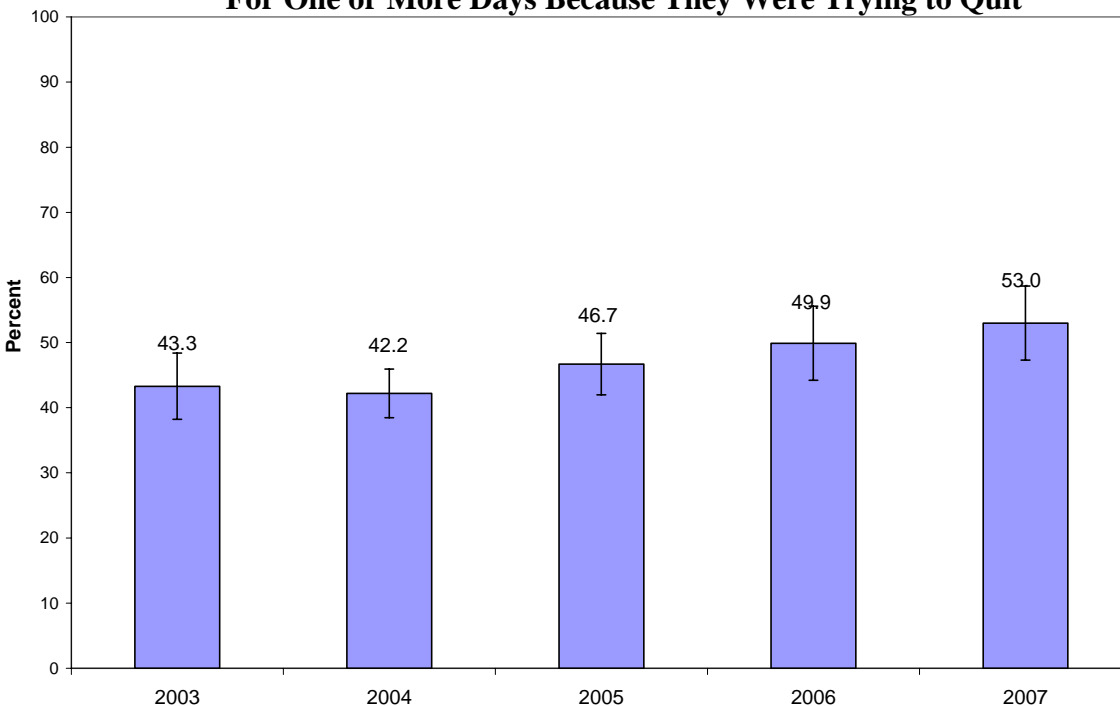


## More Smokers are Making Quit Attempts Each Year

Quitting smoking is difficult and may require multiple attempts. Therefore, it is important for smokers to continue trying to quit smoking.

- In 2007, more than half of everyday smokers have stopped using cigarettes for one day or longer in an attempt to quit smoking.
- Since 2003, significantly more everyday smokers reported making at least one quit attempt.
- The rate of quit attempts has increased by 26% since 2003.

### Percentage of Everyday Smokers Who Report Having Stopped Smoking For One or More Days Because They Were Trying to Quit



Source: New York State Adult Tobacco Survey, 2003-2007

Contact the Bureau of Chronic Disease Epidemiology and Surveillance, New York State Department of Health at (518) 473-0673 or type 'StatShot' in the subject line of an e-mail and send it to [tcp@health.state.ny.us](mailto:tcp@health.state.ny.us).