

Coming Soon...

Level Up

The Summer of Wellness

Summer is coming soon—and so is **The Summer of Wellness!** We'll share the entire summer lineup of activities in an upcoming Wellness Wednesday, but we wanted to give you a sneak peek at what we've got planned.

Join us for a fitness class, **High-Intensity Interval Training (HITT)**, on Fri., June 4 at Noon.

Stay tuned for more details about *The Summer Wellness!*

A graphic for 'Wellness Wednesday' featuring the text in a red, cursive font over a background of several lit cigarettes with ash.

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management
Prince Georges Proud

World No Tobacco Day – May 31

Each year, the [World Health Organization \(WHO\)](#) holds *World No Tobacco Day* on May 31. Their goal is to spread awareness about the risks of tobacco use and how we can make the world tobacco-free. This annual celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

Stats & Figures

- Worldwide, tobacco use causes more than 7 million deaths per year. If the pattern of smoking all over the globe doesn't change, more than 8 million people a year will die from diseases related to tobacco use by 2030.
- More than 16 million Americans are living with a disease caused by smoking.
- For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.
- Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.
- Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.
- Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including more than 41,000 deaths resulting from secondhand smoke exposure. This is about one in five deaths annually, or 1,300 deaths every day.
- On average, smokers die 10 years earlier than nonsmokers.
- If smoking continues at the current rate among U.S. youth, 5.6 million of today's Americans younger than 18 years of age are expected to die prematurely from a smoking-related illness. This represents about one in every 13 Americans aged 17 years or younger who are alive today.

Why You Should Quit

Did you know there are more than [100 reasons](#) to quit smoking? And there are [immediate and long-term benefits](#) of quitting!

Quit Smoking with Help from Your Healthcare Plan

CIGNA MEMBERS

Join the [Cigna Lifestyle Management Program](#) to help you kick the habit for good. Work with a trained wellness coach who will help you: (1) Create a personal quit plan with a realistic quit date; (2)

Talk about ways to kick the habit for good; and (3) Get free over-the-counter nicotine replacement therapy. Take the first step, check out the [Tobacco Cessation Program](#) or call 855-246-1873.

KAISER PERMANENTE MEMBERS

Sign up with Rally's healthy lifestyle programs which can help you boost self-confidence, cope with cravings and stress, and find healthy alternatives to smoking. To get started, visit kp.org/healthylifestyles.

Additional Resources

- [The Centers for Disease Control & Prevention](#)
- [U.S. Department of Health & Human Services](#)
- [National Institutes of Health](#)

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