# The Life Cycle of a Cigarette Butt

# CIGARETTE IS SMOKED

After a person smokes a cigarette, two things remain in the environment: thirdhand smoke, a toxic chemical residue that sticks to surfaces, and cigarette butts. Cigarette butts contain over 7000 toxic chemicals and nearly all contain plastic filters.

#### **BREAKS DOWN**

As cigarette butts
decompose, the chemicals
leak into the ground and the
filters, made of cellulose
acetate, a kind of plastic
that looks like soft, spongy
fibers, breakdown over time
into tinier and tinier pieces
of plastic, called
microplastics.

#### **POLLUTES**

Decomposing cigarette butts pollute the water where birds and marine life may mistake them for food, causing damage or even death. Even if it not mistaken for food, the microplastics and toxic chemicals leak into the water and harm marine life.





### **TRANSPORTED**

about 4.5 trillion littered

butts every year worldwide.

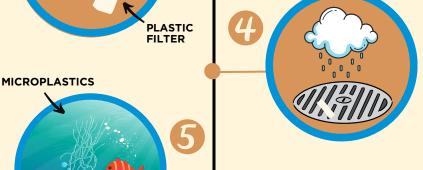
Once on the ground, it can

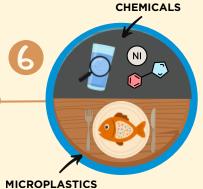
take anywhere from 18 months to 10 years for a

cigarette butt to

decompose.

If not disposed of properly, cigarette butts can fall apart and decompose right where they were discarded, leaving behind microplastics and chemical pollutants, or they can be carried through storm drains by wind and rain into our waterways.





#### CONSUMED

Microplastics and toxic chemicals from cigarette butts can end up in our drinking water, meat, and fish. Animals can accumulate pollutants from cigarette butts in their bodies over time, which pass on to people who eat meat and fish.



## **ENVIRONMENTAL AND HUMAN COSTS**

Tobacco product waste pollutes our land and waterways, exposing humans and animals to toxic chemicals and microplastics. Clean-up is very costly to our cities and towns, and the long-term impacts on the environment are not well understood.



Published October 2025. Funded by the Tobacco-Related Disease Research Program #T33PC6863 and #T32PT6244.

