

# New Year's Resolution – Quit Smoking !

**If you made a New Year's resolution to quit smoking – good for you ! Tobacco use is the number one cause of preventable death in the United States and in North Carolina.**

**CONSIDER THE BENEFITS. KEEP YOUR RESOLVE !** One pack a day smokers save over \$1800 or more per year. Within 2 weeks to 3 months of quitting your heart attack risk drops and your lung function improves. Within 5 to 15 years after quitting your risk of stroke is that of a person who never smoked.

**4 Steps to SUCCESS !** **1) Identify reasons you want to quit.** To improve your health, for a loved one, so that you can enjoy playing sports...anything that motivates you. This can remind you why you want to quit. **2) Get support.** Whether from a family member, a friend, or by calling the N.C. Tobacco Use Quitline, you can get the support you need to help you quit tobacco. You will be more successful if you have support while trying to kick the habit. **3) Make a plan.** Set a quit date ! Tell your family, friends and co-workers so that they can support you in your attempt to quit using tobacco products. Think about some challenges you will face and plan how you will handle these. **4) Get rid of the temptation.** Remove all tobacco products from your environment.



**To learn more about local tobacco cessation resources or the Smoke Free Housing initiative**

**Contact Forsyth County Health Department at  
336-703-3260**