

American Cancer Society Great American Smokeout® Fun Quiz

Test your knowledge of the American Cancer Society Great American Smokeout, the progress we've made in the fight against tobacco, the statistics for lung cancer incidence and death rates, and the benefits of quitting smoking. The American Cancer Society is celebrating 31 years of inspiring smokers to quit. The Society inaugurated its first Great American Smokeout in 1976 as a way to inspire and encourage smokers to quit for one day.

1. True or false? Thirty years ago, smoking was legal in public buildings and enclosed places such as offices and movie theaters but not on domestic airline flights.

Answer: False – Thirty years ago **smoking was legal on domestic airline flights**. Today, as a result of the Society's tireless efforts in tobacco control, smoking is banned on all domestic flights in the United States.

2. True or false? Lung cancer incidence and death rates have declined in men and stabilized in women.

Answer: True

3. Within the first ___ hours of being smoke-free, a person's body will start repairing itself and his or her chances of having a heart attack begin to drop.

- a. 12
- b. 24
- c. 36
- d. 48

Answer: B – Within the first **24** hours of being smoke-free, a person's body will start repairing itself and his or her chances of having a heart attack begin to drop.

4. True or false? The U.S. Surgeon General reported in June of 2006 that an estimated 126 million Americans are regularly exposed to secondhand smoke in their homes and workplaces, and that moderate levels of exposure to secondhand smoke are safe.

Answer: False – The Surgeon General of the United States reported in June of 2006 that an estimated 126 million Americans are regularly exposed to secondhand smoke in their homes and workplaces, and that **no level of exposure to secondhand smoke is safe**.

5. In one year, an ex-smoker will have saved more than \$_____ if he or she spent four dollars per pack and smoked one pack every day.

- a. \$800
- b. \$1,000
- c. \$1,400
- d. \$2,000

Answer: B – In one year, an ex-smoker will have saved more than **\$1400** if he or she spent four dollars per pack and smoked one pack per day.

6. In the United States, tobacco use is responsible for nearly ___ in ___ deaths.
- a. 1 in 5
 - b. 2 in 5
 - c. 1 in 3
 - d. 1 in 2

Answer: A – In the United States, tobacco use is responsible for nearly **1 in 5** deaths; this amounted to an estimated 438,000 deaths each year between 1997 and 2001.

7. True or false? Half of all Americans who continue to smoke will die from smoking-related diseases.

Answer: True – On average, smoking reduces life expectancy by approximately 14 years. Smokers who quit before age 50 cut their risk of dying in the next 15 years in half, compared with those who continue to smoke.

8. What remains the most preventable cause of death in our society?
- a. car crashes
 - b. drownings
 - c. fires
 - d. smoking-related diseases

Answer: D – Since the first U.S. Surgeon General’s report on smoking and health was published in 1964, there have been more than 12 million premature deaths attributable to smoking in the U.S.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering, and preventing cancer through research, education, advocacy and service. Founded in 1913 and with national headquarters in Atlanta, the Society has 13 regional Divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information anytime, call toll-free 1-800-ACS-2345 or visit www.cancer.org.

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