



HEALTH INDEX SCORE HEALTH ENHANCEMENT RESPONSE

Learning how to live healthy

Cigarette smoking causes 1 in 5 deaths in America. Smoking causes cancer, high blood pressure, strokes, heart attacks, vision loss, hormone imbalance and poor healing. About 80-90% of lung cancers are caused by smoking, and lung cancer is the most common cause of cancer death in America. West Virginia is one of the states with the highest rate of smoking. About 1 in 4 West Virginians smoke cigarettes.

SMOKING

MY SMOKING IS:

Healthy is never

Health Risk is 1 - 4 cigarettes per day

Unhealthy is 4 or more cigarettes per day

- HEALTHY** – Even if you don't smoke, being exposed to others' smoke is a health risk. Look on the back side of this card to see how to keep your exposure to smoke in the healthy range.
- HEALTH RISK** – If you continue smoking, you will increase your risk of many diseases. Look on the back of this card to see how you can quit smoking.
- UNHEALTHY** – If you are a heavy smoker, you can become sick or make existing diseases or conditions worse. Look on the back of this card to see how you can quit smoking and lower your risk of diseases caused by smoking.

CRCH

CENTER FOR RURAL &
COMMUNITY HEALTH

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What to do for ...

HEALTHY: To reduce second-hand smoke, avoid smokers or ask them to not smoke around you. Opening a window or turning on a fan does not protect you from second-hand smoke.

HEALTH RISK SMOKING: Set a quit date, tell your friends and family, plan for challenges you will face quitting, throw away all tobacco products, talk to your doctor or community health worker.

UNHEALTHY SMOKING: Get help from friends, family and health care workers, exercise regularly, eat a healthy diet, talk to your doctor or community health worker before making any major lifestyle changes.

Get more information ABOUT THE EFFECTS OF SMOKING AND HOW TO QUIT BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at www.CRCH.wvsom.edu, by calling 800-566-1258, or by e-mail CRCH@osteو.wvsom.edu
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification _____

