



A MINUTE OF HEALTH WITH CDC

You Can Quit Smoking

The Great American Smokeout, November 17, 2011

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This program is presented by the Centers for Disease Control and Prevention.

Each year in November, “The Great American Smokeout” encourages smokers to quit for at least a day with the goal of quitting permanently. A recent CDC study found that nearly 70 percent of smokers want to stop smoking and more than half had tried to quit during the previous year. About a third of smokers used counseling, nicotine replacement, or prescription drugs to help them stop. Use of effective treatments can double or triple rates of successfully quitting. Join other smokers in “The Great American Smokeout” this year on November 17 and talk to your health care provider about ways to stop smoking permanently.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.