



Local partnerships promoting wellness by addressing substance abuse statewide.



Prevention of Tobacco Use

Tobacco use is the leading cause of preventable illness and death in the United States. Currently more than 40 million Americans smoke. Cigarette smoking and exposure to tobacco smoke account for more than 480,000 deaths annually in the United States.

Nearly all tobacco use begins during youth and young adulthood. In fact, according to the Substance Abuse and Mental Health Service Administration’s (SAMHSA) National Survey on Drug Use and Health, 88% of adults who have ever smoked daily report that they first smoked by the age of 18.

National, state, and local program activities have been shown to reduce and prevent youth tobacco use when implemented together. They include the following:

- Higher costs for tobacco products through increased taxes
- Prohibiting smoking in indoor areas of worksites and public places
- Raising the minimum age of sale for tobacco products to 21 years, which has recently emerged as a potential strategy for reducing youth tobacco use.
- TV and radio commercials, posters, and other media messages targeted toward youth to counter tobacco product advertisements.

Community programs and school and college policies and interventions that encourage



The Connecticut Prevention Network (CPN) is an association of the state’s 13 community partnership Regional Action Councils (RACs) that work to provide your community with education, training and advocacy for substance abuse prevention and mental health promotion.