



A CUP 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.*

[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.

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.

Dr. Shanna Cox is a researcher with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss strategies for quitting smoking. Welcome to the show, Shanna.

[Dr. Cox] Thanks so much for having me.

[Dr. Gaynes] Shanna, let's start with how many people smoke cigarettes in the U.S.?

[Dr. Cox] About 40 million adults currently smoke cigarettes.

[Dr. Gaynes] Is smoking among U.S. adults continuing to decrease each year?

[Dr. Cox] Yes. In 2014, a record low 17 percent of adults smoked cigarettes in the United States, compared to about 21 percent in 2005.

[Dr. Gaynes] What are the health benefits of quitting smoking?

[Dr. Cox] There are considerable benefits to quitting smoking, including reduced risk for heart disease, stroke, and various forms of cancer.

[Dr. Gaynes] If a person has smoked for 10 or 20 years, can they still benefit from quitting?

[Dr. Cox] Absolutely! The earlier you quit, the lower your risk for early death. But even quitting at age 50 cuts your risk in half for early death from a smoking-related disease. There are benefits at any age and you are never too old to quit.

[Dr. Gaynes] Shanna, give us some strategies for quitting.

[Dr. Cox] Well, many smokers are able to quit on their own, but there are treatments that are effective for those who need help, including individual, group, or telephone counseling. There are also FDA-approved cessation medications. Counseling and medications *together* are more effective than either strategy alone. Talking to your health care provider can help identify options that work best for you.

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

[Dr. Cox] You can call 1-800-QUIT-NOW or visit smokefree.gov.

[Dr. Gaynes] Thanks, Shanna. I've been talking today with CDC's Dr. Shanna Cox about strategies for quitting smoking.

Quitting *completely*, at any age, has both 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.

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.