

## NEWS RELEASE

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For Immediate Release

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### **Great American Smokeout November 16th**

The Great American Smokeout is November 16<sup>th</sup>. Southwest Nebraska Public Health Department supports the American Cancer Society's annual event which encourages smokers to make a plan to quit smoking.

"The CDC shows that about two out of three smokers want to quit smoking cigarettes" states Helena Janousek, Health Educator with Southwest Nebraska Public Health Department. "In the SW health district 16.2% of adults smoke compared to 17.4% of Nebraskans and 7% chew compared to 4.7% Nebraskans."

Tobacco kills people – there's no "safe" way to smoke or chew tobacco. Quitting tobacco has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help.

Even one day of no tobacco use can make a difference in the health of an individual. There is help for Nebraska residents of all ages who want to quit. Nebraska Tobacco Quit Line telephone coaches help callers quit smoking or chewing tobacco. Coaches work with each individual caller to develop a plan for when and how to quit their tobacco use. Call **1-800-QUIT-NOW** to access the Nebraska Tobacco Quit Line.

Per the CDC, in the more than 50 years since the Surgeon General's first report on smoking and health, cigarette smoking among US adults has been reduced by approximately half. Nonetheless, since 1964, the year of that first report, an estimated 20 million person have died because of smoking. Smoking remains the leading preventable cause of disease, disability and death in the US.

For more information, contact Southwest Nebraska Public Health Department at 308-345-4223. Additional information can be found on our web site [www.swhealth.ne.gov](http://www.swhealth.ne.gov). You can also follow us on Facebook and Twitter.

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