



SCIENTIFIC CONCLUSIONS ON THE EFFECTIVENESS OF COMPREHENSIVE TOBACCO PREVENTION AND CESSATION PROGRAMS

Fifty years after the first Surgeon General's report on smoking and health, the 2014 Surgeon General's Report, *The Health Consequences of Smoking—50 Years of Progress*¹, shows that cigarette smoking is even more hazardous than previously thought. The report warns that, "The burden of smoking-attributable disease and premature death and its high costs to the nation will continue for decades unless smoking prevalence is reduced more rapidly than the current trajectory." The report also notes that millions of deaths could be averted, "making tobacco control a highest priority in our overall public health commitment and strategy." (p. 870-871)

Noting that the "current rate of progress in tobacco control is not fast enough. More needs to be done," the Surgeon General's report calls for a number of specific actions, including:

"Fully funding comprehensive statewide tobacco control programs at CDC recommended levels." (p. 875)

Scientific experts conclude that comprehensive state tobacco control programs reduce tobacco use.

From the 2014 Surgeon General's report, *The Health Consequences of Smoking – 50 Years of Progress*
<http://www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html>

"Since the 1964 Surgeon General's report, comprehensive tobacco control programs and policies have been proven effective for controlling tobacco use. Further gains can be made with the full, forceful, and sustained use of these measures."

"States that have made larger investments in comprehensive tobacco control programs have seen larger declines in cigarettes sales than the nation as a whole, and the prevalence of smoking among adults and youth has declined faster, as spending for tobacco control programs has increased."

"Experience also shows that the longer the states invest in comprehensive tobacco control programs, the greater and faster the impact."

"The evidence is sufficient to conclude that mass media campaigns, comprehensive community programs, and comprehensive statewide tobacco control programs prevent initiation of tobacco use and reduce the prevalence of tobacco use among youth and adults."

From the 2012 Surgeon General's report, *Preventing Tobacco Use Among Youth and Young Adults*
<http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/index.html>

"The evidence is sufficient to conclude that comprehensive statewide tobacco control programs can prevent the initiation of tobacco use and reduce its prevalence among youth."

"To be effective, they must also be consistent and budget cuts in many states' tobacco control programs have threatened that consistency."

The Center for Disease Control and Prevention's *Best Practices for Comprehensive Tobacco Control Programs* http://www.cdc.gov/tobacco/stateandcommunity/best_practices/index.htm

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, GA: 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.
<http://www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html>

“Evidence-based, statewide tobacco control programs that are comprehensive, sustained and accountable have been shown to reduce smoking rates as well as tobacco-related diseases and deaths.”

“Research shows that the more states spend on comprehensive tobacco control programs, the greater the reductions in smoking- and the longer states invest in such programs, the greater and quicker the impact.”

“Implementing comprehensive tobacco control programs at the levels of investment outlined in this report would have a substantial impact. As a result, millions of fewer people in the United States would smoke and hundreds of thousands of premature tobacco-related deaths would be prevented. Long-term investments would have even greater effects.”

“States that have made larger investments comprehensive tobacco control programs have seen larger declines in cigarette sales than the United States as a whole, and the prevalence of smoking among adults and youth has declined faster as spending for tobacco control programs has increased.”

The Institute of Medicine, *Ending the Tobacco Problem: A Blueprint for the Nation*

http://www.nap.edu/catalog.php?record_id=11795

“The committee finds compelling evidence that comprehensive state tobacco control programs can achieve substantial reductions in tobacco use.”

“To effectively reduce tobacco use, states must maintain, over time, a comprehensive and integrated tobacco control strategy.”

“Large budget cutbacks in many states’ tobacco control programs have seriously jeopardized further success. In the committee’s view, states should adopt a funding strategy designed to provide stable support for the level of tobacco control funding recommended by the Centers for Disease Control and Prevention (CDC).”

President’s Cancer Panel Report, 2006-2007: *Promoting Healthy Lifestyles: Policy, Program and Personal Recommendations for Reducing Cancer Risk*

<http://deainfo.nci.nih.gov/advisory/pcp/annualreports/pcp07rpt/pcp07rpt.pdf>

“Strengthen anti-tobacco efforts at the state and local levels.”

“Increase state commitment of Master Settlement Agreement funds and/or tax funds for tobacco control programs to at least the minimum level recommended by the CDC for each state.”