



A MINUTE OF HEALTH WITH CDC

Successful Quitting

Quitting Smoking Among Adults — United States, 2000-2015

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

Quitting smoking at any age is beneficial to your health and results in immediate health benefits. Because tobacco is highly addictive, quitting smoking is a major challenge for many people. Seeking help and using proven techniques can improve your chances of quitting for good. But only one in three U.S. smokers who try to quit use *proven* cessation treatments. More than half of adults who have ever smoked successfully quit. If you smoke, ask your health care provider for strategies and cessation techniques that will give you the best chance to quit for good.

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

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