

Kaitlyn Anello

Professor Rhoades

English Composition II

16 March 2025

Banning Tobacco: The Road to Saving Millions

“Tobacco kills more than 8 million people each year, including an estimated 1.3 million non-smokers who are exposed to second-hand smoke” (World Health Organization). Smoking tobacco continues to kill millions of people each year because of the continuation of the tobacco market around the world. Although most smokers know how smoking affects the human body, smokers still decide to smoke tobacco ultimately creating an addiction that is difficult to break. It is especially a struggle for smokers who have decided to pick up smoking tobacco at a young age, making it more difficult to break an addiction that has occurred early in their lives. Some tobacco smokers have a hard time realizing that in addition to the deadly effects smoking has on the inside and outside of their bodies, that tobacco chemicals can be deadly to those near them while smoking it. Not only is having a tobacco addiction bad for the human body, but having an addiction can lead to major costs which can ruin so many people’s financial situations. The major costs of smoking does not only include the cost of tobacco products adding up, but also includes potential medical care costs for direct smokers and secondhand smokers.

What makes tobacco even worse, is that it is produced in numerous factories, and sold by tobacco companies with manufacturers that know and understand that it is dangerous to the human body. This means that companies and manufacturers profit off millions of smokers that are or become highly addicted to tobacco, and unfortunately, companies profit off people who eventually die from it. It is hard to believe that tobacco is still allowed to be sold on the market for anyone over the age of 21 to buy and consume knowing it can lead to millions of deaths each year. Tobacco products have been a serious cause of death for direct smokers, secondhand smokers, and even unborn babies. While it is a smoker's choice to be able to smoke tobacco, it is considered one of the most dangerous items sold in markets which is why

smoking tobacco should be banned from being produced and sold by companies, and especially should be banned from being consumed by consumers.

First off, tobacco should be banned because of the effects smoking has on the human body. The effects of smoking not only damage the insides of the body during the process of inhaling smoke of a cigarette, but the effects “start the moment you light up a cigarette” due to “thousands of chemicals released from burning tobacco” (Cleveland Clinic). Knowing that there can be damage done inside of the human body even before smokers inhale cigarette smoke clearly demonstrates how dangerous tobacco can be. The damage done on the human body at the very least is more than enough information on why tobacco and smoking should be banned. To add to this, “Smoking affects everything from the appearance of your skin and nails to how your tissues, organs and even your DNA work” (Cleveland Clinic). Not only does smoking affect your organs and tissues and your DNA, but smoking also affects your outside appearance. Because it can leave terrible long-term effects on the inside and outside of the human body, smoking should be banned to prevent it.

Not only can tobacco kill those smoking it, but it can even affect the people around smokers, potentially leading second-hand smokers to die as well. Since the year of 1964, “about 2,500,000 people who did not smoke died from health problems caused by secondhand smoke exposure” (CDC). Secondhand smoking has killed millions of people even though they were not the ones actually smoking tobacco. This clearly displays how dangerous smoking tobacco is and the effects it has on the human body even while being around smokers. The effects of smoking tobacco on the human body of the smoker and those around smokers are extremely dangerous, which easily demonstrates why smoking should be banned overall.

Smoking tobacco can affect not only those consuming tobacco directly or indirectly, but can also be a cause of death to babies that aren’t even born yet. Smoking tobacco is extremely dangerous while pregnant, and can affect the fetus of a baby even if women consume tobacco chemicals indirectly through secondhand smoking. It is proven that, “health conditions associated with being exposed to second-hand smoke are a miscarriage, low birth weight, early birth, learning or behavioral deficiencies in your child,

and Sudden Infant Death Syndrome (SIDS)” (American Pregnancy Association). Tobacco is extremely dangerous and can be detrimental to a fetus before and after babies are born. Knowing how tobacco and smoking can be detrimental to smokers, secondhand smokers, and even babies, tobacco should be banned around the world.

Smoking tobacco is a serious problem that has also affected people at younger ages across the world. While the legal age of smoking was recently raised from the age of 18 to 21, children and teens still have the potential to easily get a hold of tobacco illegally. This is a threat to children and teens because their bodies aren’t fully developed, making it more dangerous to them. It has been found that “Cigarette smoking during childhood and adolescence causes significant health problems among young people, including an increase in the number and severity of respiratory illnesses, decreased physical fitness and potential effects on lung growth and function” (American Lung Association). Children and teens form lifelong addictions by smoking tobacco illegally, which ultimately can ruin their lives, and can even lead to their death at a young age. Another factor to consider about children and teens, is the existence of peer pressure from their peers. Research was carried out in the year of 2015 to find out how much tobacco was used among young students, and it was found that “25.3% of high school students and 7.4% of middle school students used a tobacco product” (American Lung Association). Knowing that young people get their hands on tobacco is a major problem for their health. Children and teens are at higher risk of a serious lifelong addiction from smoking tobacco because of peer pressure to fit in or look cool. To prevent this, tobacco needs to be banned across the world.

