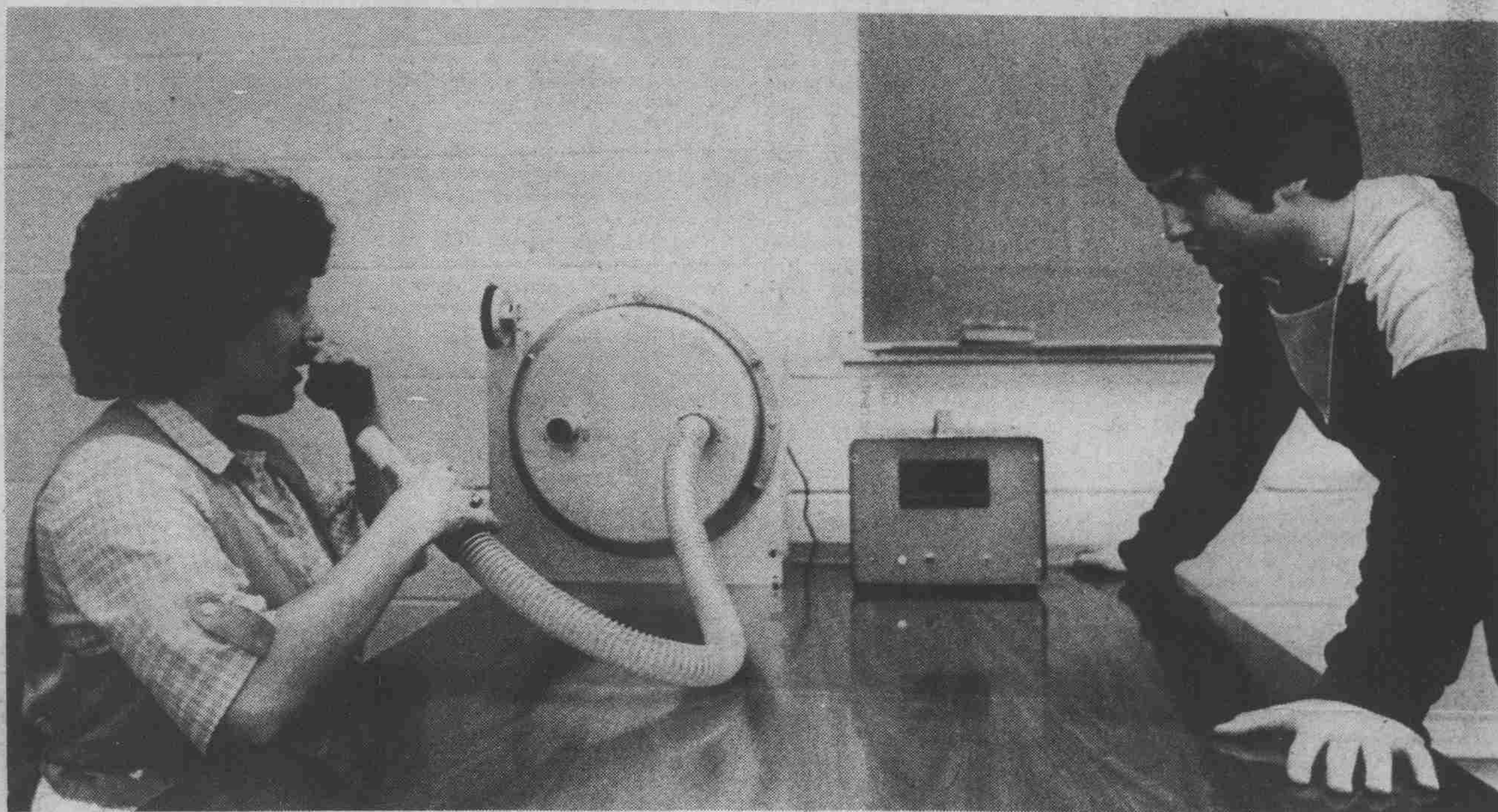


Weekender

Thursday, February 21, 1980



DTH/Jay Hyman

Smoking

*Kicking the tobacco habit
is tough but not impossible
with the right kind of help*

By **SUSAN LADD**

Last November I joined 30 million other Americans who quit smoking.

Today, there are more than 50 million smokers in the United States alone. It is estimated that cigarette smoking is responsible for 325,000 deaths each year from cancer and other diseases of the lung, heart and circulatory system.

But not all the statistics are as negative. Nearly one-third of all those who have ever smoked are no longer smokers and approximately half of current smokers have tried to quit at least once. Since a 1964 Surgeon General's report officially recognized the dangers of smoking, the percentage of male smokers has decreased from 52 to 39 percent in 1975, and the proportion of female smokers declined from 32 to 29 percent.

Current statistics also reflect a growing awareness of the dangers posed by cigarette smoking. In 1975, about 90 percent of the adult population believed that smoking was dangerous to health and 84 percent believed that smoking was harmful enough that something should be done about it. Approximately 82 percent of the general population believed that smoking caused death and disease, and 70 percent of smokers agreed.

One result of this awareness is the growing number of stop-smoking programs springing up across the nation. Methods, approaches and theories are wide-ranging, but all are aimed at helping people kick the habit.

As one who knew of the risks before she started smoking, I began to smoke with the clear realization that I would eventually have to stop if I valued my health. At first, I only smoked occasionally, when under pressure. But it was not long before my smoking was more than occasional and became an integral part of my day-to-day routine.

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