



A MINUTE OF HEALTH WITH CDC

Talking Tobacco

World No Tobacco Day, May 31, 2010

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Although smoking rates in the U.S. have remained steady among men and women, the World Health Organization reports that worldwide, female smoking rates are on the rise. In some countries, tobacco industry advertising increasingly targets girls and women. Regardless of gender, smoking greatly increases the risk for severe health problems, such as cancer and heart disease.

If you or someone you know already uses tobacco, ask your healthcare provider about effective strategies for quitting. Free information and counseling are available by calling 1-800-QUIT-NOW or visiting smokefree.gov.

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

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.