



A MINUTE OF HEALTH WITH CDC

Smoking Cessation

Current Cigarette Smoking Among Adults --- United States, 2005-2012

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

Cigarette smoking has declined slowly but steadily in the U.S., still over 42 million adults are cigarette smokers and about 33 million of these smokers smoke every day. Smoking remains a leading cause of major health problems and is linked to nearly a half a million deaths each year. Smoking is associated with most cancers, as well as heart disease, stroke, infertility, and asthma. What's encouraging is that the largest decrease in people who have quit smoking is among 18 to 24 year olds. No matter how long you've smoked, quitting can significantly reduce your risk for serious health problems.

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

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