**Risk Factors**

90% of all smokers started before their 18\textsuperscript{th} birthday. In fact, every day in the United States, about 3,600 youth aged 12-17 years try their first cigarette, and about 1100 become daily smokers. (CDC)

*Risk factors for teen smoking*: (CDC)

- Parents, siblings, or friends who smoke
- Accessibility and availability of tobacco products
- Perception that tobacco use is the norm
- Lack of parental involvement
- Belief in benefits of tobacco
- Low socioeconomic status
- Low self esteem
- Low academic achievement
- Lack of refusal skills

Read more:

- Smoking Addiction Starts Very Young
- Tobacco Smoking Impacts Teens' Brains

**Smoking and Mental Health**

There is a strong association between smoking and mental health disorders.

- People with mental health problems smoke significantly more and have increased levels of nicotine dependency.
- Smoking also increases the risk of developing a mental health problem.
- Smoking may be an attempt to self-medicate depression, anxiety, boredom or loneliness.