseases such as cancer or heart disease.

The highest youth smoking rates can be found in Central and Eastern Europe, sections of India, and some of the Western Pacific islands.

Over 40% of young people in Fiji, Ghana, Malawi, Nigeria, South Africa, Fewer than 5% of young people Sri Lanka and Zimbabwe think in Bahamas, Barbados, Costa Rica, boys who smoke have Indonesia, Malawi, Montserrat, more friends. Poland, Russia, Singapore, Ukraine and Venezuela think girls who smoke look more attractive. who continue to smoke will die from smoking Early smokers Over 30% of children smoked their first whole cigarette before age 10 in Ghana, Grenada, Guyana, India, Jamaica, Palau, Poland, "It is important to know as N Mariana Islands and St Lucia. "It is important to know as teenage and as possible about and and much amoving nettorns and smoking patterns and is smoking patterns and is teenager attitudes. Today's teenager remilar tomorrow's motential remilar smoking patterns and attitudes. Foday's teenager is tomorrow's potential regular tomorrow's potential regular gustomer, and the overwhelming customer, and the overwhelming begin majority of smokers till in their majority while atill in their majority or smokers first begin their to smoke while still in their to smoke while to smoke while the smoke wh to smoke while still in their of the smoke was are north of teens. eens are particularly teenagers are particularly teenagers are particularly Morris. Philip Morris Companies Inc. worldwide are exposed to passive

smoking at home

