

AD-ID: VCDC1515000H

SPOT TITLE: Anne G\_Generational Impact\_Vignette

LENGTH: 1:41

AS-RECORDED SCRIPT:

ART CARD: GENERATIONAL IMPACT, A Former Smoker's Story

ANNE: Both my parents were big smokers

SUPER: Anne G., 36, Hawaii

WE SEE ANNE TALKING TO CAMERA.

ANNE: so my sister and I were just exposed a lot.

I was stealing my parent's cigarettes, you know, my friends were stealing their parent's cigarettes, we were all trying them together.

CUT TO ANNE ZOOMED OUT.

ANNE: My father unfortunately

CUT TO ANNE ZOOMED IN.

ANNE: was diagnosed with Lou Gehrig's disease.

WE SEE ANNE SITTING ON A COUCH AND JOURNALING. CUT TO CLOSE UPS OF ANNE JOURNALING.

ANNE: I began self-medicating using cigarettes to make myself feel better.

CUT TO ANNE TALKING TO THE CAMERA.

ANNE: They just felt like my best friend.

By the time he passed a year and a half later,

CUT TO ANNE ZOOMED OUT.

ANNE: the self-medicating, it wasn't working, but I was still doing it

CUT TO ANNE FOLDING LAUNDRY.

ANNE: and I went to a psychiatrist,

CUT TO ANNE TALKING TO THE CAMERA.

ANNE: and I was treated.

CUT TO ANNE PICKING UP TOYS IN HER CHILD'S ROOM.

ANNE: My journey with tobacco was done.

CUT TO ANNE TALKING TO THE CAMERA.

ANNE: It was almost a domino effect.

CUT TO ANNE PICKING UP TOYS.

ANNE: When I quit smoking I wanted to take care of myself in other realms of my life.

CUT TO ANNE SPEAKING TO CAMERA.

ANNE: So I started eating better,

CUT TO ANNE ZOOMED OUT.

ANNE: I was working a job I loved, I started doing things that I didn't before like yoga.

CUT TO ANNE ZOOMED IN.

ANNE: My anxiety became more manageable. I met my husband when I was about twenty-eight twenty-nine.

CUT TO PHOTOS OF ANNE GETTING MARRIED.

ANNE: Fell in love very quickly. Became engaged within a year and a half two years

CUT TO ANNE TALKING TO THE CAMERA.

ANNE: and then we started a family two years after that.

CUT TO ANNE WALKING AROUND HER CHILD'S ROOM, PLACING A PHOTO OF HER CHILD ON THE DRESSER.

ANNE: And that's where I am today, with a beautiful baby and an amazing husband, and completely different than

CUT TO ANNE TALKING TO THE CAMERA.

ANNE: my former life.

CUT TO ANNE PACKING HER CHILD'S BAG AND WALKING OUT THE DOOR.

ANNE: Knowing the generational impact of tobacco, it's been really important for me to make sure that I have healthy coping mechanisms so that I don't fall back into

CUT TO ANNE TALKING TO CAMERA.

ANNE: using tobacco to make myself feel better.

CUT TO ANNE PUSHING A STROLLER OUTSIDE.

ANNE: Quitting smoking is the best thing I've ever done, it's the hardest thing I've ever done

CUT TO ANNE TALKING TO CAMERA.

ANNE: and it's one of the things I'm the most proud of.

CUT TO PHOTOGRAPHS OF ANNE AND HER FAMILY.

ANNE: I am happier than I've ever been. Life has only gotten better since I quit.

ART CARD: YOU CAN QUIT. FOR FREE HELP, VISIT [CDC.GOV/TIPS](https://www.cdc.gov/tips)

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