Still Smoking?

Quitting smoking is the single most important thing you can do for your health.

For help, talk to your treatment provider or call 311.

Smoking Questionnaire

If You Smoke, Please Fill This Out and Give It to Your Treatment Provider.

1. How many cigarettes do you smoke a day?

- ☐ More than 31 (3 points)
- ☐ 21-30 (2 points)
- ☐ 11-20 (1 point)
- ☐ 1-10 (0 points)

2. How long after you wake up do you have your first cigarette?

- ☐ 5 minutes or less (3 points)
- ☐ 6-30 minutes (2 points)
- ☐ 31-60 minutes (1 point)
- ☐ 61 minutes or more (0 points)

Add the number of points from questions 1 and 2 above. _____
A score of 4 or more means you are a heavy smoker.

*Heatherton TF; Kozlowski LT; Frecker RC; Rickert W; Robinson J. Measuring the Heaviness of Smoking: Using self-reported time to the first cigarette of the day and number of cigarettes smoked per day. *Br J Addict* 1989;84(7):791-799.

NYC Health

En español al reverso ▼

TAKE CARE NEW YORK

¿Todavía fumando?

Dejar de fumar es lo más importante que puede hacer por su salud.

Para obtener ayuda, hable con su proveedor de atención médica o llame al 311.

Take One
Tome Uno

NYC Health

Michael R. Bloomberg
Mayor

Thomas R. Frieden, MD, MPH
Commissioner

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