



A MINUTE OF HEALTH WITH CDC

Who's Still Smoking in the U.S.?

Cigarette Smoking Among Adults — United States, 2006

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

Cigarette smoking remains the leading cause of preventable disease and death in the United States. Although the percentage of adult smokers has gone down in the past decade, a recent CDC study confirmed that there are still about 1 in 5 adults who continue to smoke. It often takes several attempts before a smoker succeeds in quitting, but there are now more options than ever to help someone quit. The good news is, the risk of developing a smoking-related chronic disease is greatly reduced for those who quit, compared with those who continue to smoke. By quitting, even smokers whose health has already been affected can reduce the severity of the disease and their chances of dying from it.

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