

# Why do people use tobacco?



Many people begin using tobacco while they are experimenting as a young person. Children who live in a home where there is a smoker may try tobacco products out of curiosity.

The earlier young people start using tobacco, the greater their chances of becoming addicted.

**Physical:** The body experiences withdrawal symptoms if tobacco is used regularly.

**Psychological:** The mind depends on nicotine to create feelings of reward and pleasure.

**Social:** Cultural factors contribute to the routine and habit of use. At times, tobacco can act as a stimulant and at other times it may produce tranquilizing effects.

**Nicotine has been found to be as addictive as heroin.**

The more you use, the more addicted you become. The more addicted you become, the more hooked you get on the role of tobacco in your daily routine.

E-cigarettes and vapes contain nicotine and many other toxic chemicals that have adverse health effects.

**These devices have NOT been found safe and are NOT approved to help people quit smoking.**

Source: Why Quitting Smoking Is Hard, Centers for Disease Control and Prevention, 2024, [cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/why-quitting-smoking-is-hard/index.html](https://cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/why-quitting-smoking-is-hard/index.html); Nicotine Dependence, Mayo Clinic, 2025, [mayoclinic.org/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584](https://mayoclinic.org/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584)



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