



# Health Awareness

## Slow Economy Slows Smokers' Quit Attempts

(NAPSA)—If you're stressed out about the economy and smoking more, you're not alone. According to a new poll, 77 percent of current smokers report increased stress levels due to the current state of the economy and two-thirds of those smokers say this stress has had an effect on their smoking.

The survey was conducted for the American Legacy Foundation®, a national public health foundation devoted to keeping young people from smoking and helping all smokers quit. Among the survey findings:

- One in four smokers stressed about the economy say this stress has caused them to smoke more cigarettes per day, a statistic that's higher among women (31 percent) than men (17 percent).

- Those smokers with lower household incomes are especially affected by the financial crisis. A greater percentage of stressed smokers with a household income of less than \$35,000 reported smoking more cigarettes per day (38 percent) due to the current state of the economy. "We are especially concerned about how the economy is impacting those struggling to quit and stay quit," said Cheryl G. Heaton, Dr.P.H., president and CEO of the American Legacy Foundation. The survey found that 7 percent of current smokers surveyed had started smoking again due to stress over the economic crisis, even though they had previously quit. Furthermore, 9 percent of stressed-out former smokers said the state of the economy had



Smokers can visit [www.becomeanex.org](http://www.becomeanex.org) to learn more about how to quit successfully and how to build their own personalized quit plans.

tempted them to start smoking again. Even more telling, 13 percent of stressed smokers say their stress about the economy has caused them to postpone their plans to quit.

### What is EX™?

- EX is a comprehensive national campaign that provides free resources designed to help smokers create their own plan to quit smoking.
- EX encourages smokers to approach quitting smoking as "relearning life without cigarettes" by providing information that can help them prepare to quit by "relearning" three key parts of their lives as they relate to smoking:

**Behavior**—what parts of your life make you want to smoke? They are triggers and can be overcome with practice and preparation.

**Addiction**—how can medications, like the patch and others, increase your chances to quit successfully?

**Support**—how can your friends and family help you quit?

- EX is presented by the National Alliance for Tobacco Cessation, a collaborative partnership of organizations at the national and state levels designed to present a unified voice to reverse the stalled decline in adult smoking rates.

