

Great American Smokeout — November 17, 2016

The American Cancer Society Great American Smokeout is an annual event that encourages smokers to make a plan to quit or to plan in advance and quit smoking on that day (1). The 41st annual Great American Smokeout will be held on November 17, 2016.

In the more than 50 years since the Surgeon General's first report on smoking and health, cigarette smoking among U.S. adults has been reduced by approximately half. However, since 1964, an estimated 20 million persons have died because of smoking, which remains the leading preventable cause of disease, disability, and death in the United States (2).

About two out of three adult smokers want to quit smoking cigarettes, and approximately half of smokers made a quit attempt in the preceding year (2). However, in 2015, an estimated 15.1% of U.S. adults (approximately 36.5 million persons) were current cigarette smokers (3). Getting effective help through counseling and medications can increase the chances of quitting by as much as threefold (4).

Additional information and support for quitting smoking is available by telephone at 800-QUIT-NOW (800-784-8669). CDC's Tips From Former Smokers campaign offers additional quit resources at <http://www.cdc.gov/tips>.

References

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3. Jamal A, King BA, Neff LJ, Whitmill J, Babb SD, Graffunder CM. Current cigarette smoking among adults—United States, 2005–2015. *MMWR Morb Mortal Wkly Rep* 2016;65:1205–11.
4. Fiore MC, Jaen CR, Baker TB, et al. Treating tobacco use and dependence: 2008 update. Clinical practice guideline. *Respir Care* 2008;53:1217–22.

Current Cigarette Smoking Among Adults — United States, 2005–2015

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Tobacco use is the leading cause of preventable disease and death in the United States, and cigarettes are the most commonly used tobacco product among U.S. adults (1,2). To assess progress toward achieving the *Healthy People 2020* target of reducing the proportion of U.S. adults who smoke cigarettes to $\leq 12.0\%$ (objective TU1.1),* CDC assessed the most recent national estimates of cigarette smoking prevalence among

* <https://www.healthypeople.gov/2020/topics-objectives/topic/tobacco-use/objectives>.

INSIDE

- 1212 Vital Signs: Disparities in Tobacco-Related Cancer Incidence and Mortality — United States, 2004–2013
- 1219 Incidence of Zika Virus Disease by Age and Sex — Puerto Rico, November 1, 2015–October 20, 2016
- 1224 Epilepsy Among Iraq and Afghanistan War Veterans — United States, 2002–2015
- 1228 Progress Toward Regional Measles Elimination — Worldwide, 2000–2015
- 1234 Investigation of the First Seven Reported Cases of *Candida auris*, a Globally Emerging Invasive, Multidrug-Resistant Fungus — United States, May 2013–August 2016
- 1238 Notes from the Field: Photokeratoconjunctivitis Outbreak Associated with Damaged Metal Halide Lamps — Maharashtra State, Western India, June 2016
- 1240 Announcements
- 1242 QuickStats

Continuing Education examination available at
http://www.cdc.gov/mmwr/cme/conted_info.html#weekly.

