FOR A HEALTHY FUTURE, IT'S TIME TO QUIT SMOKING

Smoking by the Numbers

While smoking has decreased in New York City, we still have a long way to go!

- **934,000** New York City residents smoke (in 2015)
- **7,000** Chemicals found in secondhand smoke; 70 of them are known to cause cancer
- **4,000** NYC children are exposed to secondhand smoke at home
- **200,000** Dollars spent a year in order to smoke a pack a day
- **10** Number of years non-smokers outlive smokers
- **1** There's only one you! Live life to the fullest!

I've decided to quit. Now what?

- **Talk to your doctor**
- **Get support and encouragement**
- **Talk to your family**

Talk to your doctor about medications to help you quit (such as the nicotine patch or gum).

Visit the NYC Quits! page for links to quit smoking programs, more tips on quitting smoking and staying nicotine-free.

http://www1.nyc.gov/site/doh/health/health-topics/smoking-nyc-quits.page

Visit the New York State Smokers’ Hotline for quit smoking support, personalized quit messaging, and other quit smoking resources.

1-866-NY-QUITS or visit https://www.nysmokefree.com/

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