

Oklahoma's \$2 billion a year habit



Smoking among adults continues to plague our state. Not only do Oklahomans smoke at higher rates, we consume more cigarettes per person than the rest of the nation. The associated health risks include heart disease, stroke, emphysema and other ailments. These health risks come not only with a personal cost, but also an economic cost. It is estimated that smoking costs Oklahoma more than \$2 billion every year in direct medical care and lost productivity.

Oklahoma can't afford to smoke!

What you can do:

- ✓ If you smoke, stop — nicotine replacement therapy can help you stop
- ✓ Call the Oklahoma Tobacco Helpline at 1-866-PITCHEM for help with stopping
- ✓ If you don't smoke, don't start
- ✓ Talk to your children or grandchildren about the dangers of smoking — studies show that if a person does not use tobacco before 18, he or she will likely not use it as an adult

Holding down health care costs:
your health choices matter

Source: Oklahoma State Board of Health — 2004 State of the State's Health



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