

Center for Tobacco-Free Finger Lakes

Menthol: Everything You Need to Know



Individuals that smoke menthol make **more quit attempts** but are **less successful**

This is unsurprising as other studies have shown that menthol **increases both the likelihood and degree of addiction.**



"The Goal here is not to create other challenges but to solve a fundamental problem."

Dr. Vivek Murthy, US Surgeon General April 29th 2021

What negative effects do menthol cigarettes have and what does this tell us?

Menthol cigarettes increase the likelihood of smokers becoming addicted, especially among youth populations.

- **youth group** studies demonstrate that those who began smoking menthol cigarettes are **more likely to become daily, regular or established smokers** than those that started with non-menthol.

This tells us that...

- the **removal of menthol from cigarettes** is likely to **reduce youth initiation & improve adult cessation**

A menthol ban is strong step in addressing this "fundamental problem" which takes the lives of 28,000 New Yorkers each year. It will also be a significant stride towards reducing the 750,000 New Yorkers suffering from a serious smoking-related illness

