

# WHY?

## Be Tobacco-Free

- Every year, 877 North Dakotans die prematurely because of the effects of smoking. That means 17 of our family members, friends and neighbors die every week in North Dakota.

*- U.S. Centers for Disease Control and Prevention (CDC) Smoking Attributable Mortality, Morbidity and Economic Costs (SAMMEC) report, 2008*



NORTH DAKOTA  
DEPARTMENT *of* HEALTH

North Dakota Tobacco  
**QUITLINE**  
1•800•QUIT•NOW