



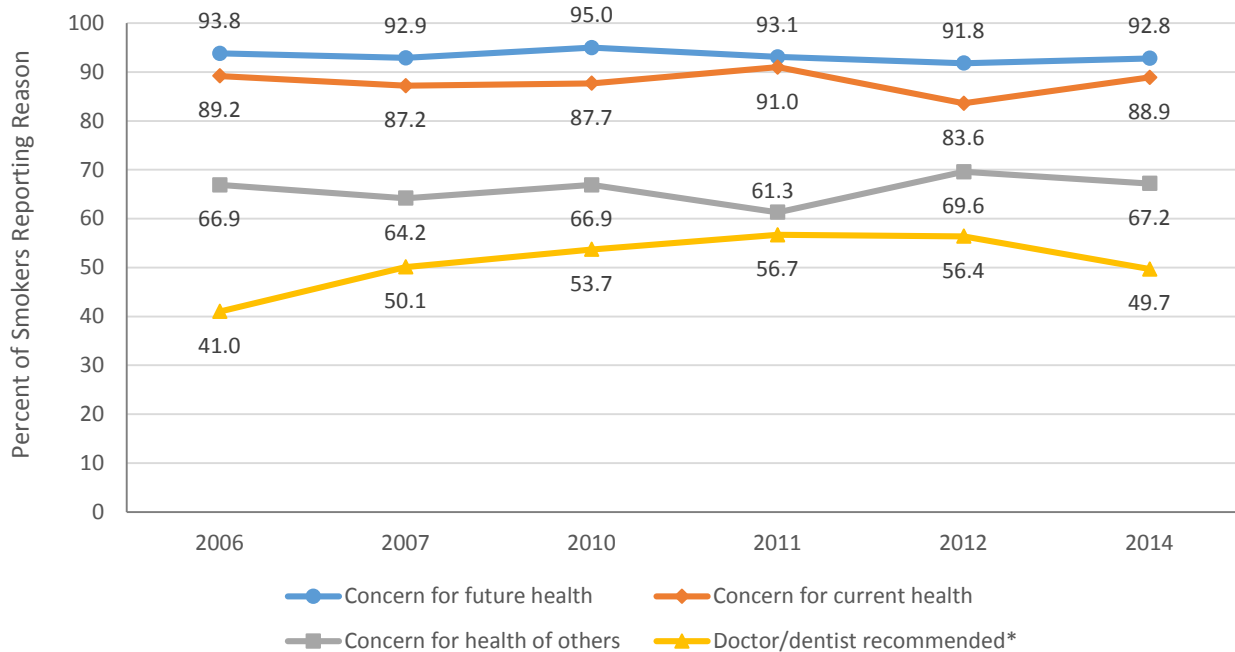
**Health Concerns and Provider Recommendations
Motivate Smokers to Quit**

Most adult smokers want to quit smoking. In 2014, 61% of adult smokers stopped smoking for one day or more because they were trying to quit.¹ Quitting smoking is difficult and smokers generally make several quit attempts before succeeding. Understanding what motivates smokers to quit is important for tobacco control programs and for health care providers.

Current adult smokers who recently made a quit attempt for one day or more, or recent quitters who have quit smoking within the past 12 months, were asked for the most important reasons for trying to quit smoking. According to data from the NY Adult Tobacco Survey the most frequently cited reasons to quit were (1) concerns for current health and (2) concerns for future health.

- In 2014, 93% of smokers reported concern for future health, 89% reported concern for current health, and 67% reported concern for the health of others as a reason to quit.
- Since 2006, more smokers have reported being motivated to quit because of recommendations from a health care provider. In 2014, 1 out of every 2 smokers said they were motivated to quit because their health care provider recommended it. This is an increase of 22% from 2006 (p<0.0001).

Top Reasons for Quitting among Adults in New York State, 2006-2014



*Statistically significant trend, p<0.0001

1. NY Adult Tobacco Survey, 2014.

Source: NY Adult Tobacco Survey, 2006-2014. Note: Data were not collected in 2013. Please contact us with questions or comments at the Bureau of Chronic Disease Evaluation and Research, New York State Department of Health at (518) 473-0673 or send an e-mail to tcp@health.ny.gov. StatShots can be accessed online at: http://www.health.ny.gov/prevention/tobacco_control/reports/statshots/