



## A MINUTE OF HEALTH WITH CDC

### *Smokeout*

*Great American Smokeout — November 19, 2015*

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

Since the Surgeon General issued the first report on smoking over 50 years ago, cigarette use in the U.S. has been cut by more than half. However, smoking is still the leading cause of preventable death. About 40 million Americans still smoke. Fortunately, most smokers want to quit and more than half have tried in the previous year. Quitting *completely*, at any age, has immediate and long-term health benefits, including decreasing the risk for heart disease, stroke, and various forms of cancer. Just cutting back is not enough. If you need help quitting, talk with your health care provider or call 1-800-QUIT-NOW.

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

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*