

2020 SURGEON GENERAL'S REPORT: SMOKING CESSATION¹

What we've learned in 30 years since the last report

We know much more about the science of quitting than ever before.

Research shows that smokers who use evidence-based tools to help them quit are more likely to succeed than those who do not, and that using a combination of these tools - coaching and nicotine replacement therapy, such as the nicotine patch or gum or a prescription medication—raises success rates even higher.²

SMOKING CESSATION (BENEFITS) FINDINGS³

- Is beneficial at any age
- Improves health status
- Enhances quality of life
- Reduces the risk of premature death
- Can add as much as a decade to life expectancy
- Reduces risk for reproductive health
- Reduces risk for cardiovascular diseases
- Reduces risk for chronic obstructive pulmonary disease
- Reduces risk for cancer
- Can be increased by raising the price of cigarettes
- Adopting comprehensive smoke-free policies
- Implementing mass media campaigns
- Requiring pictorial health warnings
- Maintaining comprehensive statewide tobacco control programs

COMPREHENSIVE SMOKE-FREE PROGRAMS AND POLICIES ARE IMPORTANT

- More than three out of five U.S. adults who have ever smoked cigarettes have quit. Although a majority of cigarette smokers make a quit attempt each year, less than one-third use cessation medications approved by the U.S. Food and Drug Administration or behavioral counseling to support quit attempts.
- Insurance coverage for smoking cessation treatment that is comprehensive, barrier-free, and widely promoted increases the use of these treatment services, leads to higher rates of successful quitting, and is cost-effective.
- E-cigarettes, a continually changing and heterogeneous group of products, are used in a variety of ways. Consequently, it is difficult to make generalizations about efficacy for cessation based on clinical trials involving a particular e-cigarette, and there is presently inadequate evidence to conclude that e-cigarettes, in general, increase smoking cessation.
- Considerable disparities exist in the prevalence of smoking across the U.S. population, with higher prevalence in some subgroups.
- Smoking places a substantial financial burden on smokers, employers, and society.

OPTIONS FOR NRT

NRT offers well-established safety & efficacy profile

Smoking cessation medications approved by the U.S. Food and Drug Administration and behavioral counseling are cost-effective cessation strategies which increase the likelihood of successfully quitting smoking, particularly when used in combination.

- The only over-the-counter smoking cessation option that's FDA approved⁴
- Delivers controlled, therapeutic dose of nicotine
- Helps with difficult, physical withdrawal symptoms⁵
- Relieves cravings⁵
- Doubles patients' chances of successfully quitting⁵



1. U.S. Department of Health and Human Services. Smoking Cessation: A Report of the Surgeon General—Executive Summary. 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, pg. 1.
2. U.S. Department of Health and Human Services. Smoking Cessation: A Report of the Surgeon General—Executive Summary. 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, pg. v in Forward.
3. U.S. Department of Health and Human Services. Smoking Cessation: A Report of the Surgeon General—Executive Summary. 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, pg. 2.
4. Jarvis MJ. Why people smoke. BMJ. 2004;328:277-279.
5. American Cancer Society. Guide to quitting smoking. <https://www.valdosta.edu/administration/finance-admin/human-resources/documents/acs-quit-smoking-guide.pdf>. Published February 6, 2014. Accessed June 13, 2018.