



A CUP OF HEALTH WITH CDC

Stop Smoking and Chewing

Any Tobacco in 13 States — Behavioral Risk Factor Surveillance System, 2008

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[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

[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.

Cigarettes are the most common form of tobacco used in the U.S., but they aren't the only way people get their nicotine fix. A recent CDC study found that one in four people use some form of tobacco, such as cigarettes, cigars, or smokeless tobacco.

Dr. Stacy Thorne is a researcher with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss different forms of tobacco being used by adults. Welcome to the show, Stacy.

[Dr. Thorne] Hello.

[Dr. Gaynes] Stacy, are any particular forms of tobacco increasing in use?

[Dr. Thorne] Yes. Most recently, we have seen an increase in smokeless tobacco use, especially among males 12 to 25 years old.

[Dr. Gaynes] Is using multiple forms of tobacco more common in any particular group?

[Dr. Thorne] Yes. Using multiple forms, such as cigarettes with cigars or cigarettes with smokeless tobacco is more common among young adults 18 to 24 years of age, as well as white and Hispanic men.

[Dr. Gaynes] Does using multiple forms of tobacco increase the risk for health problems?

[Dr. Thorne] Yes. Especially using cigarettes in combination with other forms tobacco can make it more difficult to quit, which then, in turn, increases the chances of tobacco-related health problems, such as stroke, heart disease, and tobacco-related cancers. Overall, the use of multiple tobacco products can lead to greater tobacco-related health disease and death.

[Dr. Gaynes] Are there different strategies for quitting for different forms of tobacco use?

[Dr. Thorne] We recommend a similar approach for all types of tobacco. We suggest you seek advice from your healthcare provider to discuss the best combination of medication and counseling. You can call 1-800-QUIT-NOW for free quitting assistance.

[Dr. Gaynes] Stacy, where can listeners get more information about quitting tobacco use?

[Dr. Thorne] They can visit the website at www.cdc.gov/tobacco.

[Dr. Gaynes] Thanks, Stacy. I've been talking today with CDC's Dr. Stacy Thorne about different forms of tobacco being used by adults.

Remember, use of multiple tobacco products can cause health risks beyond those posed by smoking cigarettes alone. If you're struggling with tobacco use, ask your healthcare provider about ways to help to kick this deadly addiction.

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, 24/7.