

Tobacco-Free Campus: Live Your Life Tobacco-Free



Living tobacco-free means living a healthier, longer life—a life where you breathe easier, get sick less, and reduce your risk of heart disease and cancer. It takes the average smoker at least 8-12 quit attempts before successfully quitting.

Even if you have tried to quit using tobacco in the past without success, the following tips can put you back on the path to a tobacco-free life:

- Pick a quit date
- Make a quit plan
- Get support
- Call 1-800-QUIT-NOW

What do you GAIN after quitting?

20 Minutes	Blood pressure and pulse rate decrease
1 Day	Risk of a sudden heart attack decreases
2 Days	Better sense of taste and smell
2 Weeks-3 Months	Circulation improves and lung function increases
1-9 Months	Coughing, sinus congestion, fatigue and shortness of breath decrease
1 Year	Your risk of coronary heart disease is half that of someone who is still smoking
5 Years ¹	Your lung cancer death rate decreases by nearly 50% compared to one-pack-per-day smokers. Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after two to five years.
10 years after quitting ²	The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

Quitting tobacco use at any age can help you live longer and be healthier. People who stop smoking before the age of 50 cut their risk of dying in the next 15 years in half compared with those who keep smoking³. People who smoke get sick more often from flu, bronchitis, and pneumonia which can mean greater health care costs and decreased quality of life.

¹A Report of the Surgeon General: How Tobacco Smoke Causes Disease—The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11. 2007, p 341

²A Report of the Surgeon General: How Tobacco Smoke Causes Disease—The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and US Surgeon General's Report, 1990, pp. vi, 155, 165

³American Cancer Society, Guide to Quitting Smoking. 2014. Accessed January 26, 2015 at <http://www.cancer.org/acs/groups/cid/documents/webcontent/002971-pdf.pdf>

Tobacco-Free Campus: Get the Help You Need

SC State Health Plan:

A tobacco-free campus makes it easier for tobacco users to quit and for ex-smokers to stay that way. South Carolina state employees receive a Tobacco Cessation Preventive Benefit through the S.C. Public Employee Benefit Authority (PEBA). The State Health Plan offers the American Cancer Society and Alere Wellbeing's Quit for Life® Program to subscribers and their covered dependents. This cessation phone-based counseling program connects callers with a professionally trained coach who can develop a personalized quit plan and help them overcome nicotine withdrawal, cravings, stress, and fears about quitting. Participants can call as often as needed. The Quit Coach will determine if free nicotine replacement therapy such as patches, gum, or lozenges are needed, or if a referral to a doctor for prescription medications such as Bupropion or CHANTIX is appropriate.

To learn specifics of your state cessation benefits, contact PEBA at (803) 737-6800 (Columbia area) or 1-888-260-9430 (toll-free) or visit the PEBA website. Visit the Quit for Life website for SC State Health Plan to enroll in the Quit for Life program.

The S.C. Tobacco Quitline:

For employees who want to quit, but are not covered by the State Health Plan, the S.C. Tobacco Quitline can help. Quitting tobacco is not easy. No one knows this better than the trained Quit Coaches ready to assist callers at 1-800-QUIT-NOW. Whether you smoke cigarettes, e-cigarettes, or use smokeless tobacco products (dip or chew), the professionals at the S.C. Tobacco Quitline can help you deal with cravings, identify triggers, develop your quit plan, and connect you with local resources to help you quit. Services are free and are available 24 hours a day, seven days a week.



Resources:

- [S.C. Tobacco Quitline](#)
- [Insurance Benefits Guide](#)
- [American Lung Association](#)
- [American Cancer Society](#)
- [SmokeFree.Gov](#)
- [CDC fact sheets on tobacco cessation](#)

For more information, please contact DHEC's Cessation Coordinator/Quitline Manager at (803) 898-2285.