Supplementary Materials:

21st-Century Hazards of Smoking and Benefits of Cessation in the United States

Jha et al, N Engl J Med 368;4 nejm.org, January 24, 2013

Table of Contents:

Webtable S1: Person years of follow up (in 100,000s) and deaths by age, gender and smoking status in the NHIS sample

Age in years	Female						Male					
	Current smoker		Former smoker		Never smoker		Current smoker		Former smoker		Never smoker	
	Person years	Deaths	Person years	Deaths	Person years	Deaths	Person years	Deaths	Person years	Deaths	Person years	Deaths
25-29	0.17	8	0.06	3	0.48	23	0.17	31	0.05	2	0.33	16
30-34	0.19	25	0.08	3	0.56	32	0.19	41	0.08	7	0.39	27
35-39	0.23	47	0.11	8	0.57	41	0.21	51	0.1	12	0.41	45
40-44	0.25	81	0.15	17	0.53	50	0.24	107	0.13	23	0.39	82
45-49	0.22	97	0.16	24	0.47	91	0.22	138	0.16	44	0.32	102
50-54	0.18	142	0.15	44	0.41	110	0.19	234	0.18	84	0.25	98
55-59	0.15	150	0.16	70	0.33	133	0.15	240	0.19	109	0.19	99
60-64	0.15	194	0.17	111	0.37	163	0.14	280	0.21	175	0.19	109
65-69	0.08	220	0.13	141	0.25	214	0.07	349	0.17	304	0.11	148
70-74	0.06	245	0.13	284	0.25	331	0.05	352	0.16	436	0.09	192
75-79	0.05	317	0.12	392	0.25	566	0.03	262	0.15	704	0.08	242
Total 25 - 79	1.72	1526	1.42	1097	4.47	1754	1.67	2085	1.56	1900	2.75	1160

Webtable S2. Adjusted* hazard ratios for all cause deaths among former versus never smokers, by gender

	Female			Male			Both genders combined		
	Former smokers	Adjusted former vs. never smoker HR (99%CI)		Former smokers	Adjusted former vs. never smoker HR (99%CI)		Former smokers	Adjusted former vs. never smoker HR (99%CI)	
Quit before 25 years	75	1.1	(0.8 - 1.6)	130	0.9	(0.7 - 1.2)	205	0.97	(0.8 - 1.2)
Quit at ages 25-34	106	0.9	(0.7 - 1.3)	283	0.9	(0.8 - 1.1)	389	0.92	(0.8 - 1.1)
Quit at ages 35-44	208	1.3	(1.1 - 1.6)	439	1.1	(1.0 - 1.4)	647	1.20	(1.0 - 1.4)
Quit at ages 45-54	307	1.6	(1.3 - 1.9)	573	1.5	(1.2 - 1.7)	880	1.49	(1.3 - 1.7)
Quit at ages 55-64	389	1.8	(1.5 - 2.1)	555	1.7	(1.4 - 2.0)	944	1.74	(1.5 - 2.0)
Continue smoking		3.0	(2.7 - 3.3)		2.8	(2.4 - 3.1)		2.88	(2.7 - 3.1)

Webtable S3. Adjusted* hazard ratios for all lung cancer deaths among former versus never smokers, males and females combined

Age at quitting	Former smokers	Adjusted former vs. never smoker HR (99%CI)	
Quit before 25 years	10	1.5	(0.6 - 3.7)
Quit at ages 25-34	17	1.2	(0.6 - 2.5)
Quit at ages 35-44	51	2.6	(1.6 - 4.3)
Quit at ages 45-54	83	4.0	(2.6 - 6.1)
Quit at ages 55-64	111	5.6	(3.6 - 8.6)
Continue smoking		16.4	(11.9 - 22.5)

Hazard ratio (HR) are adjusted for age, gender, education, alcohol use and adiposity (BMI)

Web table S4: Adjusted hazard ratios for major causes of death among former smokers as compared with those who never smoked, among women and men 25 to 79 years of age*.

	Women			Men		
	Never smokers	Former smokers	Adjusted Hazard ratio (99% CI)	Never smokers	Former smokers	Adjusted Hazard ratio (99% CI)
Lung cancer	61	134	4.80 (3.1 - 7.5)	44	225	3.26 (2.0 - 5.2)
All cancers	605	403	1.58 (1.3 - 1.9)	324	715	1.51 (1.2 - 1.8)
Ischemic heart disease	382	199	1.39 (1.0 - 1.8)	285	514	1.28 (1.0 - 1.6)
Stroke	150	86	1.48 (1.0 - 2.3)	74	106	1.05 (0.7 - 1.6)
All vascular diseases	784	417	1.41 (1.2 - 1.7)	500	822	1.16 (1.0 - 1.4)
Respiratory diseases	119	190	4.49 (3.0 - 6.6)	45	252	3.38 (2.2 - 5.3)
All medical disorders	2089	1314	1.57 (1.4 - 1.7)	1164	2209	1.31 (1.2 - 1.5)
Accidents and injuries	101	39	1.17 (0.7 - 2.1)	119	99	1.07 (0.7 - 1.6)
All causes	2190	1353	1.55 (1.4 - 1.7)	1283	2308	1.28 (1.1 - 1.4)

* Hazard ratios were adjusted for age, educational level, alcohol consumption, and body-mass index.