

I promise to Quit Smoking.

Smoking is the most preventable cause of death and a major risk factor for heart disease and stroke. The long list of diseases and deaths due to smoking is frightening. Thousands of nonsmokers, including infants and children, are harmed by exposure to cigarette smoke. Even if you don't smoke, you could become one of the nearly 443,000 smoking-related deaths every year.

Name _____ Date _____

Why You Should Quit

38,000 people die from heart and blood vessel disease caused by other people's smoke **each year**.



Smoking is the **most preventable** cause of death in the United States.

Nonsmokers who are exposed to secondhand smoke **increase their risk** of developing heart disease by


25-30%

90% of lung cancer in men is directly related to smoking and **80% of lung cancer** in women is directly related to cigarettes.



ABOUT 60% of American children ages 4-11 are exposed to secondhand smoke at home.

Since 1965 **MORE THAN 45%** of adults who have ever smoked have quit.



X
On average, smokers die **13 to 14 years** earlier than nonsmokers.

Get more tips & facts for quitting at nashvillegoesred.org

START QUITTING

Quitting Smoking is a Five-Step Process

- Set a Quit Date and sign the No-Smoking Contract on heart.org
- Choose a Method for Quitting
- Decide if I need medicines to help me quit
- Plan my Quit Day
- Stop Smoking on my Quit Day