Does quitting smoking lead to weight gain?

- Researchers including Dr. Timothy Chen of the VA San Diego Healthcare System wanted to know if quitting smoking could trigger weight gain, as some studies suggest.

- They tracked 67 Veterans who had quit smoking for at least a year while in a tobacco cessation program.

- They found minimal long-term weight gain and concluded that a comprehensive tobacco cessation program can help improve weight outcomes.

Average weight gain of 3 pounds at 12 months