



Tobacco Use Prevention & Control Program

Mission Statement

To enhance the well-being of Connecticut's residents by promoting tobacco-free lifestyles and by educating communities about the economic and health costs and consequences of tobacco use.

Did You Know?

Tobacco use is the leading cause of preventable death in the US.

- More than 450,000 adults in Connecticut are cigarette smokers.
- Almost 58,000 of Connecticut's middle and high school students smoke cigarettes.
- Every year in Connecticut, approximately 4,900 people die from smoking-related diseases.
- Heart disease is the # 1 cause of death in the US and in Connecticut, and the #1 cause of heart disease is smoking.
- There are 4,000 chemical compounds in tobacco smoke and at least 43 are known to cause cancer in humans and/or animals.
- Smoking is responsible for more than 90% of all lung cancer deaths.

The single most important thing you can do for your health is to *be tobacco-free*.

For Free Help or Information to Quit call the

CT Quitline at 1-800-784-8669



Or log onto ["Become an EX"](#) to start your online program to re-learn life without cigarettes.

