2. Epidemiological Data Establishes That Tobacco Users Display the Clinical Symptoms of Addiction

a. Studies Documenting Symptoms of Addiction in Smokers

Population studies of smokers conducted in recent years clearly demonstrate that nicotine produces regular, compulsive use, that such use is persistent despite both attempts to quit and an appreciation of cigarette's harmful effects, and that abstinence from nicotine produces withdrawal symptoms:

Regular, compulsive use:

- 87% of people who smoke cigarettes smoke every day;⁵⁰ and
- Nearly two-thirds of smokers have their first cigarette within the first half-hour after
 they wake up.⁵¹

Use persists despite attempts to quit or reduce use:

- In one study, 84.3% of those who smoked a pack or more per day had unsuccessfully tried to reduce the number of cigarettes smoked.⁵²
- A smoker who makes a serious attempt to stop smoking has a less than 5% chance of being off cigarettes a year later;⁵³
- Each year in the United States, 15 million people try to quit smoking, but less than 3%

⁵⁰ Centers for Disease Control. 1991 National Health Interview Survey. Atlanta, GA. U.S. Department of Health and Human Services, 1991.

⁵¹ Centers for Disease Control. 1987 National Health Interview Survey. Atlanta, GA. U.S. Department of Health and Human Services, 1987.

⁵² Henningfield JE, Clayton R, Pollin W. Involvement of tobacco in alcoholism and illicit drug use. British Journal of Addiction. 1990;85:280.

⁵³ Sachs DPL, Leischow SJ. Pharmacologic Approaches to Smoking Cessation. *Clinics in Chest Medicine*. 1991;12(4):788.