



**District Health  
Department #10**  
Healthy People, Healthy Communities



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## THE GREAT AMERICAN SMOKEOUT

November 13, 2023 – The Northern Michigan Public Health Alliance (NMPHA) and District Health Department #10 (DHD#10) are promoting the Great American Smokeout and encouraging community members that are thinking about quitting to start with day one.

Each year, on the third Thursday in November, the American Cancer Society marks the day as the Great American Smokeout. DHD#10 is joining the American Cancer Society on this day 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.

“You don’t have to stop in one day,” said Angie Gullekson, 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 stop smoking.”

Quitting smoking 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. To help, DHD#10 has numerous tobacco cessation resources, check out all of them here: <https://www.livewell4health.org/tobacco-cessation>. You can also contact them by emailing [quittobacco@dhd10.org](mailto:quittobacco@dhd10.org).

Healthcare providers also have local resources that may help. 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/>.

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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