

# STRONGER TOGETHER

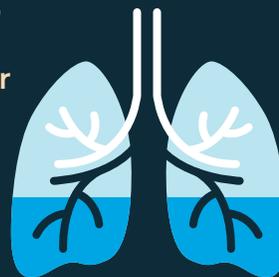
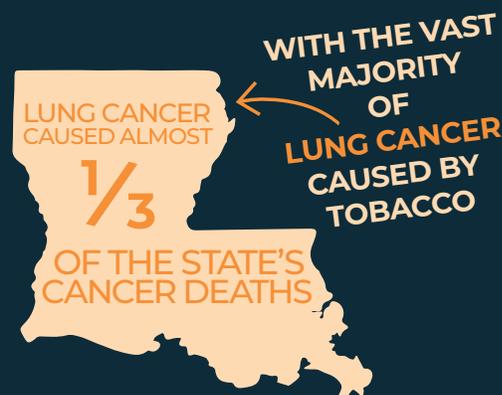
## CHRONIC DISEASE & TOBACCO

- **Be in the know.** Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer. Quitting smoking or tobacco can reduce your risk. For help in quitting call 1-800-QUIT-NOW (1-800-784-8669). Talk to your doctor to see if a lung cancer screening is recommended for you.
- **There is NO safe level of exposure to secondhand smoke.** Bar & gaming employees and entertainers STILL experience gaps in protections from secondhand smoke in our state. Comprehensive smoke-free environments benefit all workers no matter their socioeconomic, educational, and racial/ethnic backgrounds.
- **Build a healthier community.** Quit With Us, Louisiana and our partners continue to work with communities to create healthy smoke-free and tobacco-free environments statewide to improve the quality of life for all residents and future generations. Now is the time to stand Stronger Together in our fight against tobacco.



**1 in 10** nonsmoking U.S. workers reported regular exposure to secondhand smoke while at work.

People who smoke are  
♥♥♥ **4X** ♥♥♥  
as likely to develop heart disease than those who do not.



In Louisiana, **38%** of adults who have been diagnosed with chronic obstructive pulmonary disease, emphysema, or chronic bronchitis are smokers.



All Louisiana residents deserve the opportunity to live a healthy, tobacco-free life, regardless of their race, education level, gender identity, sexual orientation, the job they have, the neighborhood they live in, or whether or not they have a disability. **For help in quitting smoking or using tobacco, call 1-800-QUIT-NOW or visit [QuitWithUsLa.org](http://QuitWithUsLa.org).**

**QUIT**  
**WITH US, LA**  
— LIVE LIFE —  
TOBACCO-FREE