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### Proposal

The argument I am going to go with for my upcoming essay is that tobacco should be banned, and that it should be illegal to produce, and sell to consumers. Before I came to this conclusion, I made an argument that smoking is not good for you, for your health, and for your body in general, which is why my annotated bib contains articles and facts on why smoking tobacco is bad for you. After I created my annotated bib about this argument, I realized that nobody would actively be arguing against my statement. This is because the idea that smoking is bad for you is more of a proven fact than something that can be argued against. With this in mind, I decided to change my argument to an idea that is more arguable than my previous argument; tobacco should be made illegal to smoke, produce, or sell. I may be able to use some facts and information that I found for my previous argument, but I will have to research my new argument to find more information to back it up. I can start by researching how companies produce consumable tobacco products, knowing that these products can eventually lead to major health issues and even death.

## Annotated Bibliography

“Cigarette Smoking.” *Centers for Disease Control and Prevention*, Centers for Disease Control and

Prevention, 17 Sept. 2024, [www.cdc.gov/tobacco/about/index.html](https://www.cdc.gov/tobacco/about/index.html). Accessed 28 February 2025.

The World Health Organization is an organization created by the government that promotes health by informing and serving people all across the world. This article from the official World Health Organization website provides an overview of cigarette smoking as a significant public health concern in the United States. The organization gathered research from multiple credible researchers in order to inform the world about the dangers of smoking. It highlights that over 16 million Americans suffer from diseases caused by smoking, which leads to more than 480,000 deaths annually. The article analyzes the extensive health impacts of smoking, including its effects on nearly every organ and its correlation to diseases such as cancer, heart disease, stroke, lung diseases, type 2 diabetes, and reproductive health issues. This already makes it a good source to refer to for information on smoking, especially due to its credibility as a government organization. It also addresses the dangers of secondhand smoking and being exposed to smokers, which contributes to over 40,000 deaths among smoke free adults and 400 deaths in infants each year. The World Health Organization emphasizes that quitting smoking at any age can largely reduce the risk of developing smoking-related diseases and would increase or improve overall health.

With the amount of information this source has on smoking and tobacco, I will definitely be using the majority of it to support my thesis. It lists a lot of different diseases that are caused by smoking which can be used to strengthen my argument and will help to convince my audience.

“Cigarette Smoking.” *Centers for Disease Control and Prevention*, Centers for Disease Control and

Prevention, 17 Sept. 2024, [www.cdc.gov/tobacco/about/index.html](https://www.cdc.gov/tobacco/about/index.html). Accessed 28 February 2025.

Carl E. Bartecchi, Thomas D. MacKenzie, and Robert W. Schrier are members of the Department

of Medicine for the University of Colorado School of Medicine, and Denver Health and Hospitals, both in Denver, Colorado. The Department of Medicine treats and improves the health of their patients, and conducts important research to utilize for themselves, and to educate others. Knowing the authors are credible, their research is credible and can be useful. These researchers created an article that provides an analysis of the health and economic defects created by tobacco use in the United States. The authors report that “in 1990, smoking was responsible for 418,690 deaths nationwide, with diseases accounting for 84,475 of these fatalities”. The study highlights the financial impact of smoking, noting that “The average lifetime medical costs for a smoker exceed those for a nonsmoker by more than \$6,000”. This is an average of the costs for smokers who quit and those who continue to smoke. The article also highlights the need for public health intervention to reduce the use of tobacco and to put an end to its bad effects on society.

Due to the fact that these researchers explain not only the health defects that are caused by tobacco use, but the effects and expenses that tobacco use has on the economy, this article can be used to support my thesis and argument.

“Health Risks of Smoking Tobacco.” *American Cancer Society*, 19 Nov. 2024,

[www.cancer.org/cancer/risk-prevention/tobacco/health-risks-of-smoking-tobacco.html](http://www.cancer.org/cancer/risk-prevention/tobacco/health-risks-of-smoking-tobacco.html). Accessed 28 February 2025.

The American Cancer Society is an organization that promotes the prevention of cancer, through providing support for those with cancer in all states, addresses cancer and its contents, and is in the process of creating global programs for cancer prevention and care. This article by the American Cancer Society addresses health risks associated with smoking tobacco. It says that “Smoking is the leading preventable cause of disease and death in the United States, responsible for approximately 480,000 deaths annually”. The article explains how “Smoking can affect every organ in the body, leading to various cancers, heart disease, stroke, lung diseases, and other serious health conditions”. It also discusses harmful chemicals that are present in tobacco

products and the dangers of being exposed to smokers as a secondhand smoker. The article is informing people of the health defects of tobacco use and explains the importance of getting rid of it.

Even though this article has good information on tobacco and smoking, the facts that it analyzes are very similar to facts that the other articles have. Since it does not have any unique information, I will not be able to utilize this source to persuade my audience.

professional, Cleveland Clinic medical. “Smoking & Its Effects on Your Body.” *Cleveland Clinic*, 18 Mar. 2024, [my.clevelandclinic.org/health/articles/17488-smoking](https://my.clevelandclinic.org/health/articles/17488-smoking). Accessed 28 February 2025.

The Cleveland hospital is a Clinic in Cleveland that fosters patients and provides patients with care in order for them to recover from health issues. The Cleveland Clinic also contains a health library of credible information in order to spread the word about health and its properties. This article from the Cleveland Clinic Health Library provides an in-depth overview of smoking, focusing on tobacco use. It goes into depth of produced cigarettes, including plant material, rolling paper wrapper, and filter. The article also highlights specifics on smoking such as the “pleasurable effects of nicotine, which can induce feelings of relaxation, increased energy, and enhanced focus”. It also analyzes the effects smoking has on the body, explaining how “inhaling smoke affects human organs and systems, leading to serious health issues like cancer, heart disease, stroke, and lung diseases”. Additionally, the article discusses the challenges of quitting smoking because of an addiction to nicotine, and explains that there are replacements for nicotine that can change lives and lifestyles, and can “increase efforts to decrease smoking and use of tobacco”.

This article is informative, and even explains why tobacco is liked and used in the first place. This makes the articles’ information unique, and useful to use, and to try to persuade my audience.

Smith, Jamie. “Why Is Smoking Bad for You?” *Medical News Today*, MediLexicon International, 10 Feb.

2023, [www.medicalnewstoday.com/articles/10566](https://www.medicalnewstoday.com/articles/10566). Accessed 28 February 2025.

Jamie Smith, a writer that shows her credibility with a PhD in psychology, writes about mental health advocacy, health advocacy, and much more. In this article, Smith provides an overview of the bad health effects of smoking. The author explains that “Smoking damages nearly every organ in the body and is a leading preventable cause of early disease and death in the United States, accounting for over 480,000 deaths annually”. The article also explains how smoking can leave long term effects on different body systems, including “the brain, cardiovascular system, bones, immune system, lungs, mouth, reproductive system, and skin”. It also explains the increased risk of various cancers due to smoking. Additionally, the article explores different benefits of quitting smoking, explaining that ending smoking can “reduce the risk of smoking-related diseases and improve overall health”.

Even though this article has some good facts about smoking which could be useful, the information it has is similar to many other articles I have read about tobacco and smoking. This means I will not need to use the article and its facts to support my thesis.