

Quitting Tobacco Quiz
From the American Cancer Society

Test your knowledge about tobacco and the benefits of quitting smoking. You just may see why there's never been a better time to quit.

1. Currently, approximately ____ of the US population is covered by a smoke-free policy or provision in workplaces and/or restaurants and/or bars.
 - a. 69%
 - b. 40%
 - c. 55%
 - d. 82%

2. True or False? Each year, about 3,400 nonsmoking adults die of lung cancer as a result of breathing secondhand smoke.

3. Within ____ after quitting, the carbon monoxide level in your blood drops to normal.
 - a. 12 hours
 - b. 24 hours
 - c. 36 hours
 - d. 48 hours

4. True or False? In 43 states, the majority of adults (50% or more) who ever smoked have now quit smoking.

5. In the US, tobacco use is responsible for nearly ____ in ____ deaths.
 - a. 1 in 5
 - b. 2 in 5
 - c. 1 in 3
 - d. 1 in 2

6. True or False? Smoking-related diseases remain the world's most preventable cause of death.

7. True or False? Smokers who quit can expect to live as many as 5 years longer than those who continue to smoke.

8. Cigarettes, cigars, smokeless tobacco, and pipe tobacco consist of dried tobacco leaves, as well as ingredients added for flavor and other properties. More than 4,000 individual compounds have been identified in tobacco and tobacco smoke. Among those 4,000 individual ingredients, more than _____ compounds are known carcinogens (cancer-causing agents).
 - a. 60
 - b. 90

- c. 120
- d. 400

9. True or False? Experts estimate that the 2009 cigarette tax increases will prevent more than 900,000 smoking-related deaths

10. What is the average cost of a pack of cigarettes in the US?

- a. \$3
- b. \$5
- c. \$7
- d. \$10

Answers:

1. a. 69%
2. True
3. a. 12 hours
4. True
5. a. 1 in 5
6. True
7. False – Smokers who quit can expect to live as many as 8 years longer.
8. a. 60
9. True
10. b. \$5