

## **WCC 100 Days to Tobacco Free Trivia**

April 23, 2009

The countdown begins TODAY. WCC goes TOBACCO FREE in 100 days.

April 24 – 99 days to Tobacco Free WCC

Tobacco use is the top preventable cause of illness and premature death in the U.S.

April 25 -98 days to Tobacco Free WCC

Within 20 minutes after you smoke that last cigarette, your heart rate drops.

April 26 – 97 days to Tobacco Free WCC

When you're ready to quit, you can call Quitline at 1-800-784-8669 to get a coach, a plan, and support – all for free. (1-800-QUIT-NOW)

April 27- 96 days to Tobacco Free WCC

Smoking can decrease your life expectancy by as much as 25 years.

April 28 - 95 days to Tobacco Free WCC

All 115 North Carolina public schools are tobacco free, as of August 2008.

April 29 - 94 days to Tobacco Free WCC

Desi Arnaz and Lucille Ball both died of tobacco-related illnesses.

April 30 – 93 days to Tobacco Free WCC

2/3 of the smoke from a burning cigarette is not inhaled by the smoker but enters the surrounding environment and inhaled by others.

May 1- 92 days to Tobacco Free WCC

Nicotine is as addictive as heroine. And both can kill you.

May 2 – 91 days to Tobacco Free WCC

Within 12 hours after you smoke that last cigarette, carbon monoxide level in your blood drops to normal.

May 3 – 90 days to Tobacco Free WCC

Quitline is available 8 a.m. - 3 a.m., 7 days/week. It is free and it works. Call it quits. Call 1-800-784-8669 (1-800-QUIT-NOW).

May 4 – 89 days to Tobacco Free WCC

When you buy cigarettes or smokeless tobacco, you are choosing to pay taxes that you don't have to pay.

May 5 – 88 days to Tobacco Free WCC

Children as young as 2 years old are influenced by whether their parents smoke.

May 6 – 87 days to Tobacco Free WCC

Ty Cobb, Babe Ruth, Pee-Wee Reese, Roger Maris and Cal Ripken, Sr. all died of tobacco-related illnesses.

May 7 – 86 days to Tobacco Free WCC

Pipe and cigar smokers, who often don't inhale, are at an increased risk for lip, mouth, tongue, and some other cancers.

May 8 - 85 days to Tobacco Free WCC

1 large cigar can contain as much tobacco as an entire pack of cigarettes.

May 9 - 84 days to Tobacco Free WCC

2 weeks to 3 months after you smoke that last cigarette, your heart attack risk begins to drop and your lung function begins to improve.

May 10- 83 days to Tobacco Free WCC

Quitline (1-800-784-8669/1-800-QUIT-NOW) connects you to your own quit coach - someone who knows what works when you're ready to quit for good.

May 11- 82 days to Tobacco Free WCC

Nicotine, a powerful central nervous system stimulant found naturally in the tobacco leaf, is classified as a drug.

May 12 - 81 days to Tobacco Free WCC

Smokers earn up to 10% less than non-smokers.

May 13 - 80 days to Tobacco Free WCC

Louis L'Amour, John Wayne and Michael Landon all died of tobacco-related illnesses.

May 14 - 79 days to Tobacco Free WCC

A person breathing second-hand smoke can be exposed to 4,000 different chemicals, 50 of which are associated with or known to cause cancer.

May 15 - 78 days to Tobacco Free WCC

Nicotine is commonly used as an insecticide.

May 16 - 77 days to Tobacco Free WCC

1 to 9 months after you smoke that last cigarette, your coughing and shortness of breath decrease.

May 17 - 76 days to Tobacco Free WCC

You can double your chances of quitting for good by calling Quitline (1-800-784-8669/1-800-QUIT-NOW).

May 18 - 75 days to Tobacco Free WCC

Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fires and aids *combined*.

May 19 - 74 days to Tobacco Free WCC

Tobacco kills more people *each year* than losses from WW I, Korea and Vietnam combined, approximately equal to WW II losses.

