

Smoking Cessation By Gender

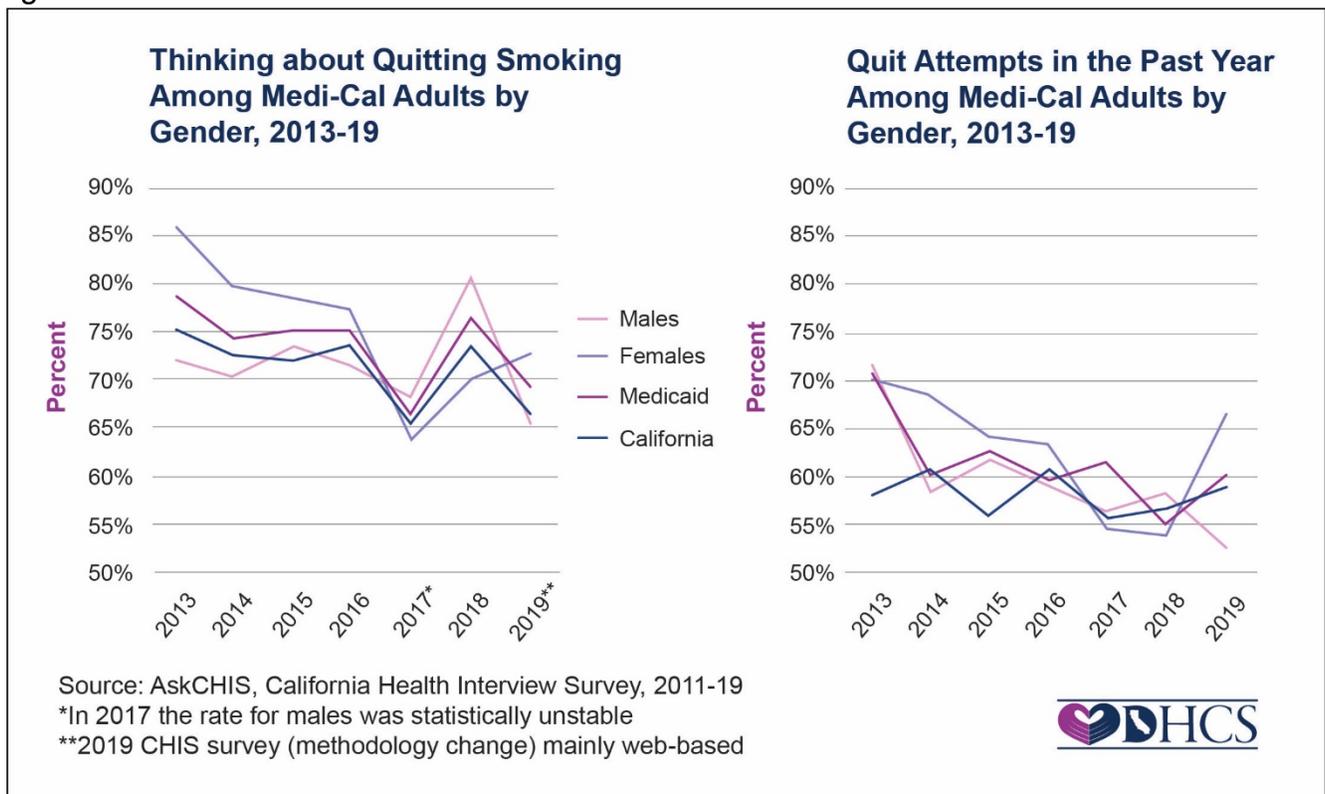


Smoking cessation efforts have succeeded in lowering the prevalence of smoking in the United States (U.S.),¹ and in California, which decreased by 57% between 1988 to 2017 (24% to 10%).² However, smoking continues to be a national and state public health issues with 1 in 5 deaths annually in the U.S. attributed to smoking and the number of California smokers exceeding the population of 23 U.S. states.² Smoking prevalence continues to vary by gender with men reporting higher smoking rates than women.²

Smoking is associated with various health risks, including heart disease, lung cancer, and stroke,¹ although quitting can decrease people's disease risk.³ Research has indicated that if no one smoked then one of every three cancer deaths in the U.S. would not happen.³

Among smokers, cessation efforts were mostly higher for Medi-Cal adults than California adults. Smoking cessation efforts among Medi-Cal adults varied by gender and decreased over time.

Figure



1. U.S. Department of Health and Human Services. [The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General](#). Atlanta: 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. Accessed Jan 2017.
2. California Department of Public Health, California Tobacco Control Program, *California Tobacco Facts and Figures, 2019*, Sacramento, CA: California Department of Public Health, 2019.
3. Centers for Disease Control and Prevention. Health Effects of Cigarette Smoking. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/ Published Apr. 28, 2018. Accessed Aug. 24 2018.

[Link to Data Sources and Methods](#)