

U and Universal

Smoking rates have dropped in NC

The smoking rate in North Carolina is the lowest it has ever been on record at 17.9 percent. North Carolina's rate is still slightly above the US rate which is 17.1 percent.

- Smoking is still the number 1 preventable cause of death in North Carolina
- Smoking cost taxpayers 3.8 billion dollars a year in health care cost
- Medicaid spends 931 million dollars a year in smoking related health care cost
- Each time a person quits smoking it saves \$11,000 in health care cost
- 1 in 4 people with disabilities report that they smoke
- Teenage smoking is down 27 percent in the past 10 years

If you need help to quit smoking, help is available at 1-800-quit-now (784-8669)

Did you know?

Each Universal office has an Emergency Plan. The emergency plan can be found on SharePoint or in the safety binder in each office. You can ask your office safety representative for information on what steps to take in the event of an emergency.