

America Can't End the Chronic Disease Epidemic Without Addressing the Harm Caused by Tobacco



Smoking is a primary driver of chronic disease, including cancer, heart disease, stroke, COPD, and diabetes.¹

Any effort to prevent chronic disease and protect children's health must include efforts to prevent kids from starting to use tobacco and help more tobacco users quit. Meaningful progress in reducing chronic disease requires strengthening efforts to reduce tobacco use, not weakening them.

- Cigarette smoking is the #1 cause of preventable death – killing more than 490,000 Americans each year. That is nearly one in every five deaths in the U.S.² Nearly 10 million Americans with chronic disease smoke cigarettes daily.³
- For every person who dies from smoking, at least 30 people are living with a serious illness caused by smoking.⁴ More than 16 million Americans are currently living with a tobacco-related disease.⁵
- Each year, tobacco use is responsible for \$241 billion in health care costs and \$365 billion in lost productivity due to tobacco-caused illness and premature death.⁶

Smoking is the #1 cause of cancer deaths in the U.S.⁷

- Tobacco smoke contains more than 7,000 chemicals, about 70 of which are known to cause cancer.⁸
- Smoking causes 30% of all cancer deaths in the U.S.⁹
- Smoking causes more than 80% of deaths from lung cancer, the leading cancer killer.¹⁰
- Cancer from tobacco isn't limited to the lungs – tobacco use causes 12 types of cancer and can cause cancer almost anywhere in the body.¹¹
- Smoking can also affect cancer treatment. Smoking may increase risk of cancer recurrence, result in poorer response to treatment, and result in more treatment complications.¹²

Smoking is a major cause of cardiovascular disease.

- Smoking causes at least 25% of all deaths from cardiovascular disease.¹³
- Smoking increases the risk of many cardiovascular diseases, including coronary heart disease (such as heart attacks and sudden cardiac death), atherosclerosis, and stroke.¹⁴
- Even people who smoke fewer than five cigarettes a day can have early signs of cardiovascular disease.¹⁵

Smoking is a primary driver of other chronic diseases.

- Smoking increases risk of developing Type 2 Diabetes by 30-40%.¹⁶
- Smoking causes respiratory diseases, worsens chronic lung diseases, and increases the risk for respiratory infections.¹⁷
- Smoking causes most cases of chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.¹⁸
- Smoking causes 80% of all deaths from COPD.¹⁹

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- ⁵ U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. 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, 2014. Printed with corrections, January 2014.
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