

Why Quit Smoking??



Tobacco use remains the leading preventable cause of death in the United States, causing nearly 440,000 deaths each year and resulting in an annual cost of more than \$75 billion in direct medical costs.

Nationally, smoking results in more than 5.5 million years of potential life lost each year.

The majority of adult smokers started smoking by the age of 18. Every day, an estimated 3,900 young people under the age of 18 try their first cigarette.

More than 6.4 million children living today will die prematurely because of a decision they will make as adolescents - the decision to smoke cigarettes.

Why should employers get involved?

Smoking is costly to employers both in terms of smoking-related medical expenses and lost productivity.

- Ten percent of smokers alive today are living with a smoking-related illness.
- Men who smoke incur \$15,800 (in 2002 dollars) more in lifetime medical expenses and are absent from work 4 days more per year than men who do not smoke.
- Women who smoke incur \$17,500 (in 2002 dollars) more in lifetime medical expenses and are absent from work 2 days more each year than nonsmoking women.
- In 1999, each adult smoker cost employers \$1,760 in lost productivity and \$1,623 in excess medical expenditures.
- Smoking causes heart disease, stroke, multiple cancers, respiratory diseases, and other costly illnesses. Secondhand smoke causes lung disease and lung cancer.
- Smoking increases costly complications of pregnancy, such as pre-term delivery and low birth-weight infants.

For more information go to: <http://www.cdc.gov/tobacco/index.htm>