

**Grade 3**

<p><b>Health Objective 5.03</b> Predict and summarize the dangers of experimenting with tobacco.</p>	<p><b>Math Objective 4.01</b> Use the processes of statistical investigation collect, organize, represent and analyze data. <b>Language Arts Objective 4.02</b> Use oral and written language to present information in a sequenced, logical manner.</p>
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**Materials Needed:**

- Transparency, poster or scanned poster of human body with systems to use for whole class instruction.
- Construction paper for students
- Crayons or markers
- A sample poster of your family

**Focus:**

Today's lesson is about helping you make good decisions so you can live a long healthy life. We are going to talk about the dangers of using tobacco. We all probably know someone who uses tobacco products. Tobacco is dangerous to your health and it is very addictive. Some people have tried and tried to stop using tobacco and they can't. The best way to take care of your body is to never start using any tobacco products. Can you name all the ways people use tobacco?

- Cigarettes
- Cigars
- Pipes
- Chewing tobacco
- Smokeless tobacco (dip and snuff)

We are going to gather some information about our class. I want you to think about all the adults that you have in your family. (Include mom and dad, grandparents, aunts, uncles and brothers and sisters 18 or over.) On the poster, let's draw a smiley face for each adult in our family. Without saying names, put an orange dot beside the face of each family member who smokes. Now, let's count the number of people in each family that uses a tobacco product. We will use the information to make an individual graph and a class graph.

Help students represent the information as a circle or bar graph for each family and the class. You could analyze the data using common percentatges-25, 50, or 75 if the information works out that way.

**Teacher Input:**

Today, I want to teach you about the harmful effects of using tobacco and being in the room with tobacco smoke. Environmental tobacco smoke (second hand smoke) carries poisons that are harmful to people who are breathing it. At the end of the lesson we will write a letter to a family member explaining what you have learned about the harmful effects of using tobacco products. You can help teach them, so maybe they will get help to stop smoking!

Using the Fact Sheet from the Center of Disease Control printed below and the chart of human body, focus on how smoking harms every organ in the body and increases the chance of getting diseases.

The following websites are full of additional information:

**[http://www.educationworld.com/a\\_lesson/lesson/lesson034.shtml](http://www.educationworld.com/a_lesson/lesson/lesson034.shtml)**

**[http://www.cdc.gov/tobacco/data\\_statistics/Factsheets/health\\_effects.htm](http://www.cdc.gov/tobacco/data_statistics/Factsheets/health_effects.htm)**

**Practice and Assessment:**

Ask students to summarize the harmful effects of using tobacco. Put their responses on the board so they will have a word bank to use in writing or typing a letter to a family member. Depending on the level of ability, you may need to give them a framework or write a class letter together.

# HEALTH EFFECTS OF CIGARETTE SMOKING

Smoking harms nearly every organ of the body; causing many diseases and reducing the health of smokers in general.<sup>1</sup> The adverse health effects from cigarette smoking account for an estimated 438,000 deaths, or nearly 1 of every 5 deaths, each year in the United States.<sup>2,3</sup> More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.<sup>2,4</sup>

## CANCER

- Cancer is the second leading cause of death and was among the first diseases causally linked to smoking.<sup>1</sup>
- Smoking causes about 90% of lung cancer deaths in men and almost 80% of lung cancer deaths in women. The risk of dying from lung cancer is more than 23 times higher among men who smoke cigarettes, and about 13 times higher among women who smoke cigarettes compared with never smokers.<sup>1</sup>
- Smoking causes cancers of the bladder, oral cavity, pharynx, larynx (voice box), esophagus, cervix, kidney, lung, pancreas, and stomach, and causes acute myeloid leukemia.<sup>1</sup>
- Rates of cancers related to cigarette smoking vary widely among members of racial/ethnic groups, but are generally highest in African-American men.<sup>5</sup>

## CARDIOVASCULAR DISEASE (HEART AND CIRCULATORY SYSTEM)

- Smoking causes coronary heart disease, the leading cause of death in the United States.<sup>1</sup> Cigarette smokers are 2–4 times more likely to develop coronary heart disease than nonsmokers.<sup>6</sup>
- Cigarette smoking approximately doubles a person's risk for stroke.<sup>7,8</sup>
- Cigarette smoking causes reduced circulation by narrowing the blood vessels (arteries). Smokers are more than 10 times as likely as nonsmokers to develop peripheral vascular disease.<sup>9</sup>
- Smoking causes abdominal aortic aneurysm.<sup>1</sup>

## RESPIRATORY DISEASE AND OTHER EFFECTS

- Cigarette smoking is associated with a tenfold increase in the risk of dying from chronic obstructive lung disease.<sup>7</sup> About 90% of all deaths from chronic obstructive lung diseases are attributable to cigarette smoking.<sup>1</sup>
- Cigarette smoking has many adverse reproductive and early childhood effects, including an increased risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).<sup>1</sup>

- Postmenopausal women who smoke have lower bone density than women who never smoked. Women who smoke have an increased risk for hip fracture than never smokers.<sup>10</sup>

## References

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2. Centers for Disease Control and Prevention. [Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 1997–2001](#). Morbidity and Mortality Weekly Report [serial online]. 2002;51(14):300–303 [cited 2006 Dec 5]. Available from: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5114a2.htm>.
3. Centers for Disease Control and Prevention. [Health United States, 2003, With Chartbook on Trends in the Health of Americans](#). (PDF–225KB) Hyattsville, MD: CDC, National Center for Health Statistics; 2003 [cited 2006 Dec 5]. Available from: <http://www.cdc.gov/nchs/data/hus/tables/2003/03hus031.pdf>.
4. McGinnis J, Foege WH. Actual Causes of Death in the United States. *Journal of the American Medical Association* 1993;270:2207–2212.
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8. Ockene IS, Miller NH. Cigarette Smoking, Cardiovascular Disease, and Stroke: A Statement for Healthcare Professionals From the American Heart Association. *Journal of American Health Association*. 1997;96(9):3243–3247 [cited 2006 Dec 5].
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10. U.S. Department of Health and Human Services. [Women and Smoking: A Report of the Surgeon General](#). Rockville, MD: U.S. Department of Health and Human Services, CDC; 2001 [cited 2006 Dec 5]. Available from: [http://www.cdc.gov/tobacco/data\\_statistics/sgr/sgr\\_2001/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2001/index.htm).

## For Further Information

Centers for Disease Control and Prevention  
 National Center for Chronic Disease Prevention and Health Promotion  
 Office on Smoking and Health  
 E-mail: [tobaccoinfo@cdc.gov](mailto:tobaccoinfo@cdc.gov)  
 Phone: 1-800-CDC-INFO

DEAR \_\_\_\_\_,

TODAY AT SCHOOL OUR CLASS LEARNED ABOUT HOW DANGEROUS USING TOBACCO CAN BE. TOBACCO CAUSES....

ALTOGETHER OUR CLASS HAS ABOUT \_\_\_\_\_ PEOPLE IN OUR FAMILIES THAT USE TOBACCO. I KNOW IT IS VERY HARD TO STOP USING TOBACCO. I LOVE YOU AND I HOPE YOU WILL TRY HARDER TO STOP NOW THAT I HAVE TOLD YOU ABOUT THE DANGERS. AS A CLASS WE WANT TO INFLUENCE AS MANY PEOPLE TO STOP AS POSSIBLE.

LOVE,