May 20 - 73 days to Tobacco Free WCC

Edward R. Murrow, Chet Huntley, Harry Reasoner and Peter Jennings all died of tobacco-related illnesses.

May 21 - 72 days to Tobacco Free WCC

25% of residential fires are caused by smokers.

May 22 - 71 days to Tobacco Free WCC

Holding a wad of dip or chew in your mouth for 30 minutes gives you as much nicotine as smoking four cigarettes.

May 23 - 70 days to Tobacco Free WCC

1 year after you smoke that last cigarette, your added risk of coronary heart disease is half that of a smoker's.

May 24 - 69 days to Tobacco Free WCC

You can get strategies to change your routine and tips to get you through the cravings at the Quitline (1-800-784-8669/1-800-QUIT-NOW).

May 25 - 68 days to Tobacco Free WCC

About 22% of adult men and 17% of adult women are smokers.

May 26 - 67 days to Tobacco Free WCC

Just smoking a couple of cigarettes a day can get you addicted in less than two weeks.

May 27 - 66 days to Tobacco Free WCC

Walt Disney and Steve McQueen both died of tobacco-related illnesses.

May 28 - 65 days to Tobacco Free WCC

Dogs whose owners smoke can get lung cancer. Pets are just as susceptible to second-hand smoke as humans. (65 days)

May 29 - 64 days to Tobacco Free WCC

People who use tobacco are twice as likely to lose teeth than non-smokers.

May 30 - 63 days to Tobacco Free WCC

5 years after you smoke that last cigarette, your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

May 31 - 62 days to Tobacco Free WCC

Even a short time in a smoky room can cause your blood platelets to become stickier and can damage the lining of blood vessels.

June 1 - 61 days to Tobacco Free WCC

About 4,000 American youth ages 12-17 try their first cigarette every day.

June 2 - 60 days to Tobacco Free WCC

Car resale value is lower for smokers.

June 3 - 59 days to Tobacco Free WCC

"Marlboro Cowboy" Wayne McLaren and "Marlboro Man" David McLean, both died of lung cancer.

June 4 - 58 days to Tobacco Free WCC

Nonsmokers who are exposed to secondhand smoke are more prone to various illnesses, including asthma and lung cancer, and are 34 percent more likely to develop chronic pulmonary disease.

June 5 - 57 days to Tobacco Free WCC

Smoking causes 87% of all lung cancer cases.

June 6 - 56 days to Tobacco Free WCC

10 years after you smoke that last cigarette, your lung cancer death rate is about half that of a smoker's and your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

June 7 - 55 days to Tobacco Free WCC

You are up to seven times more likely to quit smoking with Quitline than if you do it on your own. Improve your odds – call 1-800-784-8669 (1-800-QUIT-NOW)

June 8 - 54 days to Tobacco Free WCC

60% of the direct health care costs in the US go to treat tobacco related illnesses.

June 9 - 53 days to Tobacco Free WCC

Current heating, ventilating, and air conditioning systems alone cannot control secondhand smoke exposure. These systems can distribute secondhand smoke throughout a building.

June 10 - 52 days to Tobacco Free WCC

Ulysses S. Grant, Hubert Humphrey and Anne Richards all died of tobacco-related illnesses.

June 11 - 51 days to Tobacco Free WCC

Children who are exposed to secondhand smoke are especially vulnerable. They are more likely to suffer Sudden Death Syndrome, bronchitis, pneumonia, severe asthma and ear infections.

June 12 - 50 days to Tobacco Free WCC

Each year, smoking kills more people than AIDS, alcohol abuse, car accidents, murders, suicides, illegal drugs and fires combined.

June 13 - 49 days to Tobacco Free WCC

15 years after you smoke that last cigarette, your risk of coronary heart disease is back to that of a nonsmoker's.

