

# Me? Quit?



# ...Preferably, YES!

**NCC is a Tobacco-Free College. All students, staff and faculty are expected to adhere to this for the safety of the community, but we also care about YOUR health and well-being!** If you currently smoke, vape, or use any tobacco product, please consider the following:

- Smoking cigarettes shortens lives by about 11-12 years. It causes cancer, but also damages the lungs, heart, blood vessels, reproductive organs, mouth, skin, eyes, and bones. And don't be fooled by e-cigarettes—they produce acetaldehyde, acrolein, and formaldehyde, which can cause irreversible lung damage, lung disease, and death.
- Tobacco use kills more people in the U.S. than alcohol, car accidents, HIV, guns, and illegal drugs combined, according to the American Cancer Society.
- Smoking cigarettes is expensive! For the price of a pack a day (\$9), you could purchase a new car in 10 years (\$32,850!). And, according to the Connecticut State Department of Public Health, tobacco users pay higher health, life, and auto insurance premiums than non-tobacco users.
- *The U.S. Surgeon General has said that “smoking cessation (stopping smoking) represents the single most important step that smokers can take to enhance the length and quality of their lives.”*

## Here's what happens to your body when you **quit smoking**:

- **20 minutes** after quitting, your heart rate and blood pressure drop.
- **12 hours** after quitting, the carbon monoxide level in your blood drops to normal.
- **2 weeks to 3 months** after quitting, your circulation improves and your lung function increases.
- **1 to 9 months** after quitting, coughing and shortness of breath decrease, and your lungs regain normal function (clearing themselves and reducing the risk of infection).
- **1 year** after quitting, the risk of coronary heart disease drops to half that of someone who still smokes.
- **5 years** after quitting, your risk is cut in half for cancers of the mouth, throat, esophagus, and bladder. Your risk of stroke and cervical cancer risk falls to that of a non-smoker.
- **10 years** after quitting, your risk of dying from lung cancer is about half that of a person who still smokes. Your risk of cancer of the larynx and pancreas decreases.
- **15 years** after quitting, your risk of coronary heart disease is the same as someone who ever smoked.

— Center for Disease Control and Prevention: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)





Tobacco use is prohibited on all NCC grounds, including state-owned parking lots and personal vehicles parked on state property. Prohibited items are, but not limited to, cigarettes, electronic cigarettes, cigars, cigarillos, hookah smoked products, pipes and oral tobacco (smokeless, chew, snuff) or any item intended to mimic tobacco products or contain tobacco flavoring. Members of the college community are encouraged to respectfully communicate this to faculty, staff, students, and visitors.

It's hard to quit on your own, but there is **plenty of help out there:**

For local smoking cessation programs and quit lines in Connecticut, please visit <https://norwalk.edu/wp-content/uploads/2017/01/Smoke-Cessation-Programs.pdf>

[https://www.cdc.gov/tobacco/quit\\_smoking](https://www.cdc.gov/tobacco/quit_smoking)

Centers for Disease Control and Prevention offers free support in quitting (coaching, quit plan, educational materials, and referrals to local resources). Visit the website or call 1-800-QUIT-NOW.

<https://www.lung.org/quit-smoking>

The American Lung Association has proven tools, tips and support to help end tobacco addiction. Hundreds of thousands of people quit smoking through their "Freedom from Smoking" program.

<https://smokefree.gov>

The National Cancer Institute's trained counselors provide information and support for quitting, in English and Spanish. Call the quit line at 877-448-7848 or get live online assistance from NCI's LiveHelp service Monday through Friday from 9am-9pm. Try their free QuitGuide app, which helps you fight cravings when and where they happen.

<https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/nicotine-craving/art-20045454>

Tobacco cravings are powerful and can wear you down when you're trying to quit. The Mayo Clinic provides excellent tips on how to reduce and resist these cravings.

<https://www.healthline.com/health/quit-smoking/best-blogs-of-the-year#1>

Healthline.com has carefully selected blogs that are actively working to educate, inspire, and empower their readers with frequent updates and high-quality information.

<https://www.webmd.com/smoking-cessation/ss/slideshow-13-best-quit-smoking-tips-ever>

WebMD provides a list of helpful tips for quitting smoking.

<https://smokefree.gov/quit-smoking/why-you-should-quit/benefits-of-quitting>



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This brochure was produced by the NCC Wellness Committee, committed to improving the health and wellness of the Campus Community by fostering a conducive environment to maximize institutional and individual wellness goals.