

# Tobacco



## Production

Tobacco plant mass production began in the 19th century. It is used traditionally for trade and ceremony in the Americas. Tobacco is grown and processed then added to other ingredients to create products like cigarettes and chew.



## Health Effects

- Tobacco naturally contains the stimulant nicotine which is highly addictive.
- When nicotine is first used it leads to feelings of pleasure but over time users begin to crave nicotine just to feel normal.
- Tobacco smoking causes inhalation of carbon monoxide, cyanide, and carcinogens that have been proven to result in heart and lung disease, as well as various forms of cancer.



## Environmental Effects

- Tobacco production requires significant pesticide use, which along with fertilizers, end up in soil and waterways.
- In some areas, a significant amount of deforestation occurs in order to harvest the wood necessary to cure, package, and roll tobacco plants.
- Cigarette butts are the most littered item in the world.

