



## **A MINUTE OF HEALTH WITH CDC**

### ***Smokers: It's Never too Late to Quit***

*State-Specific Prevalence of Cigarette Smoking Among Adults and Quitting Among Persons Aged 18–35 Years — United States, 2006*

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

Annually in the United States, smoking causes 438 thousand deaths and costs about 167 billion dollars in healthcare and lost productivity. Despite these statistics, more than a fourth of young adults continue to light up. Quitting smoking has major and immediate health benefits at every age, including a decrease in the chance of stroke or heart disease. The greatest benefits occur for people who quit before age 35. If you're a smoker, you don't have to go it alone. There are many effective methods available to help quit. Contact your health care provider for more information about permanently breaking the habit. Thank you for joining us on *A Minute of Health with CDC*.

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