From 2012 to 2018, 16.4 million smokers attempted to quit and 1 million successfully quit because of the Tips® campaign.

The Million Hearts® initiative prevented an estimated 135,000 cardiac events from 2012 to 2016, averting $5.6 billion in medical costs.

The proportion of adults meeting aerobic physical activity guidelines increased from 44% in 2008 to 54% in 2018.

Teen birth rates fell 60% from 2007 to 2019—an all-time low.

The percentage of children from low-income households with dental sealants increased from 22% in 1999–2004 to 39% in 2011–2016.

Over 570,000 people have participated in the National Diabetes Prevention Program lifestyle change program.

Since 1991, the National Breast and Cervical Cancer Early Detection Program has served more than 5.9 million women and found 73,775 invasive breast cancers, 4,991 invasive cervical cancers, and 229,101 precancerous cervical lesions.

From 2008 to 2018, 26% fewer secondary schools across states sold less nutritious snacks or beverages.

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