Tobacco use remains the leading preventable cause of death in the US. In 2018, 34.2 million adults were current cigarette smokers. Of these, 75% smoked daily. **Smoking causes about 90% of lung cancers.** Smokers also have a 2 to 4 times higher risk than non-smokers to get heart disease.

E-cigarettes contain a high dose of nicotine and other harmful products, such as lead. Nicotine is highly addictive and can harm adolescent brain development.

According to the CDC, **8 or more alcoholic drinks per week is associated with increased health risks.**

**One drink** is:
- 12 ounces of beer,
- 8 ounces of malt liquor,
- 5 ounces of wine, or
- 1.5 ounces of 80-proof distilled spirits or liquor.

Heavy drinking can lead to long-term health risks such as high blood pressure, heart disease, stroke, liver disease, digestive problems and cancer.

---

**Top 5 Tips**

1. Avoid triggers.
2. Get the facts on health risks.
3. Be physically active.
4. Eat a balanced diet.
5. Find alternatives for stress relief.