

Prevention...What's the 4-1-1?

Great American Smokeout Day

When: November 17, 2011

Purpose: Spotlights the dangers of tobacco use and the challenges of quitting smoking.

DID YOU KNOW?

46 million U.S. adults currently smoke.

40% of non-smokers are exposed to secondhand smoke.

54% of children ages 3-11 years old are exposed to secondhand smoke.

Lung cancer is the leading cause of death for men and women.

Each year approximately 200,000 people are told they have lung cancer.

Smoking causes 1 in 5 deaths from all causes, BUT smoking is the leading preventable cause of death in the U.S.

Will you be able to put down the cigarette for 24 hours? Or for a lifetime?

If you or someone you know are ready to quit smoking or chewing tobacco, please call 1-800-Quit-Now (784-8669) or visit

AlabamaQuitNow.com.

“The greatest wealth is health” ~Virgil



Division of Mental Health
and Substance Abuse Services
Office of Prevention Services
www.mh.alabama.gov