



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! Or encourage someone you love. Here are State of Tennessee resources to help:

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



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