



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local Media

From: Central Michigan District Health Department

RE: The Great American Smokeout®

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THE GREAT AMERICAN SMOKEOUT®

This year, Central Michigan District Health Department (CMDHD) would like to celebrate a day of change and inspiration. On November 17th, 2022, the American Cancer Society will be celebrating the Great American Smokeout® -- where millions of tobacco users will attempt to go 24 hours smoke-free. This is an event that has been celebrated for over 40 years on the third Thursday of November. Each year, this day focuses on more than just not smoking; it is a day of transformation and a start to a new, healthier life. Our staff at CMDHD would like to recognize and encourage your participation in this year's Great American Smokeout®.

This day is celebrated by encouraging smokers to make a plan to quit or to decide in advance to quit on this day. By doing so, the hope is to encourage smokers to take that first step to living a healthier life and help reduce their risk of cancer. This is also an opportunity to learn about the resources and tools that are available locally and virtually to help quit and stay smoke-free.

Addiction to nicotine is said to be one of the strongest and deadliest addictions a person can have, which can make the challenge of quitting even more difficult. The CDC states that "In 2020, an estimated 30.8 million people in the United States smoked cigarettes: 14.1% of men, 11% of women." However, it's not just adults that are causing concerns around smoking. The CDC also states that "Each day, about 1,600 youth try their first cigarette." It is important to spread awareness throughout our communities on the harm that smoking can cause. It remains the leading cause of preventable disease, disability, and death within the United States, and it can cause harm to every organ within the body. Some examples of how you can be involved in your community include organizing community groups to advocate adoption of tobacco-control ordinances, sharing posts on social media that promote public awareness of the dangers of tobacco use, and encouraging your local schools

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to offer evidenced-based prevention programs that will help reduce the number of youths who start using tobacco.

Quitting tobacco use takes commitment and starts with creating a strong quit plan. It may take many attempts and will require a lot of support to be successful. There are also pharmaceutical and nicotine replacement treatment options available to help with quitting; however, it is important to speak with your healthcare provider to see what the best option is for you.

If you are someone who wants to quit smoking, the best chance at being successful in your quit attempt is to create a plan. This plan should include identifying triggers for tobacco use and finding different ways to avoid them; determining whom to turn to for support and encouragement; finding online and local resources available to help; and identifying reasons why you want to quit tobacco. By creating a plan, you are more likely to follow it, and you'll be ready when challenges present themselves. Find ways to hold yourself accountable and to keep your motivation strong.

Quitting tobacco is not easy. There are a lot of challenges that one can face, but remember, it doesn't have to happen overnight. Start with one day at a time and try using some of the many local and online resources to help you along the way. Grab a friend, co-worker, or family member who wants to quit tobacco and join the millions of others who are on their journey to living tobacco-free.

For personal advice, local resources, and one-on-one counseling, try calling the Michigan Quit Now helpline at 1-800-QUIT-NOW or visit the American Cancer Society® at www.cancer.org to find more resources and tools that will help turn your plan into action.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org and follow [Central Michigan District Health Department](#) on Facebook.

References: https://www.cdc.gov/tobacco/data_statistics/

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To request an interview, please visit our website (cmdhd.org) and fill out the [Media Interview Request Form](#).