



A CUP OF HEALTH WITH CDC

Smoking Cessation

Current Cigarette Smoking Among Adults --- United States, 2005-2012

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

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Cigarette smoking remains a leading cause of major health problems and is linked to nearly a half million deaths each year.

Dr. Brian King is a researcher with *CDC's Office on Smoking and Health*. He's joining us today to discuss the health risks of smoking and the importance of quitting. Welcome to the show, Brian.

[Dr. King] Thank you.

[Dr. Gaynes] Brian, how many people in the U.S. smoke?

[Dr. King] So our latest study shows about 42 point 1 million Americans smoke cigarettes. That represents about 18 percent of the U.S. adult population. And about 33 million of these people smoke every single day.

[Dr. Gaynes] Is it more common in any particular segment of the American public?

[Dr. King] Yes. So smoking is more common among males, people between the ages of 24 and 44, people with disabilities, as well as people with less education and income. It's also more common in certain areas of the country, particularly the South and Midwest regions of the United States.

[Dr. Gaynes] What health problems are linked to smoking?

[Dr. King] So smoking is the leading preventable cause of death and disease in the United States. It's been shown to cause 14 forms of cancer, including lung, throat, and liver cancers. Smoking also causes heart attacks and strokes, as well as diabetes and chronic obstructive pulmonary disease, or COPD.

[Dr. Gaynes] Give our listeners some tips for quitting.

[Dr. King] Our listeners can do several things to help them quit. They can talk with either their doctor about quitting or call 1-800-QUIT-NOW for free help quitting. They can also talk to their family and friends and tell them that they're quitting so that they can help support them. And another thing they can do is to get cigarettes and all other tobacco products out of their house, along with ash trays, lighters, and other smoking accessories.

[Dr. Gaynes] Where can listeners get more information about quitting smoking?

[Dr. King] They can go to cdc.gov/tobacco or to smokefree.gov.

[Dr. Gaynes] Thanks, Brian. I've been talking today with CDC's Dr. Brian King about the health problems associated with smoking and the importance of quitting.

Remember, no matter how long you've smoked, quitting can significantly reduce your risk for serious health problems. To get help, call 1-800-QUIT-NOW.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

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