



## **A MINUTE OF HEALTH WITH CDC**

### *Quit for Your Family's Sake*

*Great American Smokeout — November 20, 2008*

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*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

Approximately one in five people in the U.S. still smoke, despite its well-known and highly publicized negative health effects, including cancer and heart disease. It harms nearly every organ of the body. Each year, almost half a million Americans die from this addiction. Quitting smoking has immediate and long-term benefits for you and your loved ones. There are many effective strategies out there to help someone quit smoking, but most smokers don't use them. Proven interventions, such as assistance from a health-care provider, medications, and counseling, can increase a smoker's chance for success. Quitting smoking is not easy, but it *is* worth the effort.

Thank you for joining us on *A Minute of Health with CDC*.

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