

# Mindful Continuing Education

## Preparing for a Tobacco-Free Generation

### Introduction

**1. Each of the following is an accurate statement about current tobacco use EXCEPT:**

- A. About half of all the children between ages 3 and 18 years in this country are exposed to cigarette smoke regularly, either at home or in places such as restaurants that still allow smoking
  - B. As a result of tobacco industry marketing and other influences, approximately 2100 children younger than the age of 18 smoke their first cigarette every day
  - C. Nearly 9 out of 10 smokers start before the age of 18, and 98% start smoking by age 26
  - D. Every adult who dies early because of smoking is replaced by two new, young smokers, and if current risks hold, one of the two also will die early from smoking
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### The Killer Cigarette

**2. Exposure to tobacco smoke can cause both immediate and long-term damage to the body, and in order to reduce cancer risk, quitting smoking entirely is an important strategy that has been proven to work.**

- A. True
  - B. False
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### The Power of Nicotine Addiction

**3. When nicotine is delivered from the lungs to the brain, a heightened sense of alertness and contentment is created by the release of:**

- A. Adrenaline
  - B. Serotonin
  - C. Dopamine
  - D. Norepinephrine
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### Diseases and Health Problems Linked to Smoking

**4. In addition to lung cancer, evidence now proves that smoking causes breast and laryngeal cancer.**

- A. True
  - B. False
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## **Smoking-The Heart Stopper**

**5. Smoking damages the heart and blood vessels very rapidly, but the damage is repaired quickly for most smokers who stop smoking, and even long-time smokers can see rapid health improvements when they quit.**

- A. True
  - B. False
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## **Smoking and Reproduction-Birth Defects**

**6. Research indicates that women who smoke during early pregnancy are more likely to deliver babies with congenital heart defects than nonsmoking mothers.**

- A. True
  - B. False
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## **Ending the Tobacco Use Epidemic**

**7. According to the authors, which of the following is NOT one of the recommended strategies to end the cycle of sickness, disability, and death caused by smoking?**

- A. Extend proven programs and policies to more states and cities to make smoking less accessible, less affordable, and less attractive
  - B. Help everyone who wants to quit by providing cessation resources that are readily available and affordable
  - C. Make cigarettes less addictive and less appealing to youth by using federal regulatory authority and work to rapidly eliminate the use of cigarettes and other forms of burned products
  - D. Initiate school and community programs that inoculate young people against influences encouraging them to experiment with smoking, and that provide social skills training/practice that could help them resist temptations to smoke
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## **Appendix I**

**8. Influences that affect youth tobacco use include lower income or education, lack of skills to resist influences to tobacco use, lack of support or involvement from parents, accessibility and availability, low levels of academic achievement, and low self-image.**

- A. True
  - B. False
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