Another reason why smoking should be banned is because it can become something extremely expensive. Buying cigarettes can get expensive to afford especially if smoking is an uncontrollable addiction. While these expenses add up to begin with, buying tobacco or cigarettes itself is not the only thing that makes smoking expensive. Smoking tobacco destroys your organs and even leads to long-term diseases, especially lung cancer. Having lung cancer and even symptoms of lung cancer can lead to numerous visits to hospitals, which can lead to many expenses that add up. A study about the costs of smoking and the costs of hospital visitations from INCan in 2009 analyzed 297 hospital patients, finding

that “The weighted average annual cost/patient was 139,801 USD and the average annual cost/patient that was attributable to smoking was 92,269 USD” (Arrieta). The study transparently demonstrates that smoking can become terribly expensive, which can lead to budgets and funds to be ruined in the process. Smoking can leave a huge impact on not only those who smoke, but even their families by ruining their financial situation, which is why tobacco and smoking should be banned from being sold, bought, and consumed.

In addition, these medical costs not only affect direct smokers of tobacco, but can affect those who do not even smoke tobacco products themselves. A study published by the National Library of Medicine shows that the total costs of hospital visits due to secondhand smoking in the United States was “\$1.9 billion (including \$1.6 billion for hospital nights and \$0.4 billion for ER visits) in 2010” (Yao). Billions of dollars are spent yearly for those who are affected by secondhand smoking. Smoking tobacco is able to ruin not only direct smokers and their financial situation, but also the financial situation of secondhand smokers that do not smoke tobacco directly. Knowing this, tobacco should be made illegal in all aspects including tobacco production, selling of tobacco products, and the consumption of tobacco.

Another reason why smoking should be banned across the world, is because of tobacco companies lying to consumers about their products. Tobacco companies across the world have tried to falsify and cover up information about smoking tobacco and even nicotine products in order to trick consumers into buying their products. In a court ruling in 2022, it was revealed that “tobacco companies “concealed and suppressed research data and other evidence that nicotine is addictive” (American Lung Association). Understanding that tobacco and nicotine is highly addictive is crucial to understand before even thinking about buying or consuming these products. Tobacco companies have been constantly lying to their consumers to profit off of them, without considering how covering this information can ruin people’s lives. In addition to this, a similar court ruling found how tobacco companies have also lied while speaking publicly, denying “what they internally acknowledged: that ETS [secondhand smoke] is hazardous to nonsmokers” (American Lung Association). This clearly proves how tobacco companies constantly lie about their products and only care about money and their profits. Tobacco companies

selling tobacco products while covering vital information about their deadly effects is highly illegal, and has ruined so many lives, which is why tobacco should be banned from being produced, sold, and consumed around the world.

Some people may argue that smoking should not be banned, because it can help reduce stress that people have in their lives. It is proven that tobacco “floods your brain’s “reward circuits” with a chemical called dopamine. Dopamine causes pleasant feelings and distracts you from unpleasant feelings” (American Cancer Association). Smokers against the idea of banning tobacco may believe that since smoking leads to a creation of good chemicals in the brain, it is worth having around to use in case they need it in times of stress. But, what a lot of people don’t realize is how tobacco is that the dopamine that is produced from tobacco “wears off quickly, leaving you wanting more. This dire effect can lead to addiction” (American Cancer Association). It is proven that the effects tobacco have for smokers to feel good are fleeting, which leads to withdrawal and smokers wanting more. Although tobacco may reduce a smoker's stress momentarily, it is never a true solution. There are so many other ways to manage stress instead of using a substance that destroys the human body, which is why smoking should be banned.

There are so many problems all over the world that can all be traced back to tobacco and how it is legal to be produced, sold, and consumed. Major problems with tobacco include how it can damage the human body internally and externally, which applies to direct smokers of tobacco, second hand consumers around people actually smoking cigarettes, and can even affect babies that aren’t even born yet if consumed by pregnant women either directly or secondhand. It is also a major problem for children and teens since they are susceptible to peer pressure which can lead to a lifelong addiction. An addiction can lead to them damaging their bodies early on, and even to their death at a young age. The dangers of tobacco are factors that contribute to the death of millions of people around the world each year, including the death of people who do not smoke at all. In addition, tobacco companies around the world have lied to consumers about their products, making it hard to understand the true facts about tobacco and how it is detrimental to the health of direct consumers, second hand smokers, and many more. Tobacco is not only dangerous to the human body, but is extremely expensive especially when it becomes an addiction.

