

Facts & Dangers ABOUT SMOKING



Sheppard Pratt has provided more than 7,000 smoking cessation services



Tobacco smoke contains **4,000** harmful chemicals that can cause serious health issues and decrease the efficacy of prescription medications.

Most people who come to a Sheppard Pratt hospital are thinking about quitting smoking...



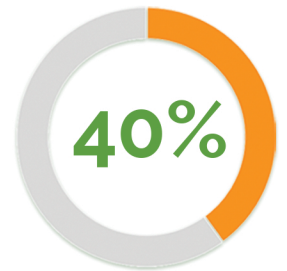
43% want to stay quit when they leave the hospital,



and another 25% are thinking about it.



1 in 4 adults in the U.S. have a mental illness



40% of cigarettes are smoked by adults with mental illness



- Quitting smoking can improve mood and help relieve stress, anxiety, & depression
- Smoking increases the likelihood of relapse among people in recovery from substance use disorder
- Health benefits begin in as little as 1 hour after the last cigarette

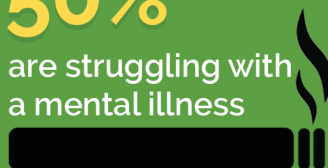


480,000 people die every year from smoking-related illnesses



50%

are struggling with a mental illness



Since Oct. 2019,

34 deaths related to vaping have been reported.