

# Break the Habit



# 81%

of participants complete the program

Quitting tobacco use is one of the best things people can do for their health, but it's also one of the hardest. Research shows that when most tobacco users try to quit on their own, it can take them more than three attempts to be successful. **Break the Habit** is designed to help your employees increase their chances of quitting by providing education and motivation along the way.

- 4-week educational program
- Instructor-led
- Classroom-style
- Workbook, promotional poster, certificate of completion, and wallet cards provided
- Pre- and post-program surveys to track results



According to the Centers for Disease Control and Prevention\*:

- Tobacco kills more Americans each year than alcohol, cocaine, heroin, suicide, car accidents, fire, and AIDS combined
- Number of Americans suffering from a smoking-related disease: 16 million
- Number of smokeless-tobacco users with mouth sores: 3 in 4
- Average life expectancy of a smoker in the U.S.: 64
- Average life expectancy of a non-smoker in the U.S.: 78

#### Our experience:

- 77% of participants set quit dates
- 27% of participants are smoke-free at the end of the program
- 20% of participants set quit dates and met them

[bsneny.com/partnerinhealth](https://bsneny.com/partnerinhealth)

\* [cdc.gov/tobacco/data\\_statistics/index.htm](https://cdc.gov/tobacco/data_statistics/index.htm)