

## **News Release**

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### **For Immediate Release**

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## **Great American Smokeout November 16<sup>th</sup>**

The Great American Smokeout is November 16, 2023. Southwest Nebraska Public Health Department (SWNPHD) supports the American Cancer Society's annual event which encourages smokers to make a plan to quit smoking.

Quitting smoking is not easy. The nicotine in tobacco is addictive, which makes quitting hard to do. It is not a matter of willpower. However, a smokefree life is possible and now is a perfect time to try quitting.

Smoking remains the single largest preventable cause of death and illness in the world. Around 34 million American adults still smoke cigarettes, causing about 1 in 5 deaths every year. That is an estimated 480,000 deaths a year caused by smoking.

While these numbers seem daunting, there are free tools, resources, and support to help you succeed. It's never too late to quit smoking. Quitting smoking improves your health and reduces your risk of heart disease, cancer, lung disease and other illnesses. The Great American Smokeout is more than a reminder of the dangers smoking poses to your health. It is a call to act. On November 16, join thousands of others across the country on the quitting smoking journey. Mark the date. Make a plan. Start living life smokefree.

Here are 5 steps to improve your success in quitting smoking:

1. Set a date.
2. Tell your family and friends about your quit plan.
3. Be prepared for challenges.
4. Remove cigarettes and other tobacco from your home, car, and workplace.
5. Talk to your doctor or Quitline coach about quit options such as nicotine patches, gum, or other approved medicines.

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 or text QUITNOW to 333888 to access the Nebraska Tobacco Quit Line.

For more information, call SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. Follow SWNPHD on Facebook, Instagram, YouTube and TikTok or view the website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) which contains many resources and additional information helpful to prevent disease, promote and protect health.

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