WORKING FOR A HEALTHIER TN

The Great American Smokeout

The Facts

- Smoking is the single largest preventable cause of death and illness in the world.
- Life expectancy for smokers is at least 10 years shorter than that of non-smokers.
- Quitting smoking before the age of 40 reduces the risk of dying from smoking-related disease by about 90%.
- Smoking causes an estimated 480,000 deaths every year. That's about 1 in 5 deaths.
- More than 16 million Americans live with a smoking-related disease.

No matter your age and how long you've been smoking, quitting improves your health immediately and over the long term. Giving up smoking is a journey. It can be hard, but you can increase your chances of success with a good plan and support!

Get Help Quitting Smoking

Join **The Great American Smokeout** on the third Thursday in November! It can be the start of your journey toward a smoke-free life! You could also encourage someone you love to quit. Here are resources from the State of Tennessee to help:

- **Tobacco Cessation Decision Tree**
- **Here4TN Tobacco Topic Center**
- **ParTNers for Health's Free Prescription Tobacco Quit Aids**