



HEALTH AT A GLANCE

TAKING ON TOBACCO...Are You Ready?

ACROSS THE UNITED STATES:

Nearly 1/2 million people (440,000) die each year from tobacco related diseases
Tobacco use is the number one cause of preventable death in the United States

HOW IS NEBRASKA DOING?

20% of Nebraska adults (age 18 and above) use tobacco
24% of Nebraska adults are former tobacco users
15% of Nebraskans under age 18 years of age smoke (or chew)
2,000 kids under age 18 become daily smokers each year

IS TOBACCO MAKING YOU SICK?

Tobacco Use Increases Your Risk Of:

- Heart disease and stroke by 4 times of that of a non-smoker
- Lung cancer (for men) by 23 times of that of a non smoker
- Lung cancer (for women) by 13 times of that of a non smoker
- Dying from chronic obstructive lung diseases by 13 times of that of a non smoker

Your blood pressure & triglycerides increase with tobacco use & your healthy cholesterol (HDL) goes down...you want this number to increase.

BENEFITS OF SAYING GOODBYE TO TOBACCO:

Nearly 3 out of 4 tobacco users want to quit. Are you one of them?
No matter how long you have smoked (or chewed) your health will improve once you quit. You will feel better, cough less, smell better, save money, have more energy and your risk of developing cancer and heart disease will drop -- a lot!



HELPFUL TIPS FOR QUITTING:

- Track your current tobacco use (for at least one week)
- Identify your tobacco triggers
- Reduce tobacco use each week
- Establish a quit date
- Select a nicotine replacement product
- Work through each craving
- Take One Day at a Time

KEY WEBSITES & APPS:

- QuitNow.net
- SmokeFree.ne.gov
- Centers for Disease Control (CDC.gov)
- American Heart Association (heart.org)
- American Cancer Society (cancer.org)
- MyQuit Coach Livestrong (iPhone) or Quit Smoking (Android)

Health At A Glance is brought to you by Madonna Fit for Work



GREAT AMERICAN SMOKEOUT
Thursday, November 21, 2013

By going tobacco free for 24 hours you save enough money to buy 1.5 gallons of gas and save more than 3 hours of your time. You will also save \$1,938 (per year) if you smoke one pack a day.

 **FIT FOR WORK**
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