

Smoking Cessation Word Search

Smoking cessation, or quitting smoking, improves health status and enhances quality of life. Smoking cessation reduces the risk of premature death and can add as much as 10 years to life expectancy. Smoking cessation also reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer.

Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

C	J	O	T	O	B	A	C	C	O	Words
E	S	A	H	P	L	I	U	A	C	Nicotine
S	H	M	R	M	X	E	R	N	O	Tobacco
S	I	L	O	M	Q	W	Y	C	U	Tar
A	S	I	M	K	J	U	N	E	N	Thrombosis
T	T	E	B	Q	E	V	K	R	S	Smoke
I	P	D	O	P	A	M	I	N	E	Cancer
O	L	H	S	F	D	B	N	O	L	Dopamine
N	G	N	I	V	A	R	C	X	I	Craving
R	A	T	S	Z	Y	W	Y	U	N	Cessation
W	A	R	D	H	T	I	W	E	G	Counseling
A	F	N	I	C	O	T	I	N	E	Withdraw

Health Benefits of Quitting Smoking

Quitting smoking is one of the most important actions people can take to improve their health. This is true regardless of their age or how long they have been smoking.

Quitting smoking:

- improves health status and enhances quality of life.
- reduces the risk of premature death and can add as much as 10 years to life expectancy.
- reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer.
- benefits people already diagnosed with coronary heart disease or COPD.
- benefits the health of pregnant women and their fetuses and babies.
- reduces the financial burden that smoking places on people who smoke, healthcare systems, and society.

While quitting earlier in life yields greater health benefits, quitting smoking is beneficial to health at any age. Even people who have smoked for many years or have smoked heavily will benefit from quitting.

Quitting smoking is the single best way to protect family members, coworkers, friends, and others from the health risks associated with breathing secondhand smoke. If you would like support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669).

(Centers for Disease Control and Prevention, 2023)

Word Search Key

C	J	O	T	O	B	A	C	C	O
E	S	A	H	P	L	I	U	A	C
S	H	M	R	M	X	E	R	N	O
S	I	L	O	M	Q	W	Y	C	U
A	S	I	M	K	J	U	N	E	N
T	T	E	B	Q	E	V	K	R	S
I	P	D	O	P	A	M	I	N	E
O	L	H	S	F	D	B	N	O	L
N	G	N	I	V	A	R	C	X	I
R	A	T	S	Z	Y	W	Y	U	N
W	A	R	D	H	T	I	W	E	G
A	F	N	I	C	O	T	I	N	E