June 14 – 48 days to Tobacco Free WCC

Quitline gives you the help that fits your needs. 1-800-784-8669 / 1-800-QUIT-NOW

June 15 - 47 days to Tobacco Free WCC

Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate secondhand smoke exposure.

June 16 - 46 days to Tobacco Free WCC

Babies of pregnant women who smoke are more likely to have low birth weight, reduced lung function or be still born.

June 17 - 45 days to Tobacco Free WCC

Boris Karloff , Vincent Price and Rod Serling all died of tobacco-related illnesses

June 18 - 44 days to Tobacco Free WCC

Life and health insurance cost more for a smoker.

June 19 - 43 days to Tobacco Free WCC

Second-hand smoke has twice as much nicotine and tar as the smoke that smokers inhale. It also has five times the carbon monoxide.

June 20 - 42 days to Tobacco Free WCC

70% of teen smokers say they wish they had never started.

June 21 - 41 days to Tobacco Free WCC

Whether you smoke, dip or chew, Quitline can help you. Just call 1-800-784-8669 (1-800-QUIT-NOW).

June 22 - 40 days to Tobacco Free WCC

Tobacco users are prone to cataracts and oral problems including gum disease, tooth loss, stained teeth, and bad breath.

June 23 - 39 days to Tobacco Free WCC

Not smoking helps prevent colds and serious illnesses like bronchitis and pneumonia.

June 24 - 38 days to Tobacco Free WCC

T.S. Eliot, Ian Fleming, William F. Buckley, Jr., Mark Twain and F. Scott Fitzgerald all died of tobacco-related illnesses.

June 25 - 37 days to Tobacco Free WCC

Smokeless tobacco (a.k.a. chew, dip, snuff) causes leukoplakia, which looks like white patches

and oral lesions on your cheeks, gums, and/or tongue. It can lead to oral cancer and occurs in more than half of users in the first 3 years of use.

June 26 - 36 days to Tobacco Free WCC

When you inhale cigarette smoke, you're inhaling several household products, including ammonia (toilet cleaner), arsenic (rat poison) and acetone (paint thinner).

June 27 - 35 days to Tobacco Free WCC

Less than half of college students smoke cigarettes.

June 28 - 34 days to Tobacco Free WCC

Quitline services are available to all North Carolinians, youth and adult, at 1-800-784-8669 (1-800-QUIT-NOW).

June 29 - 33 days to Tobacco Free WCC

Quitting smoking gives you more energy and helps you breathe more easily.

June 30 - 32 days to Tobacco Free WCC

Not only does smoking make your clothes and hair stink, it weakens your sense of smell. Meaning you don't smell good or well.

July 1 - 31 days to Tobacco Free WCC

Sammy Davis, Jr., Dean Martin and Frank Sinatra all died of tobacco-related illnesses.

July 2 - 30 days to Tobacco Free WCC

Tobacco juice causes cancer of the esophagus, pharynx, larynx, stomach and pancreas. Not to mention tooth decay and loss.

July 3 - 29 days to Tobacco Free WCC

Smokers produce more phlegm than people who don't smoke. Enjoy coughing?

July 4 - 28 days to Tobacco Free WCC

Withdrawal symptoms peak from 24 to 48 hours after stopping smoking and can last from three days up to four weeks.

July 5 - 27 days to Tobacco Free WCC

It can take more than one try to quit for good. Quitline will help you learn from your experience and make a new quit plan. (1-800-784-8669 / 1-800-QUIT-NOW)

July 6 - 26 days to Tobacco Free WCC

Spit tobacco is jam-packed with nicotine, sweeteners, abrasives and over 3,000 chemicals (at least 28 of them cause cancer).

July 7 - 25 days to Tobacco Free WCC

Smoking can give you cold feet. Not like "I'm too scared." Cold like "BRRRR" because smoking decreases blood flow to your hands and feet.

July 8 - 24 days to Tobacco Free WCC

John Candy, Jackie Gleason, Jack Benny, Groucho Marx, Andy Kaufman, and Walter Matthau all died of tobacco-related illnesses.

