

Time for Tobacco 21 Minnesota!

Dear Elected Official,

Tobacco use continues to be a significant public health concern and a leading cause of preventable death in Minnesota. Because of the addictive nature of nicotine, experimentation or initiation of tobacco use among youth and young adults is particularly troubling. Early signs of heart disease and stroke are found in young people who smoke. Just in 2013, 2.1 million people smoked cigarettes for the first time, half of new smokers initiated under the age of 18. In fact, nearly 90% of smokers



begin before age 18, and 95% begin before turning 26. Evidence shows that the younger people are when they smoke their first cigarette, the more likely they will be a smoker for life. The prestigious national Institute of Medicine estimates that raising the purchase age for tobacco products to 21 would reduce the initiation of smoking in youth by as much as 25 percent. As a constituent and volunteer with the American Heart Association, **I urge you to support raising the legal age to purchase all tobacco products from 18 to 21.**

Sincerely,

Your Name

Home Address

Email

Phone