

Smoking Cessation



Every year, approximately 8 million people die from smoking.

A national study found that current smokers living in the United States had three times higher risk of dying prematurely from cardiovascular mortality than those who never smoked. The age of death is highly dependent on the age when one begins smoking. According to the CDC, smokers die 10 years earlier than nonsmokers, on average.

Cigarette smoking remains the leading cause of preventable disease and death in the United States. Cigarette smoking kills more than 480,000 Americans each year. In addition, the United States spends more than \$300 billion a year on smoking-related illness, including more than \$225 billion in direct medical care for adults and \$156 billion in lost productivity.

WITHIN 20 MINUTES OF QUITTING SMOKING...

YOUR BODY BEGINS A SERIES OF CHANGES THAT CONTINUE FOR YEARS.



20%

of people in the world smoke tobacco.

16

million Americans are living with a disease caused by smoking tobacco.

\$300

billion is spent in the U.S. on smoking related illnesses.

The Health Effects of Smoking



Smoking leads to disease and disability and harms nearly every organ of the body.

More than 16 million Americans are living with a disease caused by smoking. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

Secondhand smoke exposure contributes to approximately 41,000 deaths among nonsmoking adults and 400 deaths in infants each year. Secondhand smoke causes stroke, lung cancer, and coronary heart disease in adults. Children who are exposed to secondhand smoke are at increased risk for sudden infant death syndrome, acute respiratory infections, middle ear disease, more severe asthma, respiratory symptoms, and slowed lung growth.

Here are a few simple steps you can take to start your path to being smoke free:

1. Set Your Quit Date

How many times have you said, “I’m going to quit” and then not gotten around to it? Setting an official Quit Date (with smaller goals along the way) helps your plan feel real and makes you more likely to follow through.

2. Identify Your Triggers

Triggers are people, places, or situations that make you want to smoke (for instance, smoking on work breaks). The more you understand these triggers, the easier it is to deal with them. So it’s important to figure out what your personal triggers are.

3. Make a Plan

Finally, you’ll need some ways to handle your triggers. That could be calling a friend, chewing gum, or reminding yourself why you want to quit. A Quit Coach will help you come up with strategies that will work for you.