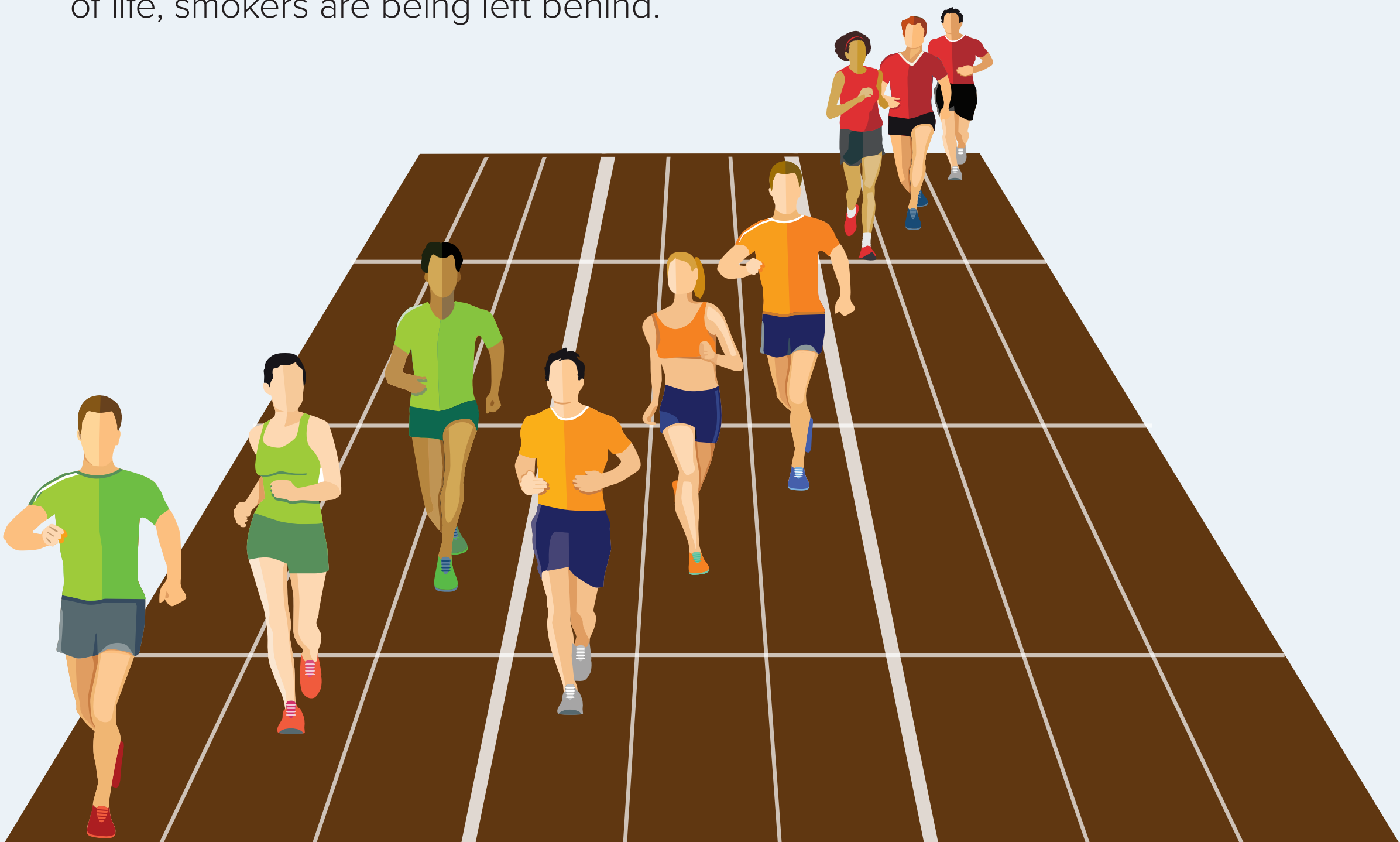


GETTING SMOKED

Research shows smokers can’t outrun the negative effects of lighting up

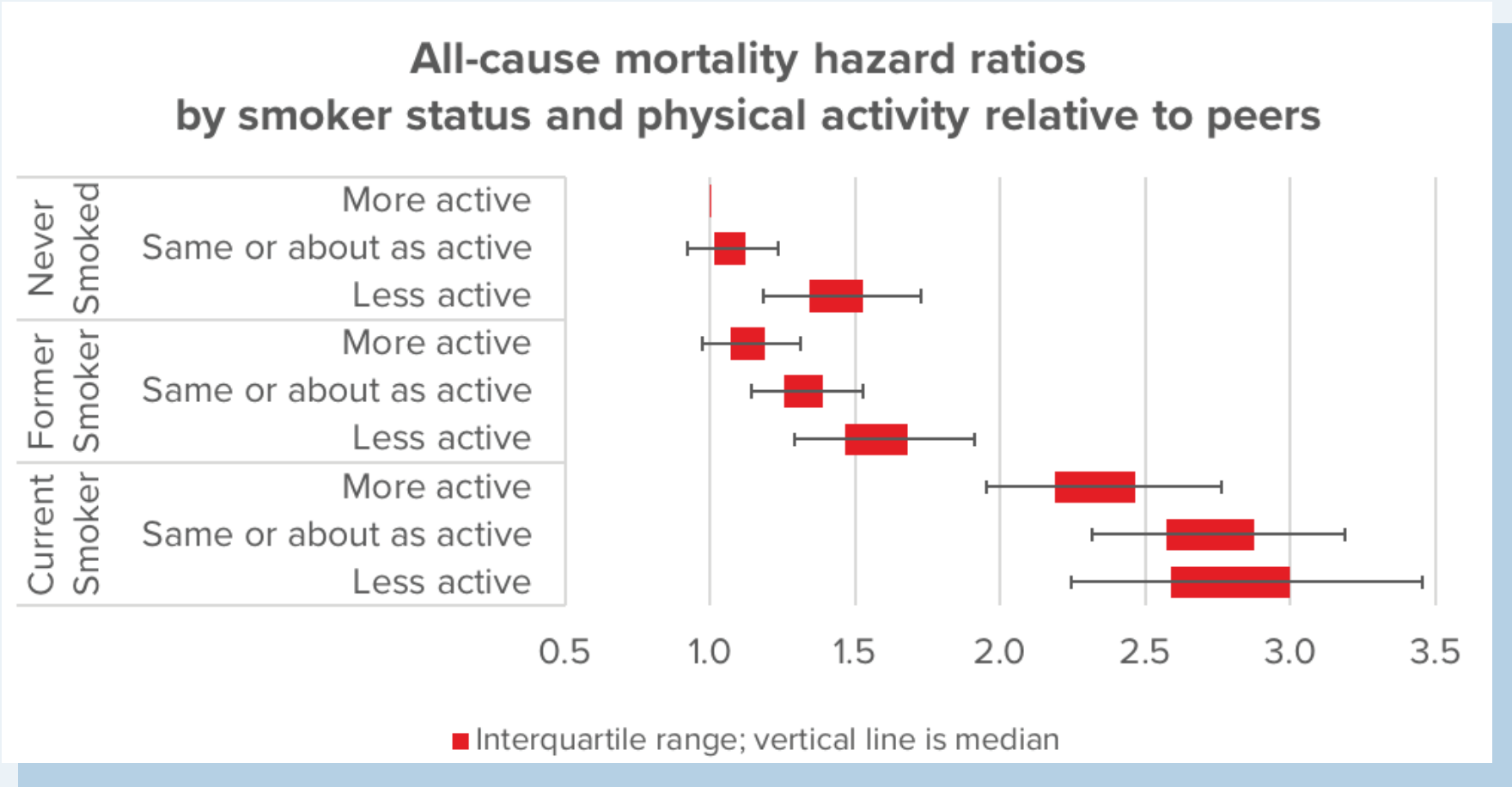
Recent headlines proclaiming “Sitting is the New Smoking” have boldly claimed that inactivity impacts mortality even more than smoking. But the data tells a different story. While a sedentary lifestyle is clearly linked to higher mortality rates, smoking is far more deadly.

Cigarette use remains the leading cause of preventable disease and death in the U.S.¹ RGA’s data analysis shows all-cause mortality experience for current smokers is 2.3 times higher than people who have never smoked.² In the race of life, smokers are being left behind.



Physical activity relative to peers

Never smoked			Former smoker			Current smoker		
More active	Same or about as active	Less active	More active	Same or about as active	Less active	More active	Same or about as active	Less active



This analysis is derived from a multivariate model that adjusts for age, sex, smoking, disease history, health status, and income using data from the National Health Interview Survey (NHIS). NHIS is one of the United States’ largest in-person household health surveys, and provides data for analyzing health trends and tracking progress toward achieving national health objectives.

¹ <https://www.cdc.gov/media/releases/2018/p0118-smoking-rates-declining.html>
² Smoker mortality is dependent on total consumption of tobacco products in a person’s lifetime. Former smoker mortality is also based on total consumption as well as the length of time since smoking ceased.