

## Quit Attempts

Nicotine dependence is a chronic relapsing condition that requires evidence-based and proven effective strategies to evoke lasting change.

- **Most adult cigarette smokers want to quit.** In 2015, 68.0% of adult smokers (22.7 million) said that they wanted to quit smoking.<sup>1</sup>
- **More than half of adult cigarette smokers report having made a quit attempt in the past year.** In 2018, 55.1% of adult smokers (21.5 million) said that they had made a quit attempt in the past year.<sup>1</sup>
- **Fewer than one in ten adult cigarette smokers succeed in quitting each year.** In 2018, 7.5% of adult smokers (2.9 million) successfully quit smoking in the past year.<sup>1</sup>
- The Centers for Disease Control and Prevention suggests **8-11 attempts before quitting permanently.** Many practitioners believe that it takes five to seven attempts.<sup>2</sup>

What we know WORKS:

- Combining medication with a behavior modification program is the most effective way to successfully quit.
  - Enrolling in a behavioral counseling program, such as American Lung Association's [Freedom From Smoking®](#) program can double your chances of success and
  - Including FDA-Approved cessation medication to your tobacco treatment plan can increase that success rate by an additional 21-44%.
    - Talk to your doctor about FDA-approved cessation medications which are available over the counter and by prescription to identify which medication or combination of medications may be best for you.
- Quit for YOU and not because someone else wants you to. Have your own personal reasons for breaking from lifelong tobacco dependency in order for the quit attempt to be most successful. Identify your reasons (financial, social, health, etc.) and remind yourself of them often.
- Unsuccessful quit attempts from the past are not a failure. Each attempt provided an opportunity to learn what works and what doesn't, what high risk situations need to be planned ahead for and what challenges associated with the chain of addiction may need additional tools in your treatment plan in order to overcome.
- Use positive self-talk to keep yourself on track. Affirming phrases such as "the urge will pass whether I smoke or not" can help you overcome the toughest of urges.
  - Check out [this video](#) on positive self-talk.

Everyone can quit. 50 million people in the United States are proof that it is possible to quit.

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**For more information about quitting tobacco use,  
visit the American Lung Association website at [Lung.org](#)  
or call the free Lung HelpLine at 1-800-LUNGUSA (1-800-586-4872).**

<sup>1</sup> Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, 2022. [Smoking Cessation: Fast Facts](#)

<sup>2</sup> Chaiton, M., Diemert, L., Cohen, J. E., Bondy, S. J., Selby, P., Philipneri, A., & Schwartz, R. (2016). Estimating the number of quit attempts it takes to quit smoking successfully in a longitudinal cohort of smokers. *BMJ open*, 6(6), e011045. <https://doi.org/10.1136/bmjopen-2016-011045>