



Make Plans to Quit Tobacco On November 17

The Great American Smoke Out November 17, 2011

November 17 is the Great American Smoke Out. This is a good time to quit smoking or get ready to quit. The U.S. Surgeon General has stated, "Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives." In addition, family members' health is also greatly improved. A child living in a smoke-free environment is less

likely to develop asthma, allergies, bronchitis, pneumonia, ear infections, lower respiratory tract infections or die from sudden infant death syndrome. Decreased exposure to second-hand smoke also leads to a lower risk of heart disease and lung cancer for the nonsmoking adults in the family. Remember, health benefits begin as soon as 20 minutes after quitting.

More Reasons to Quit

Save Money – On average a smoker spends almost \$500,000 on cigarettes over a lifetime.

Improve the health of your family and friends. Secondhand smoke from your lit cigarette hurts the children and people you love. It also hurts your pets.



If you quit, your children are less likely to start smoking – and if they smoke they are more likely to quit.

Call the Massachusetts Smokers' Helpline

FREE one-on-one support,
information about local quit-smoking support groups,
and advice about taking quit-smoking medicines.

English & Translations: 1-800-784-8669

Spanish: 1-800-833-5256; TTY: 1-800-833-1477

www.makesmokinghistory.org

Check out these tobacco websites:

- Quitnet.com
- BecomeAnEx.org
- MakeSmokingHistory.org
- SmokeFree.gov
- Cancer.org/smokeout

Mobile phone app:

Text2Quit.com

Call your health insurance company:

Many health insurance plans offer smoking cessation benefits to members.

Call the customer service number on your card.



UMassMemorial

Central MA Tobacco-Free
Community Partnership
UMass Dept of Psychiatry
umassmed.edu/Psychiatry



City of Worcester
Division of Public Health