

WHAT HAPPENS WHEN YOU QUIT?

No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. It will be one of the best decisions you make for your health.



You'll live a longer life.

Nonsmokers live at least 10 years longer than smokers. With cigarette smoking being the leading cause of preventable death in the U.S., putting off quitting is not worth the risk. Quitting at any age can give back years of life that would be lost by continuing to smoke. **Start today.**

+10 YEARS

Avg. U.S. Smoker

Avg. U.S. Nonsmoker

You'll help others to live longer.



41,000

The number of people, on average, that die each year as a result of secondhand smoke exposure.

You'll save money.

\$12,775 PER YEAR

Smoking cost a lot more than what you pay for a pack of cigarettes. The average price per pack of cigarette in the U.S. is \$6.28, but the health-related costs per pack are \$35, according to the American Cancer Society. Over a year, those added cost can amount to \$12,775 for a pack-a-day smoker. That's a big incentive to quit.

Find it tough to quit? You're not alone.

88%

WISH THEY HAD NEVER STARTED SMOKING.

78%

SAY THEY WOULD LIKE TO GIVE IT UP.