



A MINUTE OF HEALTH WITH CDC

Kick the Tobacco Habit

Tobacco Product Use Among Adults – United States, 2012-2013

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

The good news is, cigarette smoking continues to decline among U.S. adults. Unfortunately, use of other tobacco products has remained stable or increased. Approximately one in five U.S. adults uses some form of tobacco on a regular basis. Cigars and smokeless tobacco have maintained their popularity. The use of electronic cigarettes is increasing rapidly.

Tobacco use can lead to serious health problems, such as heart disease, stroke, and various forms of cancer. Quitting can be tough and may require help. If you need assistance, talk to 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 or call 1-800-CDC-INFO.