

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

HEART DISEASE

3,000 46,000

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

Smoking is the leading cause of preventable death in the United States, accounting for approximately

443,000 DEATHS, OR 1 IN EVERY 5 DEATHS, EACH YEAR.



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 POSITIVE BENEFITS OF QUITTING

YOU'LL SAVE MONEY:

The average cost of a pack of cigarettes: **\$5.67**

THAT'S:

\$40 PER WEEK



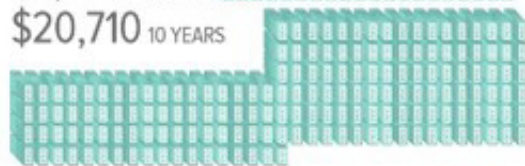
\$172 PER MONTH



\$2,071 PER YEAR



\$20,710 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!



480,000

people die in US each year
from tobacco-related issues

\$151 of lost productivity
due to premature deaths
BILLION

TOBACCO

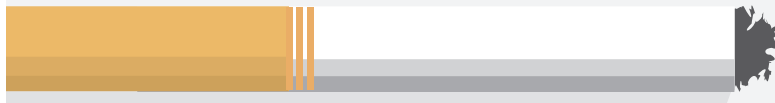
**BAD FOR YOUR EMPLOYEES' HEALTH.
BAD FOR YOUR BOTTOM LINE.**

\$5.6
BILLION

of lost productivity due
to secondhand smoke

\$6,000 PER
YEAR

This is how much extra it
costs to employ a smoker



Don't let your bottom line go up in smoke.

THREE THINGS YOU CAN DO TO HELP YOUR EMPLOYEES GIVE UP TOBACCO:

1

Make your workplace 100% smoke-free.

A tobacco-free environment creates a safer, healthier workplace and helps support tobacco users who want to quit. [MORE INFO.](#)

2

Encourage adoption of free nicotine replacement therapy (NRT).

The Affordable Care Act (ACA) requires most health insurance plans to cover tobacco cessation treatments, like NRT and counseling without a co-pay from your employees. [MORE INFO.](#)

3

Provide employees with information about the dangers of smoking.

Facilitate your employees' access to evidence-based resources, support, and incentives that can help them quit. [MORE INFO.](#)

Want more ideas?

Contact your wellness program provider or [The American Cancer Society.](#)

