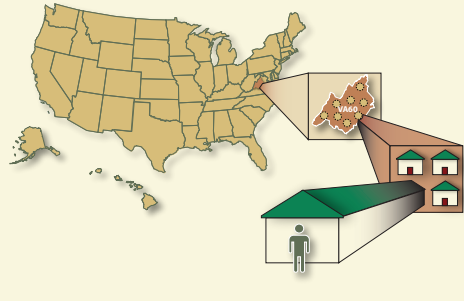


The NSDUH Report

Data Spotlight

March 13, 2013



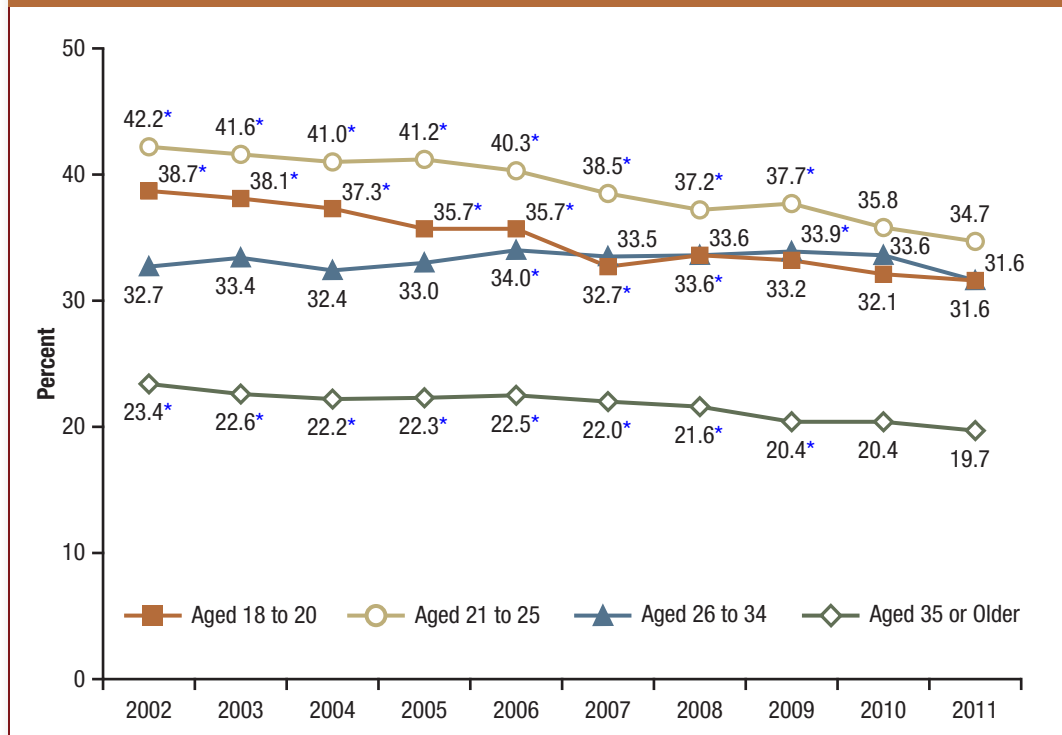
Cigarette Smoking Decreases among All Adults Except Those Aged 26 to 34

Smoking is a serious public health concern that continues to be the primary cause of preventable illness and death in the United States.¹ Policy efforts such as increased cigarette taxes and graphic warning labels have helped reduce smoking.^{2,3} According to the 2011 National Survey on Drug Use and Health, 54.9 million adults smoked cigarettes in the past month. Smoking rates decreased between 2002 and 2011 for adults in all age groups except those aged 26 to 34 (Figure). Past month smoking among adults aged 26 to 34 showed no significant change between 2002 and 2011 (32.7 vs. 31.6 percent).

Research has shown that quitting by the age of 30 prevents almost all long-term health related effects of smoking.⁴ Although the number of adults smoking has declined, this report suggests a need for immediate targeting of cessation efforts toward smokers currently in their late 20s and early 30s.

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Trends in Past Month Cigarette Use among Adults Aged 18 or Older, by Age Group: 2002 to 2011



* Difference between estimate and 2011 estimate is statistically significant at the .05 level.

Source: 2002 to 2011 National Surveys on Drug Use and Health (NSDUHs). The NSDUH is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). The survey collects data by administering questionnaires to a representative sample of the population through face-to-face interviews at their places of residence.

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