Expenses not only include tobacco products that add up over time, but can also lead to major medical care expenses that can ruin people financially for the rest of their lives. The impact that smoking tobacco leaves on millions of people is why tobacco production, selling tobacco, and smoking or consuming tobacco should be banned across the world.

Works Cited

- Organization, World Health. "Tobacco." *World Health Organization*, World Health Organization, 31 July 2023, www.who.int/news-room/fact-sheets/detail/tobacco.
- Arrieta, Oscar, et al. "Medical Care Costs Incurred by Patients with Smoking-Related Non-Small Cell Lung Cancer Treated at the National Cancer Institute of Mexico." *Tobacco Induced Diseases*, U.S. National Library of Medicine, 4 Feb. 2015, pmc.ncbi.nlm.nih.gov/articles/PMC4316797/.
- Yao, Tingting, et al. "Healthcare Costs Attributable to Secondhand Smoke Exposure at Home for U.S. Adults." *Preventive Medicine*, U.S. National Library of Medicine, Mar. 2018, pmc.ncbi.nlm.nih.gov/articles/PMC5829047/.
- professional, Cleveland Clinic medical. "Smoking & Its Effects on Your Body." *Cleveland Clinic*, 19 Feb. 2025, my.clevelandclinic.org/health/articles/17488-smoking.
- Control and Prevention, Centers for Disease. "Health Problems Caused by Secondhand Smoke." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 31 Jan. 2025, www.cdc.gov/tobacco/secondhand-smoke/health.html.
- Admin, APA. "Second Hand Smoke and Pregnancy." *American Pregnancy Association*, 15 June 2022, americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/second-hand-smoke-and-pregnancy/.
- Association, American Lung. "10 of the Most Appalling Facts about Tobacco Company Misdeeds." *10 of the Most Appalling Facts about Tobacco Company Misdeeds from the Famous Federal Court Ruling | State of Tobacco Control | American Lung Association*, 27 Jan. 2025, www.lung.org/research/sotc/by-the-numbers/10-appalling-tobacco-facts.

Association, American Lung. "Tobacco Use among Children and Teens." *American Lung Association*, 12 Nov. 2024, www.lung.org/quit-smoking/smoking-facts/impact-of-tobacco-use/tobacco-use-among-children.

Association, American Cancer. "Why People Start Using Tobacco, and Why It's Hard to Stop." *Why People Start Using Tobacco, and Why It's Hard to Stop* | *American Cancer Society*, 19 Nov. 2024, www.cancer.org/cancer/risk-prevention/tobacco/guide-quitting-smoking/why-people-start-using-tobacco.html.

Final paper Overview

After reading through my essay, I can proudly say that this essay is the best essay I have written during the semester. I believe this is true because I made a clear argument that is supported by so much evidence. Not only do I have a lot of evidence, but it is evidence from a wide variety of sources that have proven facts about the subject my argument is based on. This essay is the longest essay I have written out of all three essays I have written this semester. I am positive that it is because I had a variety of different points that I was able to make that could strengthen my main argument. Something I was surprised about while writing, is how fast I was able to come up with points to write about. Usually, it takes a lot of time to come up with ideas, and usually I'd have to tweak the ideas I come up with to fit my argument better. Instead, I came up with ideas that I barely had to change, it felt natural to write about my ideas as well. I put a lot of effort, energy, and especially time into my writing this essay. In addition to this, I carefully considered my choice of wording when describing my argument and when explaining evidence to make my points stronger and to tie them together smoothly. Something that helped me a lot while creating this essay is after each source I used, I made sure to add the citation to my works cited in correct format, which saved me a lot of time and trouble instead of formatting the citations correctly after I finished my essay. Although I am really proud of this essay, there are a few things that stuck out to me that I definitely need to work on. I realized that I tend to add a lot of unnecessary words and phrases that are not needed to make my point. This also includes some of the filler words I tend to use in some of my explanations. I believe that this is something I can improve on, not only in this piece, but as a writer overall. Another thing that I had a hard time with was creating a strong counter for my counter argument. I understood how to make a counter argument, but I feel like my evidence to counter the opposing argument could have been a little bit stronger. Other than that, I still believe that this is the best piece I have written this semester that I can be confidently proud about.