July 9 - 23 days to Tobacco Free WCC

Cigarettes contain 4,700 different chemicals.

July 10 - 22 days to Tobacco Free WCC

Girls who smoke can grow excess facial hair.

July 11 - 21 days to Tobacco Free WCC

Cigarette butts can take up to 25 years to decompose.

July 12 - 20 days to Tobacco Free WCC

Quitline can discuss medications that can help you quit.. Call 1-800-784-8669 / 1-800-QUIT-NOW.

July 13 - 19 days to Tobacco Free WCC

Smokers tend to gain fat around the midsection (belly fat).

July 14 - 18 days to Tobacco Free WCC

Using spit tobacco can cause oral cancer which can lead to operations that disfigure your face.

July 15 - 17 days to Tobacco Free WCC

Humphrey Bogart, Clark Gable, Spencer Tracy, Errol Flynn, and Yul Brynner all died of tobacco-related illnesses.

July 16 - 16 days to Tobacco Free WCC

Young people ages 18-24 are the only group that is experiencing an increase in tobacco use rates.

July 17 - 15 days to Tobacco Free WCC

Tobacco is the only legal substance that is lethal when used as intended by the manufacturer.

July 18 - 14 days to Tobacco Free WCC

The younger you are when you begin to smoke, the more likely you are to be an adult smoker. And people who start smoking at younger ages are more likely to develop long-term nicotine addiction than people who start later in life.

July 19 – 13 days to Tobacco Free WCC

Even if you are not quite ready to quit, Quitline can help you get started. Call 1-800-784-8669 (1-800-QUIT-NOW).

July 20 – 12 days to Tobacco Free WCC

Smoking while on birth control increases your risk for heart failure and stroke.

July 21 – 11 days to Tobacco Free WCC

More than a dozen N.C. community colleges now have tobacco-free policies and more are in the process of adopting them.

July 22 – 10 days to Tobacco Free WCC

Jimmy Dorsey, Count Basie, Duke Ellington and Lois Armstrong all died of tobacco-related illnesses.

July 23 – 9 days to Tobacco Free WCC

Almost 90% of adult smokers first smoked at or before age 19.

July 24 – 8 days to Tobacco Free WCC

For every person who dies of a smoking-related disease, 20 more people suffer with at least one serious illness from smoking.

July 25 – 7 days to Tobacco Free WCC

Hand-rolled cigarettes are not safer than commercial brands. In fact, lifelong smokers of hand-rolled cigarettes have been found to have increased risk of cancers of the larynx, esophagus, mouth, and pharynx when compared with smokers of machine-made cigarettes.

July 26 – 6 days to Tobacco Free WCC

If you've already quit and are having a hard time, Quitline can help you to stay tobacco-free, 1-800-784-8669 (1-800-QUIT-NOW).

July 27 – 5 days to Tobacco Free WCC

Kids are three times as sensitive to tobacco advertising as adults.

July 28 – 4 days to Tobacco Free WCC

The typical smoker takes about 10 puffs from each cigarette. A person smoking a pack per day gets about 200 "hits" of nicotine each day.

July 29 – 3 days to Tobacco Free WCC

R.J. Reynolds, Sr, R.J. Reynolds, Jr. and R.J. Reynolds, III all died of tobacco-related illnesses.

July 30 – 2 days to Tobacco Free WCC

1 in 5 of all deaths in the US are attributable to smoking.

July 31 – 1 days to Tobacco Free WCC

On November 25, 2008, the WCC Board of Trustees adopted the following Tobacco Use Policy: "All main campus and off-campus sites for Wayne Community College are designated tobacco-free. This includes all college facilities, vehicles, grounds, parking lots, classes, and college-sponsored events and activities." The policy takes effect August 1, 2009.

August 1, 2009

As of today, Wayne Community College is a tobacco-free facility.