

Why Stop Smoking?

Did You Know...

- 45.3 million Americans or 19.3% of all adults (aged 18 or older) smoke cigarettes.
- Cigarette smoking is the leading cause of preventable death in the U.S., accounting for approximately 443,000 deaths, or 1 of every 5 deaths in the U.S. each year.
- 20.1% of young adults age 18 – 24 smoke.
- 22.5% of Ohioans smoke.



Top 10 Reasons to Quit Smoking

1. I will reduce my chances of having a heart attack or stroke.
2. I will reduce my chances of getting lung cancer, emphysema, and other lung diseases.
3. I will have better smelling clothes, hair, breath, home, and car.
4. I will climb stairs and walk without getting out of breath.
5. I will have fewer wrinkles.
6. I will be free of my morning cough.
7. I will reduce the number of coughs and colds I have.
8. I will have more energy to pursue physical activities I enjoy.
9. I will treat myself to something I enjoy with the money I save from not buying cigarettes.
10. I will have more control over my life.

