Drugs, Alcohol, Tobacco, Cardiovascular Disease and Cancer.Write a 3 - 5 page paper (NOT including the title or references page!) in which you analyze and evaluate the adverse effects of alcohol, drug/narcotic, and tobacco use, and relate their use to the prevention of various diseases. Please include an introduction paragraph and a conclusion paragraph. . Your entire paper should be in APA format; double spaced, font color – black, font size – 12, font style – Time New Roman, with a cover page, and References page in APA format. Include an introduction paragraph, body, and a conclusion paragraph. A minimum of 5 references should be used (3 journal articles, 1 textbook – your Create textbook, 1 web site). Note: Quotes should RARELY be used in formal papers if ever! . This language is a requirement from 4-year universities: “ analyze and evaluate the adverse effects of alcohol, drug/narcotic, and tobacco use and relate their use to the prevention of various diseases.” This language is being included as part of this assignment so there is no question that you have covered this material in KINE200 and the course will transfer/articulate for you at 4-year universities teaching training programs. . In other words, this language is asking you to provide a discussion of the types of diseases that alcohol, drug/narcotic, and tobacco use can cause and why based on research. Include in your discussion how these diseases can be prevented based on research. . For example, in your discussion include how these diseases can be prevented by not using tobacco (comparison of stats of lung cancer, cardiovascular disease, heart disease, and/or stroke between tobacco users and non-tobacco users), regular exercise, good nutrition, and/or anything else current research indicates that could help prevent these diseases from tobacco use. Please note this is only one example (e.g., tobacco use). . Note: to cite the ebook or Create textbook it should be as follows on your References page: Insel, R. (2012) Core Concepts in Health (12th Edition). McGraw-Hill Companies, Inc. In order, to cite it within your essay it should be: (Insel, 2012). . Please find your 3 full- length journal articles using our library's online database http://library.miracosta.edu/homepage . ProQuest is recommended as it has the most sources to draw from. You can use ProQuest, EBSCOhost, MEDLINE, or Health & Wellness. Be sure to click Peer Reviewed and Full-length journal articles when you do your search.