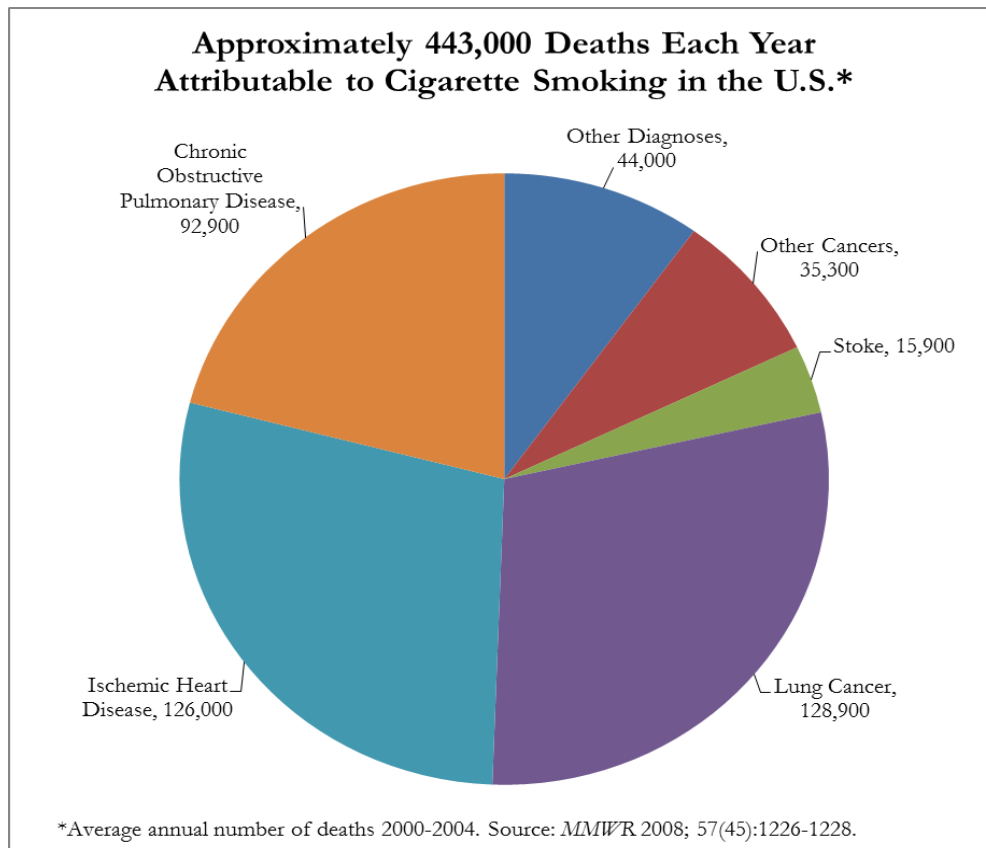


## Smoking and Health

When it comes to health, tobacco use matters. Despite declining rates over time, smoking continues to be the leading cause of preventable death, disability, and disease in the United States. More specifically:

- Smoking causes one-fifth of all deaths—approximately 443,000 deaths each year.<sup>1</sup>
- Smoking kills more people every year than deaths from poor diet and physical inactivity, alcohol consumption, car crashes, gun-related violence, and illicit drug use combined.<sup>2</sup>
- Smoking shortens the lifespan—adults who smoke die approximately 13-14 years earlier than nonsmokers.<sup>3</sup>
- Smoking decreases quality of life by increasing the risk of chronic disease. Just three chronic diseases—heart disease, cancer and stroke—account for more than 50% of annual deaths, and all three are closely associated with tobacco use.<sup>4</sup> Chronic diseases afflict nearly half of all U.S. adults and account for 70 percent of deaths and more than 75 percent of the nation’s health care expenditures.<sup>4, 5, 6</sup>
- Tobacco use also has a significant a financial burden. It is estimated that smoking incurs \$193 billion each year in health care costs and lost productivity.<sup>1</sup>



**References**

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