

Kids – What You Should Know About Tobacco & Sports

TIP SHEET

Facts About Tobacco and Athletic Performance

- The nicotine in cigarettes and spit tobacco narrows your blood vessels causing your heart to work harder so you'll get tired quicker and run out of breath faster.
- Smokers run slower and can't run as far as or as long as nonsmokers.
- Smokers have a lower level of lung function, reducing the amount of oxygen available for the muscles that you use in sports.
- Smokers suffer from shortness of breath almost three times more often than nonsmokers.
- Kids who smoke are more likely to suffer from respiratory illnesses more often and more severely.

Tobacco and Personal Appearance

- The hair and clothing of smokers smells bad.
- Tobacco stains teeth, causes bad breath and leads to gum recession and disease.
- Smoking causes wrinkles.
- After only a few weeks, users of spit tobacco can develop cracked lips, white spots, sores and bleeding.
- Oral cancers caused by spit tobacco can lead to grotesque change of the face, and even death, at a much younger age than the cancers developed in smokers.

For more information call the NH Department of
Health & Human Services' Tobacco Prevention Program
800-852-3345, x6891 or 603-271-6891

