The Health Consequences of SMOKING

A Reference Edition

Selected Chapters From 1971 Through 1975 Reports
With Cumulative Index For All Reports
1964-1975

U.S. Department of Health, Education, and Welfare
Public Health Service
Center for Disease Control
Atlanta, Georgia 30333
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HEW Publication No. (CDC) 78-8357
Honorable Thomas P. O'Neill
Speaker of the House of Representatives
Washington, D.C. 20515

Dear Mr. Speaker:

As required by Section 8(a) of the Public Health Cigarette Smoking Act of 1969 (Public Law 91-222), enclosed is the 1976 Report to Congress on the Health Consequences of Smoking.

This year's report includes the "Bibliography on Smoking and Health - 1975," the official abstract bulletin of the National Clearinghouse for Smoking and Health, Bureau of Health Education, Center for Disease Control, Public Health Service. It presents the scientific information published since last year's report to Congress. Also part of this year's report is "The Health Consequences of Smoking, a Reference Edition," a compilation of selected chapters from previous reports to Congress. This reference edition was prepared to emphasize the fact that the major health risks from smoking are known and that recent scientific information refines the understanding of these relationships. Without doubt, cigarette smoking is a cause of cardiovascular disease, various types of cancer, and respiratory disease. Its toll in illness and premature death is needless and preventable.

Because of my strong commitment in reducing the morbidity and mortality which result from smoking, the Department is conducting a major review of its programs in this field in order to introduce administrative and legislative proposals to combat this problem.

Sincerely,

Joseph A. Califano, Jr.

Enclosure
PREFACE

The health consequences of cigarette smoking are well established and have been clearly understood for several years. The causal relationships between cigarette smoking and an excess risk of developing cardiovascular disease, respiratory tract cancers, and chronic obstructive lung disease, as well as the risk to the fetus, are well documented and accepted by the scientific and health communities.

For the past several years, new additions to the literature have substantiated these risks and further explained the mechanisms by which smoking produces disease, disability, and death; however, research has identified no new major health risks. Therefore, it seems appropriate at this time to prepare a reference document reviewing the full range of health hazards due to smoking.

This reference report consists of selected chapters from previous reports to the U.S. Congress which present summations of the known health hazards from smoking. Because the 1971 report was a review of all information on smoking and health at that time, no chapters were included from reports prior to that time. This reference, coupled from the annual Bibliography on Smoking and Health, represents a complete description of major smoking and health information.

The scientific evidence is clear and unavoidable, and the important task now is to convert this knowledge into programs for reducing and eliminating the preventable death and disability related to the smoking habit.

Theodore Cooper, M.D.
Assistant Secretary for Health
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Previous Public Health Service Reports on Smoking and Health

Reviews of the scientific evidence linking smoking to health effects began in 1964 with Smoking and Health, Report of the Advisory Committee to the Surgeon General of the Public Health Service or as subsequently referred to "the Surgeon General's Report." After this report, Public Law 89-92 was passed requiring supplemental reports to Congress on this subject. In compliance, three reports were submitted:


In April 1970, Public Law 91-222 amended the previous law and called for an updated report on the health effects of smoking no later than January 1, 1971, with annual reports thereafter. The Health Consequences of Smoking, A Report of the Surgeon General: 1971, a comprehensive review of all the scientific literature available to the National Clearinghouse for Smoking and Health and with emphasis on the most recent additions to the literature was that updated report. Since then, the following annual reports on the health consequences of smoking have been submitted:


Each report since the original "Surgeon General's Report" has reviewed the scientific literature relevant to the association between smoking and
cardiovascular diseases, non-neoplastic bronchopulmonary diseases, and cancer. Smoking as related to the following diseases and conditions has been reviewed periodically in the reports:

- Peptic Ulcer Disease (1967, 1971, 1972, 1973)
- Public Exposure to Air Pollution from Tobacco Smoke (1972, 1975)
- Noncancerous Oral Disease (1969)
- Tobacco Amblyopia (1971)
- Allergy (1972)
- Harmful Constituents of Cigarette Smoke (1972)
- Exercise Performance (1973)
- Pipe and Cigar Smoking (1973)
- Overview: The Health Consequences of Smoking (1975)
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