



What Does Smoking REALLY Cost?

- Cigarette smokers are absent from work 6.5 days per year more than nonsmokers. (American Cancer Society)
- Approximately eight percent of a smoker's working hours are spent on smoking rituals. (American Cancer Society)
- Smokers make about six more visits to health care facilities per year than nonsmokers. (American Cancer Society)
- Average lifetime medical care costs for male smokers are 32 percent higher than for men who have never smoked. For female smokers, that cost is 24 percent higher. (American Cancer Society)
- Smokers cost the economy nearly \$94 billion yearly in lost productivity. An estimated additional \$89 billion is spent on public and private healthcare combined. (Centers for Disease Control, CDC)
- Companies spend an estimated \$157 billion annually (\$3,391 per smoker) in direct medical costs and lost productivity. (National Business Group on Health)
- Smoking claims 440,000 lives each year and is the leading cause of preventable death in the U.S. (National Cancer Institute)
- Scientists estimate that environmental tobacco smoke (ETS), also called "second-hand smoke," is responsible for approximately 3,000 lung cancer deaths per year among adult nonsmokers in the United States. (National Cancer Institute)

If you are implementing, or thinking about implementing The LoneStart Wellness Initiative, and would like to include a smoking cessation component of the program, we can supply links, contact information and self-help tips and materials to help your employees with the willingness to do so—stop smoking. Contact us for information:

information@lonestartnow.com.

www.lonestartnow.com