



A CUP OF HEALTH WITH CDC

Smoking on the Decline

State-Specific Prevalence and Trends in Adult Cigarette Smoking — United States, 1998–2007

Recorded: March 17, 2008; posted: March 19, 2009

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

[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.

A recent CDC study found that, over the past 10 years, smoking has declined significantly in more than half the states in the U.S. Despite the good news, cigarette smoking still causes nearly half a million deaths each year.

Dr. Shane Davis is an EIS Officer with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss recent trends in cigarette smoking in the U.S. Welcome to the show, Shane.

[Dr. Davis] Thank you, Bob. Thanks for having me.

[Dr. Gaynes] Shane, is smoking on the decline, overall, in the U.S.?

[Dr. Davis] Presently, what we know is one in five Americans continue to smoke. Our most recent data have shown a slight decline in adult smoking rates. However, the present rate of decline will very likely be too slow in almost all states, other than Utah, to achieve the national objective of reducing smoking to less than 12 percent by 2010.

[Dr. Gaynes] Do some regions of the U.S. have higher rates of smoking than others?

[Dr. Davis] Yes. There are variations in smoking prevalence across the United States and the U.S. territories. Our findings show that current smoking prevalence is highest in Kentucky, West Virginia, Oklahoma, and Missouri. And smoking rates in these states were almost two-fold higher than in states with the lowest prevalence, which are Utah and California. And also, states that are traditionally tobacco-growing states have been slower in progress toward developing a social climate that is not conducive to smoking.

[Dr. Gaynes] Do laws that limit smoking in public places have an impact on smoking prevalence?

[Dr. Davis] Yes. Smoke-free policies that ban smoking in public places, including restaurants, work places, and bars, make it much easier for people to quit smoking.

[Dr. Gaynes] Shane, what are the biggest hurdles to reducing the prevalence of smoking?

[Dr. Davis] At current funding levels, it's difficult for states to fully implement tobacco prevention and control programs. And we also have to stop youth from starting to smoke and provide adequate access to cessation services and resources that can help people quit.

[Dr. Gaynes] What are some strategies to help people quit smoking?

[Dr. Davis] Smokers need to be aware that there are treatments and services available that can help them quit now, more effectively than ever. And smokers can more than double their likelihood of success in quitting by using the right medications And accessing telephone counseling. And to access free counseling from anywhere in the U.S., they can call 1-800-QUIT-NOW.

[Dr. Gaynes] Where can listeners get more information about smoking cessation?

[Dr. Davis] They can get that from our CDC website at www.cdc.gov/tobacco. And again, if you're interested in quitting, don't forget to call 1-800-QUIT-NOW.

[Dr. Gaynes] Thanks, Shane. I've been talking today with CDC's Dr. Shane Davis about recent trends in cigarette smoking in the U.S. While smoking has declined in more than half the states in the U.S., one in five Americans still smoke. So, if you smoke, quit, for a healthier, longer life.

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 or call 1-800-CDC-INFO, 24/7.