

Health effects of cigarette smoking

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The Centers for Disease Control and Prevention (CDC) has revealed that “cigarette smoking is the leading cause of preventable death in the United States, accounting for approximately 443, 000 deaths, or 1 of every 5 deaths, in the United States each year” (CDC, 2012, par. 2). Likewise, statistics revealed that more than 68% of smokers have signified intentions to stop (CDC, 2011) and that “the combination of medication and counseling is more effective for smoking cessation than either medication or counseling alone” (CDC, 2011, p. 1).

Proposed Community-Based Programs to Solve the Problem Government agencies have acknowledged that a coalition between the state and local communities would assist in helping smokers control and ultimately lessen or stop smoking. Accordingly, “communities need to work toward transforming the knowledge, attitudes, and practices of users and nonusers by changing the way tobacco is promoted, sold, and used” (CDC, 2011, p. 1). The solution to stop smoking is a collaborative effort that starts with the smoker, the family members, and the local community where he or she is an active part of.