



Understanding the Signs

Why Do You Smoke?

This self-assessment quiz will help you understand the reasons why you smoke — and help you plan around them, as you get ready to quit.

Check “yes” or “no” for each statement below. Yes No

A	I smoke to keep from slowing down.		
B	Handling a cigarette is part of the enjoyment of smoking it.		
C	Smoking cigarettes is pleasant and relaxing.		
D	I light up when I feel angry about something.		
E	If I run out of cigarettes, I can't stand it until I get more.		
F	I light a cigarette without noticing I have one burning in the ashtray.		

Understanding Your Score

For each statement that you answered “yes,” read below to see why you smoke. If you answered “yes” to:

- A. You smoke for stimulation.
- B. You smoke to feel good.
- C. You smoke to relax.
- D. You smoke to handle stress.
- E. You smoke to satisfy a craving.
- F. You smoke out of habit.

If you answered “yes” to A, B or C, you are a Group One smoker.

If you answered “yes” to D, E or F, you are a Group Two smoker.

If you answered “yes” to statements from both groups, read both sections below, and decide which sounds right for you.

Group One:

Smoking fills an important need for you. Your plan to quit will have to meet that need without smoking. Find other things to do to satisfy your need, such as walking or chewing sugar-free gum. You may be more successful with the “Gradual Stop” method.

Group Two:

Most smokers fall into Group Two, and smoke to relieve their stress or because of a strong habit. Finding a substitute such as gum or exercise may not be enough. You will have to learn to handle stress without smoking. You may want to try the “Stop Cold” method.



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WHAT YOU NEED TO KNOW ABOUT...

PRESCRIPTION DRUG ABUSE

THE AMERICAN ASSOCIATION OF POISON CONTROL CENTERS



**NUMBER ONE
SUBSTANCE**

MOST FREQUENTLY INVOLVED IN ALL HUMAN EXPOSURE CASES REPORTED IN 2011: PAINKILLERS

12 MILLION

NUMBER OF PEOPLE OLDER THAN 12 WHO REPORTED USING PRESCRIPTION DRUGS NON-MEDICALLY (2010)



70%

OF PRESCRIPTION DRUGS ABUSED

COME FROM FRIENDS AND RELATIVES.

'OVERDOSES INVOLVING PRESCRIPTION PAINKILLERS ARE AT EPIDEMIC LEVELS AND NOW KILL MORE AMERICANS THAN HEROIN AND COCAINE COMBINED.' - CDC DIRECTOR THOMAS FRIEDEN, M.D., M.P.H.



100 PEOPLE DIE

FROM ALL DRUG OVERDOSES EVERY DAY IN THE UNITED STATES

7% INCREASE

IN SEVERITY OF CASES REPORTED TO POISON CENTERS INVOLVING PRESCRIPTION DRUGS



EPIDEMIC

THE U.S. FOOD AND DRUG ADMINISTRATION (FDA) AND THE CENTER FOR DISEASE CONTROL AND PREVENTION (CDC) ARE CALLING PRESCRIPTION DRUG ABUSE AN EPIDEMIC.



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FOR MORE INFORMATION ABOUT PRESCRIPTION DRUG ABUSE,
CALL YOUR LOCAL POISON CENTER. **1-800-222-1222**



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