

Just for the health of it.

You can get **FREE**
cessation help

(nicotine patches and coaching)

at the

Student Health Center.



kiss Me. I'm a Non-Smoker!

Just for the health of it.

81% of MVU Students

DON'T

Smoke cigarettes.

2006 Wellness Survey



kiss Me. I'm a Non-Smoker!

Just for the health of it.

65% of MU

students who smoke

want to QUIT!!

- 2006 Wellness Survey



kiss Me. I'm a Non-Smoker!

Just for the health of it.

At least 105

US colleges and

Universities have 100%

Smoke-free campuses

inside and out.



Just for the health of it.

If all things are equal,
88.3% of MVU students
would rather **KISS** a
Non-smoker!

- 2006 Wellness Survey



kiss Me. I'm a Non-Smoker!

Just for the health of it.

Over 50% of the people
in the US are protected
by smoke-free cities in
their workplaces.

-ANR (no-smoke.org)



kiss Me. I'm a Non-Smoker!

Just for the health of it.

You (Columbia residents) can get **FREE** nicotine patches at the Boone County Health Department!



kiss Me. I'm a Non-Smoker!

Just for the health of it.

Pack-a-day smokers

save over \$1,400 a year

when they quit!

(based on average \$4.00/pack)



kiss Me. I'm a Non-Smoker!

Just for the health of it.

20[☆] minutes

after the last cigarette,
a smoker's blood pressure
and heart rate return to
normal.

- American Cancer Society



kiss Me. I'm a Non-Smoker!

Just for the health of it.

★ Only 24 hours
after a smoker's last
cigarette, the chances of a
heart attack decreases.

- American Cancer Society



kiss Me. I'm a Non-Smoker!

Just for the health of it.

Facial wrinkling can be
seen under a microscope in
smokers as young as age
20!

- The International Journal of Dermatology



kiss Me. I'm a Non-Smoker!

Just for the health of it.

Non-smokers in their
20s have a 5-6 year
longer life expectancy than
smokers in their 20s.

- Shelter Insurance



Just for the health of it.

At least 320[☆] US colleges and Universities
have smoke-free dorms &
residence halls.

- ANR (www.no-smoke.org)



kiss Me. I'm a Non-Smoker!

Just for the health of it.

Non-smokers have better
levels of good (HDL)
cholesterol.

- American Lung Association



kiss Me. I'm a Non-Smoker!

Just for the health of it.

Non-smokers have fewer
vision problems, including
cataracts.

- American Lung Association



kiss Me. I'm a Non-Smoker!

Just for the health of it.

Some employers prefer to
hire non-smokers because
they use fewer sick-days
and cost less on company

insurance.

- American Cancer Society



kiss Me. I'm a Non-Smoker!

Just for the health of it.

Columbia has been
Smoke-free since
January 9th
2007!



Kiss Me. I'm a Non-Smoker!

