



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local News Media
From: Central Michigan District Health Department
RE: CMDHD Promoting the Great American Smokeout (11/16)
Release Date: November 7, 2023

The Great American Smokeout encourages those who use tobacco to quit for the benefit of their health.

Central Michigan District Health Department (CMDHD) is promoting Thursday, November 16, 2023, as a day of change and inspiration. The American Cancer Society marks the third Thursday in November as the Great American Smokeout. CMDHD is joining the American Cancer Society on this day to encourage tobacco users to quit and provide resources to help them take an important step towards a healthier tobacco-free life.

“The Great American Smokeout encourages those who use tobacco to plan to quit on this day,” said Lyn Campbell, CMDHD Health Promotion Supervisor. “It encourages them to take the first step to a healthier lifestyle and help reduce their risk of cancer. It is also a day to learn about what is available in your community and online to help you quit and stay tobacco-free.”

Quitting tobacco is not an easy task. It takes time, a plan, and for most people, does not happen overnight. Tobacco products are highly addictive, and most tobacco users make several quit attempts before they are successful. Important elements of a quit plan include support people who will help keep you on track and an understanding of what triggers your cravings, so you can get ahead of potential slipups.

An estimated 28.3 million adults, or roughly 1 in 12, in the United States currently smoke cigarettes, according to the [Centers for Disease Control and Prevention \(CDC\)](#). However, it's not just adults who are using tobacco. In 2022, about 4 of every 100 middle school students and about 1 of every 6 high school students reported current use of a tobacco product, according to the [CDC](#). It is important to encourage schools to offer evidence-based prevention programs to reduce youth tobacco use, as tobacco is the leading cause of preventable disease, disability, and death within the United States, and it can cause harm to every organ within the body.

The Michigan Tobacco Quitlink, 1-800-QUIT-NOW (784-8669), can offer free counseling to those who qualify. For more information about the Michigan Tobacco Quitlink visit <https://michigan.quitlogix.org/en-US/>.

Please visit us online at www.cmdhd.org.

Healthcare providers also have local resources that may help. There are pharmaceutical and nicotine replacement treatment options available that can help with quitting; check with your doctor before beginning any new treatment.

For information about the Great American Smokeout, visit <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>. For resources on quitting tobacco, including smokeless tobacco and e-cigarettes, visit <https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quitting-smoking.html>.

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 us on [Facebook](#) and [Instagram](#).

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