



Smoking & Tobacco Use

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Smoking Cessation: Fast Facts

Tobacco use can lead to tobacco dependence and serious health problems. **Quitting smoking greatly reduces the risk of developing smoking-related diseases.**¹

Tobacco/nicotine dependence is a condition that often requires repeated treatments, but **there are helpful treatments and resources for quitting.**¹

Smokers can and do quit smoking for good. In fact, **since 2002 there have been more former smokers than current smokers.**¹

U.S. Adult Smoking Cessation Behaviors



Most adult cigarette smokers want to quit.¹

- In 2015, 68.0% of adult smokers (22.7 million) said that they wanted to quit smoking.²

More than half of adult cigarette smokers report having made a quit attempt in the past year.¹

- In 2018, 55.1% of adult smokers (21.5 million) said that they had made a quit attempt in the past year.³

Fewer than one in ten adult cigarette smokers succeed in quitting each year.¹

- In 2018, 7.5% of adult smokers (2.9 million) successfully quit smoking in the past year.³

Four out of every nine adult cigarette smokers who saw a health professional during the past year did not receive advice to quit.¹

- In 2015, 57.2% of adult smokers (18.8 million) who had seen a health professional in the past year reported receiving advice to quit.²
- Even brief advice to quit (<3 minutes) from a physician improves cessation rates and is highly cost-effective.¹

Less than one-third of adult cigarette smokers use cessation counseling or medications approved for cessation by the Food and Drug Administration when trying to quit smoking.¹

- In 2015, 31.2% of adult smokers (7.6 million) reported using counseling or medication when trying to quit.²
- In 2015, 6.8% of adult smokers (1.7 million) reported using counseling, 29.0% (7.1 million) reported using medication, and 4.7% (1.1 million) reported using both counseling and medication when trying to quit.²

More than three out of five adults who have ever smoked cigarettes have quit.¹

- In 2018, 61.7% of adult smokers (55.0 million adults) who ever smoked had quit.³

U.S. Youth Tobacco Cessation Behaviors

About two-thirds of youth tobacco users report wanting to quit, and nearly two-thirds report trying to quit in the past year.⁴

- In 2021, 65.3% of youth (middle and high school students) who currently used tobacco products reported that they were seriously thinking about quitting the use of all tobacco products.⁴
- In 2021, 60.2% of youth who currently used tobacco products reported that they had stopped using all tobacco products for one day or longer in the past year because they were trying to quit.⁴

References



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