

Nearly half of U.S. smokers not advised by doctors to quit

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Too few American smokers are advised by their doctors to quit, according to a report released Thursday by U.S. Surgeon General Jerome Adams, M.D.

"Forty percent of smokers don't get advised to quit," Adams told *The*

New York Times. "That was a shocking statistic to me, and it's a little embarrassing as a health professional."

According to the report, "four out of every nine adult cigarette smokers who saw a health professional during the past year did not receive advice to quit." The report advised smokers to use a number of cessation methods known to be effective but noted that electronic cigarettes are not among those, *The Times* reported.

Vulnerable populations—including gay and [transgender people](#), Native Americans, and people with [mental illness](#)—are not getting the help they need to quit smoking, according to the Surgeon General's report. It said doctors and public health officials need to do more to help these groups stop smoking.

"The biggest take-home from this report is that far too many people who want to quit aren't getting access to the cessation treatments that we know work," Adams told *The Times*.

More information: [The New York Times Article](#)
[Office of the Surgeon General](#)

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