THE NEGATIVE IMPACT OF SMOKING

- Smokers die significantly earlier than non-smokers:
  13.2 years for men
  14.5 years for women

TOBACCO IS THE LEADING CAUSE OF LOST PRODUCTION TIME.
Greater than alcohol abuse or family emergencies.

DEATHS CAUSED BY SECONDHAND SMOKE EACH YEAR:
Lung Cancer: 3,000
Heart Disease: 46,000

IN OHIO ALONE, THE ECONOMIC COST DUE TO SMOKING IS OVER $9 BILLION

THE POSITIVE BENEFITS OF QUITTING

YOU’LL SAVE MONEY:
The average cost of a pack of cigarettes: $5.67
That's:
$40 per week
$172 per month
$2,071 per year
$20,710 over 10 years

ENERGY LEVELS INCREASE:
An increased amount of oxygen in the bloodstream means you'll have more energy.

REDUCED HEALTH RISKS:
After one year, the risk of a heart attack is cut in half. After ten years, the risk of a heart attack is at the same level as non-smokers.

In just 24 hours carbon monoxide is eliminated from the body and tar starts to clear out. After ten years, the risk of lung cancer is cut in half.

FOOD TASTES BETTER:
Without the smoke to interfere with your taste buds and sense of smell, food will taste more delicious than ever.

Sources:
American Lung Association: www.lung.org
Center for Disease Control & Prevention: www.cdc.gov
American Cancer Society: www.cancer.org
National Cancer Institute: www.cancer.gov

The Ohio State University
Your Plan for Health