



## A CUP OF HEALTH WITH CDC

### *Kick the Tobacco Habit*

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

Recorded: July 8, 2014; posted: July 10, 2014

[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.

The good news is, cigarette smoking continues to decline among U.S. adults. Unfortunately, use of other tobacco products has remained stable or increased.

Dr. Brian King is a researcher with CDC's Office on Smoking and Health. He's joining us today to discuss the dangers of tobacco use and ways to quit. Welcome to the show, Brian.

[Dr. King] Thanks for having me.

[Dr. Gaynes] Brian, let's start with how prevalent is tobacco use among U.S. adults?

[Dr. King] During 2012 to 2013, one in five American adults, or nearly 50 million people, used a tobacco every day or some days.

[Dr. Gaynes] What are the health problems caused by tobacco use?

[Dr. King] So we know that all forms of tobacco are addictive and cause cancer and other serious health effects. Smoking alone has been shown to cause fourteen forms of cancer, including lung, throat, and liver cancer. Smoking also causes heart attacks and strokes, as well as diabetes and chronic obstructive pulmonary disease, or COPD. It's also important to note that smokeless tobacco isn't a safe alternative to tobacco smoking. Smokeless tobacco is proven to cause oral cancer, including cancers of the lips, throat, and lining of the cheeks. It can also cause heart disease, as well as pancreatic cancer.

[Dr. Gaynes] How many people die from tobacco-related disease each year?

[Dr. King] The 50<sup>th</sup> anniversary Surgeon General's report on smoking found that cigarette smoking *alone* causes more than 480,000 deaths each year in the United States. This is about one in five of all deaths that occur in the country every year. This estimate does not include other forms of tobacco use so the number of deaths from tobacco is probably much higher.

[Dr. Gaynes] Brian, what are the health effects of electronic cigarettes?

[Dr. King] The short answer is that significant questions remain regarding the safety of electronic cigarettes, or e-cigarettes, as some people like to call them. Although some

people have reported that e-cigarettes have helped them quit, the data that we currently have available show that they don't promote long-term quitting from tobacco. It's also important to note that most of these products also contain nicotine which is not without risk and has been shown to have dangerous effects on the developing adolescent brain, as well as pregnant women.

[Dr. Gaynes] What are some strategies for quitting tobacco use?

[Dr. King] Talk with your doctor about quitting. Tell your family and friends you're quitting so they can support you, and get cigarettes and all other tobacco products out of your house, along with things like ashtrays, lighters, and other smoking accessories. You can also call 1-800-QUIT-NOW for additional free help quitting.

[Dr. Gaynes] Where can listeners get more information about stopping tobacco use?

[Dr. King] They can go to [cdc.gov/tobacco](http://cdc.gov/tobacco) and also to [smokefree.gov](http://smokefree.gov).

[Dr. Gaynes] Thanks, Brian. I've been talking today with CDC's Dr. Brian King about ways to stop the use of tobacco products.

Quitting can be tough and may require help. If you need assistance, talk to 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](http://www.cdc.gov) or call 1-800-CDC-INFO.