**Empowering conclusions form the latest Surgeon Generals Report on Smoking Cessation**

Patients, clinicians, health systems and health insurers need to pay close attention to these actionable opportunities to improve health and lower cost:

* More than three out of five U.S. adults who have ever smoked cigarettes have quit.
* Former smokers can make up to 20 quit attempts over a period of several years before they are successful. With each quit attempt they can remain abstinent for longer periods of time.
* Although a majority of cigarette smokers make a quit attempt each year, less than one-third use cessation medications approved by the U.S. Food and Drug Administration or behavioral counseling to support quit attempts.
* Medications are very effective in reducing relapse from quit attempts and can double the overall success of a quit attempt. Medications may be used in combination for smokers having difficulty.
* Among the many medications approved for smoking cessation, Chantix@ is significantly more effective than the others.

Increasing the frequency of quit attempts and increasing the use of evidence-based interventions will result in a higher rate of successful quitting.

* [Smoking Cessation: A Report of the Surgeon General – Key Findings | HHS.gov](https://www.hhs.gov/surgeongeneral/reports-and-publications/tobacco/2020-cessation-sgr-factsheet-key-findings/index.html#:~:text=Smoking%20Cessation%3A%20A%20Report%20of%20the%20Surgeon%20General,latest%20evidence%20on%20the%20health%20benefits%20of%20cessation.)