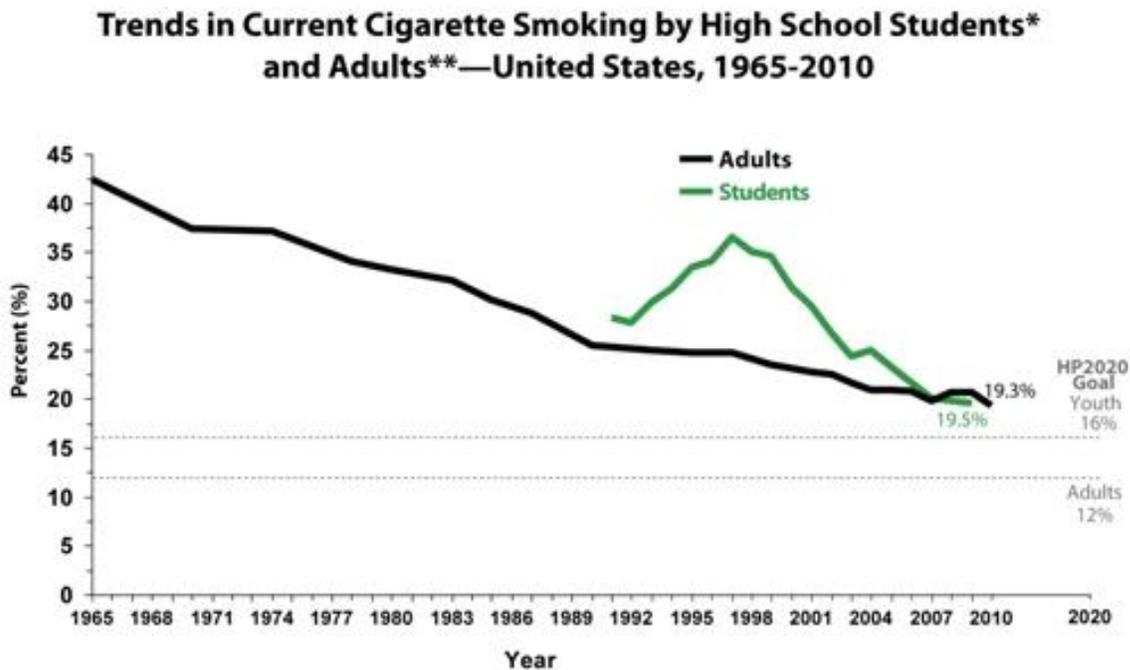


Cigarette Smoking Trends in the United States

By Stacey J. Haseleu

The Centers for Disease Control and Prevention (CDC) closely monitor cigarette usage among adults and teenagers in the United States. By examining smoking habits, the CDC can compare the percentage of smoking Americans to the amount of advertising, promotions, and availability of tobacco products. Additionally, the CDC regulates community outreach tobacco programs based on the survey results. By decreasing the percentage of smoking Americans, the CDC hopes to trim down the amount of smoking related deaths in the U.S.

The graph below illustrates the percentage of adult and teen smokers in the United States from 1965 through 2010. The black line represents adults who considered themselves smokers at the time of the survey each year. The green line represents the percentage of high school students who smoked 1 or more cigarettes within a 30-day period prior to the date the survey was performed.



*Percentage of high school students who smoked cigarettes on 1 or more of the 30 days preceding the survey (Youth Risk Behavior Survey, 1991-2009).

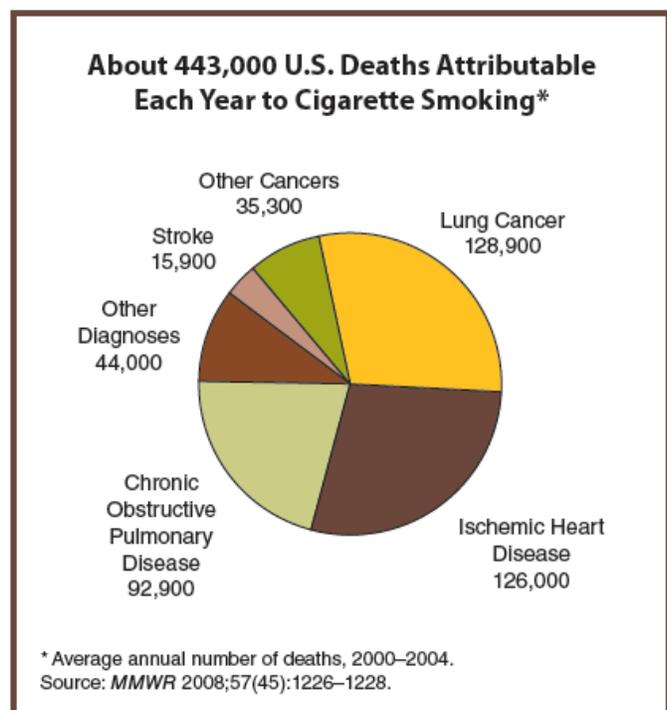
**Percentage of adults who are current cigarette smokers (National Health Interview Survey, 1965-2010).

While adult smoking trends generally declined since 1965, note the increase in adult smokers between 2007 and 2009. The economic crisis of 2008 is one factor that could have contributed to this increase. The percentage of adult smokers did drop back down to 19.3% in the year 2010.

The percentage of high school student smokers continuously dropped from 1998 to 2010. In 1998 nearly 40% of teens were classified smokers. By the end of the survey in 2010, the percentage of smoking teens dropped to 19.5%, over half of what it was in 1998. The dotted lines in the graph show that by the year 2020 the CDC hopes to decrease the amount of adult smokers to 12% and the amount of teen smokers to 16%.

The health benefits of reducing the percentage of smoking Americans is clear; the less people smoke, the less they die from smoking related diseases. Cancer, COPD (Chronic Obstructive Pulmonary Disease), lung cancer, strokes, and heart disease are all directly attributed to smoking. The pie chart below illustrates the average number of deaths during the years 2000 through 2004 because of smoking.

Over the 4 years, there were a total of 443,000 deaths caused by cigarette smoking. Lung Cancer was the top killer at 128,900 deaths. Ischemic Heart Disease, characterized by reduced blood supply to the heart muscle, was the cause of 126,000 deaths. Chronic Obstructive Pulmonary Disease (COPD), which includes Chronic Bronchitis and Emphysema, caused 92,900 deaths while other diagnoses



caused 44,000 deaths. Cancers, other than lung cancer, caused 35,300 deaths, and strokes caused 15,900 deaths.

If the CDC continues to monitor the percentage of cigarette smoking adults and teens, programs and campaigns can be implemented to reduce the number of smokers in America. Focusing efforts on the teen population who have a higher percentage of smokers may decrease the percentage of adult smokers. A decrease in smokers will also reduce the amount of smoking related deaths per year in the United States.