

HOTT ACTIVITIES

Lung Disease

Name: _____

Date: 6-11-12

Grade Level: 6-8

Professions: Respiratory Therapist or other health professional

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: To inform students of short term and long term effects of smoking.

Materials needed: Regular drinking straws, coffee stirring straws, timer, and balloons

Duration: 30 minutes

Instructions: [Click here](#) for complete instructions.

Statistics from Center for Disease Control and American Cancer Society

- Cigarette smoking is the single most preventable cause of premature death in the United States. Each year, more than 400,000 Americans die from the effects of cigarette smoking. In fact, one in every five deaths in the United States is smoking related.
- Cigarettes are responsible for more deaths in America than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs put together.
- On average, someone who smokes a pack or more of cigarettes each day lives seven years less than someone who never smokes.
- In a survey of U.S. teens, 65 percent said they strongly disliked being around smokers; 86 percent said they'd rather date people who don't smoke.
- Although only 5 percent of daily smokers surveyed in high school said they would definitely be smoking five years later, close to 75 percent were smoking seven to nine years later.
- Of the almost 3,000 young people who become regular smokers each day, nearly a thousand of them will have their lives shortened from tobacco-related diseases.
- The likelihood of smoking-related cancers increases the longer a person has been smoking.

Bad for Your Body

- Inhaling cigarette smoke reduces the amount of oxygen in the bloodstream.
- Smoking increases your heart rate because your heart must work harder to get oxygen to the rest of your body.
- Nicotine, a chemical found in tobacco, makes your blood vessels smaller so your heart must work harder to pump blood throughout the body.
- The tar found in tobacco sticks to the insides of your lungs, where it can cause cancer.
- Cigarette smoke contains more than 40 carcinogens, or chemicals that cause cancer.



Lesson Plan