



A MINUTE OF HEALTH WITH CDC

Call to Quit

Increase in Quitline Call Volumes and Cessation Website Visits during a National Tobacco Education Campaign — March 19–June 10, 2012

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This program is presented by the Centers for Disease Control and Prevention.

Trying to quit smoking can be tough. Trying to quit alone can make it even harder. A recent CDC campaign – ‘Tips from Former Smokers’ - featured graphic testimonials from people living with smoking-related diseases. The campaign was intended to motivate adult smokers to quit. It provided information about the devastating health damage caused by smoking and led to a dramatic increase in calls to 1-800-QUIT-NOW.

One of the most important things you can do for your health is to quit smoking. If you’re a smoker or know someone who smokes, call 1-800-QUIT-NOW or visit smoke-free-dot-gov.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.