

# **CDC Vital Signs**

## **The Tobacco Use Epidemic – What You Need to Know PSA (:60)**

Fewer Americans are smoking cigarettes, and daily smokers are smoking less. Although U.S. smoking rates have dropped in the last 30 years, the decline in adult smoking has not been consistent from year-to-year. The key to accelerating the decline is ongoing, adequately funded, comprehensive tobacco control programs that include 100 percent smoke-free policies, higher tobacco prices, hard-hitting media campaigns, and access to cessation services and treatments.

The more years you smoke, the more you damage your body. Even occasional smoking is harmful; the best option for any smoker is to quit completely. Quitting at any age has benefits. The sooner you quit, the sooner your body can begin to heal.

Smokers can get free resources and help quitting by calling 1-800-QUIT-NOW or visiting the website [smokefree.gov](http://smokefree.gov). You can learn more at [www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns).