

November 2016 – Million Hearts® Messaging  
Help Americans Quit Smoking this November

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We Want to Know!

Do you like these messages? Do they meet your needs? [Tell us how we're doing!](#) We want your feedback! We also want you to use these messages as you wish on your own communications channels. Please share the content in this newsletter!

November's Focus

As the year winds down, Americans start to reflect on the past year and what things are truly important in their life. That's why it's the perfect time to remind folks that they can live life to the fullest by quitting smoking.

Did you know?

Smoking causes one out of every three cardiovascular disease-related death



November is National Diabetes Awareness Month. Did you know smokers are 30–40% more likely to develop type 2 diabetes than nonsmokers? Or that people with diabetes who smoke are more likely than nonsmokers to have trouble with insulin dosing and with controlling their disease?

## Sample Newsletter Article

### Help Americans Quit Smoking in November

Most adult smokers in the U.S. – 7 out of 10 – want to quit smoking completely. That's good news for us in the cardiovascular field as smoking causes one out of every three cardiovascular disease-related deaths. This November, make it a priority to help Americans quit smoking this month.

Breaking the nicotine habit has health benefits no matter how long a person has smoked. Studies show that an individual's blood pressure and heart rate recover within 20 minutes of their last cigarette. Within 2 weeks to 3 months, those who quit smoking have improved circulation and lung function. In a year, their risk for coronary heart disease reduces by 50 percent. And, after five years, their risk of

CDC – Quitting Smoking

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)

CDC – Smoking and Diabetes

<http://www.cdc.gov/tobacco/campaign/tips/diseases/diabetes.html>

CDC – Smoking and Heart Disease and Stroke

<http://www.cdc.gov/tobacco/campaign/tips/diseases/heart-disease-stroke.html>

Quit Tobacco

<https://ucanquit2.org/>

Smokefree.gov

<https://smokefree.gov/>