

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

