

# HEALTHY LUNGS. HEALTHY BRAIN.

Cigarette smoking is the top cause of preventable illness and death in the U.S., killing over 480,000 people each year. In 2018, over \$600 billion in healthcare costs and lost work productivity were attributed to cigarette smoking.<sup>1</sup>



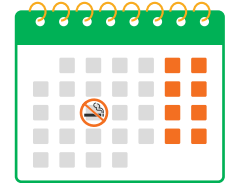
About 34 million adults in the United States smoke cigarettes and most of them smoke daily.<sup>2</sup>



Tobacco use is highest among adults ages 45 to 64, with 18% reporting that they smoke cigarettes.<sup>3</sup>



About 70% of adults aged 45-64 who smoke are interested in quitting.<sup>4</sup> However, nicotine found in tobacco is highly addictive, making it harder to quit.<sup>2</sup>



Smokers who use supports such as the QuitLine and nicotine replacement therapy are more likely to be successful with quitting.<sup>2</sup>



People with higher incomes and education levels are more likely to successfully quit compared to those with lower income and less education.<sup>4</sup>



Fewer than 4 out of 10 adults who tried to quit smoking in the past year, or successfully quit in the past 2 years, used counseling or medication to help them quit.<sup>4</sup>



Black people experience the highest rates of tobacco-related illnesses and deaths among all racial and ethnic groups in the U.S.<sup>5</sup> Over 80% of Black smokers use menthol cigarettes, which can make it easier to get addicted and harder to quit.<sup>6</sup>



Cigarettes are still the most common tobacco product among adults, but e-cigarettes have slowed the drop in smoking and caused more young people to start using tobacco.<sup>2</sup>



People who smoke are more likely to develop dementia than those who don't. Smoking during middle age seems to raise the risk of dementia more than smoking later in life.<sup>7</sup>



## References

- Centers for Disease Control and Prevention. Burden of Cigarette Use in the U.S. - <https://www.cdc.gov/tobacco/campaign/tips/resources/data/cigarette-smoking-in-united-states.html>
- U.S. Department of Health and Human Services. Smoking Cessation. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2020. <https://www.hhs.gov/sites/default/files/2020-cessation-sgr-full-report.pdf>
- Cornelius ME, Loretan CG, Jamal A, et al. Tobacco Product Use Among Adults – United States, 2021. MMWR Morb Mortal Wkly Rep 2023;72:475–483. DOI: <http://dx.doi.org/10.15585/mmwr.mm7218a1>
- VanFrank B, Malarcher A, Cornelius ME, Schecter A, Jamal A, Tynan M. Adult Smoking Cessation — United States, 2022. MMWR Morb Mortal Wkly Rep 2024;73:633–641. <https://www.cdc.gov/mmwr/volumes/73/wr/mm7329a1.htm>
- Sabado-Liwag, M., Zamora, M., & El-Touky, S. (2022). Current state of unhealthy living characteristics in Black/African American and Latino populations: Tobacco use. Progress in cardiovascular diseases, 71, 27–36. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10699915/>
- American Cancer Society. Cancer Facts & Figures for African American/Black People 2022-2024. Atlanta: American Cancer Society, 2022. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-african-americans/2022-2024-cff-aa.pdf>
- Livingston, G., et al. (2024). Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission. The Lancet, 404(10452), 572-628. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(24\)01296-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(24)01296-0/fulltext)

### **About NACDD:**

Since 1988, the National Association of Chronic Disease Directors and its more than 7,000 Members have worked to strengthen state-based leadership and expertise for chronic disease prevention and control in all states, territories, and nationally.

### **NACDD Web/Address:**

[chronicdisease.org](http://chronicdisease.org) | 8735 Dunwoody Place #10962, Atlanta, GA 30350

### **Funding Disclaimer:**

Integrating Brain Health Messaging in Chronic Disease Programs and Facilitating Collaboration Among BOLD Public Health Programs is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) under CDC/HHS as part of a financial assistance award totaling \$1,000,000 with 100% funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS or the U.S. Government.

### **Accessibility Statement:**

If you require this document in an alternative format, such as large print or a colored background, contact the Communications and Member Services Department at [publications@chronicdisease.org](mailto:publications@chronicdisease.org).



**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**  
Promoting Health, Preventing Disease.