

The Smoking Epidemic: A Snapshot

Smoking remains a global epidemic that cannot be ignored.

TOBACCO USE IS THE WORLD'S LEADING PREVENTABLE CAUSE OF PREMATURE DEATH.^{1,2}

According to the World Health Organization (WHO), more than

1 BILLION
PEOPLE
smoke³

WORLDWIDE

Tobacco kills nearly
6 MILLION
PEOPLE
each year.¹

This number could rise to **MORE THAN 8 MILLION** deaths annually by 2030.¹

SMOKING ACCOUNTS FOR NEARLY
9% OF ANNUAL HEALTHCARE
SPENDING IN THE U.S., OR
\$170 BILLION
PER YEAR.⁴

SMOKING IS LINKED TO SERIOUS ILLNESSES INCLUDING HEART DISEASE, STROKE, LUNG DISEASE AND SOME CANCERS.⁵



SMOKING CESSATION

can reduce smoking-related morbidity and mortality.^{6,7}

The health benefits of quitting smoking are **SUBSTANTIAL**, but many find it difficult to quit.^{8,9}

TALK TO A DOCTOR ABOUT QUITTING SMOKING.¹⁰

5%

About 5% of people who try to quit smoking without assistance are successful.⁹



Counseling combined with smoking cessation medication can double a person's chances of quitting successfully, and the combination is more effective than either one alone.¹⁰

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- 2 World Health Organization. WHO report on the global tobacco epidemic, 2015; Raising taxes on tobacco. http://apps.who.int/iris/bitstream/10665/178574/1/9789240694606_eng.pdf?ua=1. Accessed March 1, 2017.
- 3 WHO Media Center. Tobacco control can save billions of dollars and millions of lives. <http://www.who.int/mediacentre/news/releases/2017/tobacco-control-lives/en/>. Accessed April 1, 2017.
- 4 Xu X, Bishop EE, Kennedy MS, Simpson SA, Pechacek TF. Annual Healthcare Spending Attributable to Cigarette Smoking: An Update. *Am J Prev Med*. 2015;48(3): 326–333. doi:10.1016/j.amepre.2014.10.012.
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- 7 Hart C, Gruer L, Bauld L. Does Smoking Reduction in Midlife Reduce Mortality Risk? Results of 2 Long-Term Prospective Cohort Studies of Men and Women in Scotland. *Am J Epidemiol*. 2013;178(5):770–779.
- 8 Centers for Disease Control and Prevention (CDC). The Surgeon General's 1990 Report on the Health Benefits of Smoking Cessation Executive Summary – Preface. *MMWR*. 1990;39(RR-12): 8–15.
- 9 Foulds J, Burke M, Steinberg M, Williams JM, Ziedonis DM. Advances in pharmacotherapy for tobacco dependence. *Expert Opin Emerg Drugs*. 2004;9(1):39–53.
- 10 Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services.

