

Nonsmokers With Healthy Lifestyles Cut Death Rate In Half.

Printed from <https://www.cancerquest.org/newsroom/2011/04/nonsmokers-healthy-lifestyles-cut-death-rate-half> on 04/26/2026



Because most people are non-smokers or former smokers, a study of non-smoking individuals was performed to see how they fared in relation to cancer and other disorders. A fourteen year follow-up of almost 112,000 participants in a cancer prevention study showed that those individuals who followed the American Cancer Society guidelines for weight management, diet and exercise had a reduced risk of cancer, cardiovascular disease and death from other causes. Not only do these findings support the importance of diet and exercise; they emphasize the enormous benefits of staying away from cigarettes and other tobacco products.

Source

<http://cebp.aacrjournals.org/content/early/2011/03/31/1055-9965.EPI-10-1173.abs...>

Learn More

[Learn More](#)