

Smoking Cessation: A Report of the Surgeon General

Most of the 34 million American adults who smoke want to quit. With our help, they can succeed.

As a nation, we must do more to ensure that proven smoking cessation treatments are reaching the people that need them. The U.S. Surgeon General is calling on physicians and other healthcare professionals, health systems, employers, insurers, public health professionals, and policy makers to take action to put an end to the considerable — and preventable — human and financial tolls of smoking in our country.

To read the full report and related materials, go to [SurgeonGeneral.gov](https://www.surgeongeneral.gov).

This report discusses:

- ▶ Patterns of adult smoking and smoking cessation
- ▶ Findings on the biology of addiction and smoking cessation
- ▶ The immediate and long-term health benefits of smoking cessation
- ▶ Treatments and tools proven to help adults quit smoking
- ▶ Population-based interventions and policies that support cessation



Over 50% of adults who smoke try to quit each year in the U.S. Effective cessation treatments, including counseling and medications approved by the U.S. Food and Drug Administration, can help. Everyone has a role to play in making sure that people who smoke get the help they need to quit. Working together we can:

- ▶ Promote coverage for comprehensive, evidence-based cessation treatments and interventions;
- ▶ Implement clinical best practices for providing cessation treatment and support; and,
- ▶ Adopt health systems change that supports cessation.

Learn more about how you can help by visiting www.CDC.gov/CessationSGR/PartnerToolkit.

