

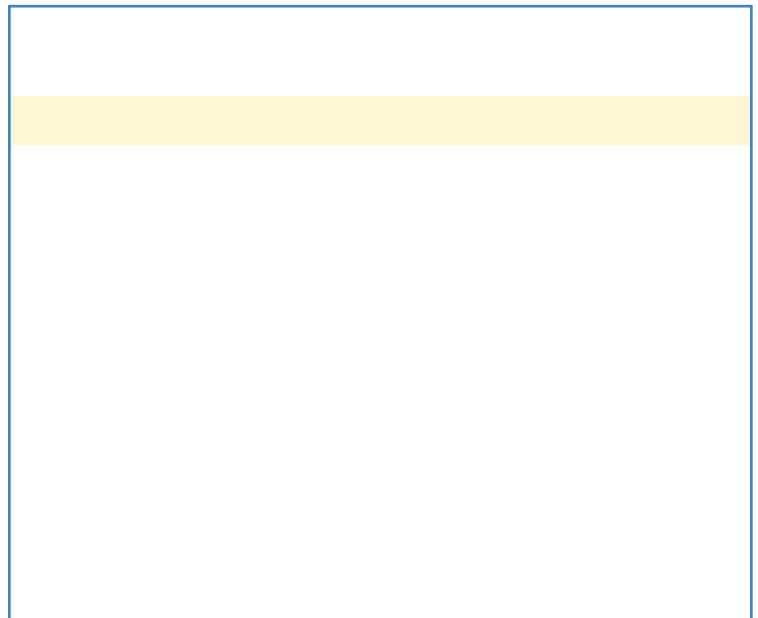


Update: Smoking Numbers

Cigarette smoking is linked to nearly half of the deaths from 12 types of cancer combined. With these numbers you might wonder, Are we making any progress in reducing tobacco use in the U.S.?

Yes. We continue to see cigarette smoking decline. The latest (2015) CDC National Health Interview Survey shows that 15.1% of adults aged 18 and older smoked cigarettes in 2015 ... down from 16.8% in 2014. Fifty years ago 42% of U.S. adults smoked.

Smoking deterrents: Increasing cigarette prices have reduced smoking rates, particularly among teens. The average cost per pack is about \$6, and as much as \$9 to \$10, depending on taxes. Smoke-free zones





QuikQuiz™



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Smart Moves toolkit is at www.personalbest.com/extras/17V11tools.