



A CUP OF HEALTH WITH CDC

You Can Quit Smoking

The Great American Smokeout — November 17, 2011

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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.

Smoking is the leading cause of preventable death and disease in the United States. Each year in November, "The Great American Smokeout" encourages smokers to quit for at least a day with the goal of quitting permanently.

Dr. Ann Malarcher is a researcher with CDC's Office on Smoking and Health. She's joining us today to talk about ways to quit smoking. Welcome to the show, Ann.

[Dr. Malarcher] Thanks, Bob.

[Dr. Gaynes] Ann, how many Americans currently smoke?

[Dr. Malarcher] Forty five million adults smoke in the US, and that's about 19 percent of the population.

[Dr. Gaynes] And how many want to quit?

[Dr. Malarcher] Over 68 percent of smokers say that they want to quit and a little over half each year to quit.

[Dr. Gaynes] So how many smokers successfully quit each year?

[Dr. Malarcher] Unfortunately, only six percent were able to successfully quit in the past year. Quitting smoking is hard and only 48 percent received advice from their health professional to quit smoking. Also, less than one-third used an effective strategy when trying to quit.

[Dr. Gaynes] Ann, what resources are available to help a smoker quit?

[Dr. Malarcher] Well, both counseling and medications are effective for quitting smoking and they double or triple your chances of quitting. Counseling does work, including individual, group, and telephone counseling, and there are seven FDA-approved medications, including three over-the-counter nicotine replacement therapies. The combination of both medication and counseling is the most effective for quitting smoking.

[Dr. Gaynes] What advice can you give someone who wants to quit smoking?

[Dr. Malarcher] Well, talk to your health care provider for information about quitting and good strategies. Also, call 1-800-QUIT-NOW for free coaching, advice, and practical tips on quitting.

[Dr. Gaynes] When is “The Great American Smokeout” this year?

[Dr. Malarcher] Well, the American Cancer Society always holds “The Great American Smokeout” in November. In 2011, it’s November 17. They encourage smokers to quit for a day with the goal of quitting permanently in the future.

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

[Dr. Malarcher] More information’s available at smokefree.gov.

[Dr. Gaynes] Thanks, Ann. I’ve been talking today with CDC’s Dr. Ann Malarcher about ways to stop smoking.

Quitting smoking at any age has immediate health benefits. Join others in “The Great American Smokeout” this year on November 17 and talk to your health care provider about ways to stop smoking permanently.

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.