



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)

200,000



NYC children are exposed to
secondhand smoke at home



7,000



Chemicals found in secondhand smoke;
70 of them are known to cause cancer

4,000



Dollars spent a year in order to
smoke a pack a day



10



Number of years non-
smokers outlive smokers

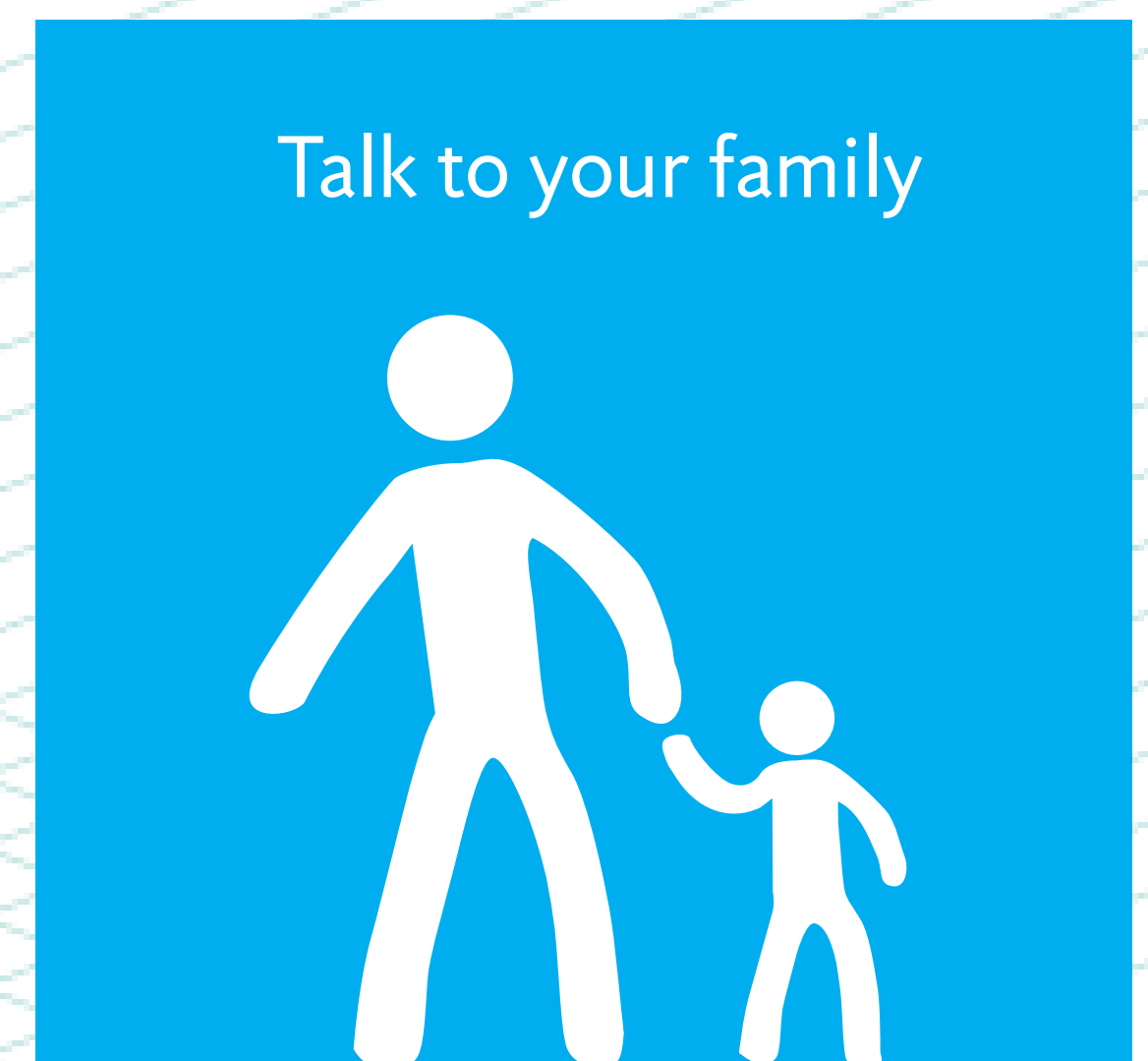
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There's only one you! Live life
to the fullest!



I've decided to quit. Now what?



Rx

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

NYC
Health

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/>



Children's
Environmental
Health Center



Icahn School
of Medicine at
Mount
Sinai

Transdisciplinary Center
on Health Effects of Early
Environmental Exposures

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<http://www1.nyc.gov/site/doh/health/health-topics/smoking-reasons-to-quit.page>
<http://www1.nyc.gov/site/doh/health/health-topics/smoking-how-to-quit.page>
https://www.health.ny.gov/prevention/tobacco_control/
<http://nycsmokefree.org/smoking-statistics#7>