




**WHAT WE KNOW:**

Cigarette smoking remains the leading cause of preventable death and disability in the United States, despite a significant decline in the number of people who smoke. Over 16 million Americans have at least one disease caused by smoking. This amounts to \$170 billion in direct medical costs that could be saved every year if we could prevent youth from starting to smoke and help every person who wants to quit smoking.


 In 2019, **27.5%** of South Carolina high school **youth** reported currently using **any tobacco product**, including e-cigarettes. Among SC high school **youth**, **5.9%** reported currently smoking **cigarettes**. In addition, 17.6% of adults smoked cigarettes in 2019, and 7,200 adults die from smoking-related illnesses each year. There is no safe level of exposure to secondhand smoke. It causes stroke, lung cancer, and coronary heart disease in adults.

Resolving to be smoke-free in '23 makes sense, and quitting smoking is one of the best decisions a person can make to improve their health and to protect the health of others.



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## WHAT YOU CAN DO:



### SET A DATE TO QUIT

Committing to a specific date can help you prepare for your journey ahead. Tell your friends and loved ones about your decision and ask for their support. Throw away your cigarettes, lighters, and ash trays. Think about and plan for how you will handle triggers to smoke. Make a list of all the reasons why you want to have handy when you have a craving to smoke and start to waiver.



### GET FREE PERSONAL TELEPHONE COUNSELING

Call the SC Tobacco Quitline (1-800-QUIT-NOW) which is available to all SC residents wanting to quit. You can call between 8 AM and Midnight any day of the week to receive all the counseling support you need to quit, and as many times as needed. Every call is strictly confidential.



### GET FREE TEXT MESSAGE SUPPORT

Enroll with the National Texting Portal (text QUITNOW to 333888) to receive encouragement, advice, and tips for becoming smoke-free.



SOUTH CAROLINA  
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