



## DISTRICT HEALTH DEPARTMENT #10 RECOGNIZES THE GREAT AMERICAN SMOKEOUT

November 12, 2021 – Quitting smoking is not an easy task. It takes time, a plan, and for most people does not occur in one day. Tobacco products are highly addictive, and most tobacco users make several quit attempts before they are successful.

Each year, on the third Thursday in November, the American Cancer Society marks the day as the Great American Smokeout. This year's Great American Smokeout will be observed on Thursday, November 18th.

The Great American Smokeout is a means to encourage tobacco users to quit and to provide them with various tools to help them take an important step towards a healthier life- beginning a smoke-free life.

In recognition of the Great American Smokeout, District Health Department #10 is encouraging community members that are thinking about quitting to start with day one. "You don't have to quit in one day," said Lacey Morris, Tobacco Treatment Specialist for DHD#10. "All you need to do is start with day one and move from there. The Great American Smokeout is a great reminder that tobacco users have various avenues of resources and support in their efforts to quit."

Ask your health care providers or your local health department about local resources that may help. Check out the Michigan Tobacco Quitline (1-800-784-8669) that can offer free counseling to those who qualify.

For more information about the Michigan Tobacco Quitline or local resources in your area please visit <https://www.livewell4health.org/tobacco-cessation> or contact your local health department office.

For information about the Great American Smokeout visit <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

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