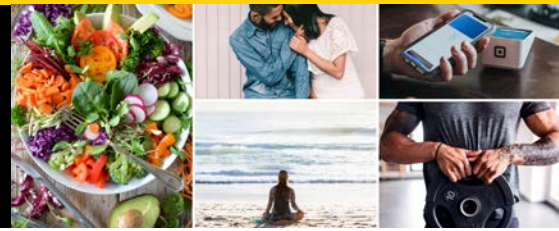


# Healthy Habits



## Healthy Habit: Go Smoke-Free

Each year, tobacco kills more than 8 million people worldwide. Tobacco can even be deadly for non-users, as secondhand smoke contributes to heart disease, cancer, and other diseases, causing 1.2 million deaths annually.

The facts are...

- The tobacco epidemic is among the biggest public health threats the world has ever faced.
- Tobacco kills up to half of its users.
- The economic costs of tobacco use are substantial and include healthcare costs for treating diseases caused by tobacco as well as lost human capital resulting from tobacco-related deaths.
- There are more than 7,000 chemicals in tobacco smoke, of which at least 250 are known to be harmful and at least 69 are known to cause cancer.
- Almost half of all children regularly breathe air polluted by tobacco smoke in public spaces.
- 65,000 children die every year from illnesses attributable to secondhand smoke.
- Studies show few people understand the specific health risks associated with tobacco use.
- Among smokers aware of the dangers of tobacco, most want to quit.
- Counseling and medication can more than double a tobacco user's chance of successful quitting.

Many free resources are available to help you or someone you know quit tobacco. Take the first step towards going smoke-free by contacting the Caterpillar Employee Assistance Program (EAP). Call **866-228-0565** or find global helplines and more resources at ***CaterpillarEAP.com***.

Source: World Health Organization (<https://www.who.int/health-topics/tobacco>)