



Greene County Public Health

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Press Release

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Greene County Public Health Encourages Smokers To Quit Smoking During The 49th Annual Great American Smokeout[®]

XENIA, OH – Greene County Public Health (GCPH) is encouraging Greene County residents to commit or recommit to healthy, smoke-free lives by participating in the American Cancer Society's (ACS) 49th Great American Smokeout[®] on Thursday, November 21, 2024.

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life! You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk.

For people who use tobacco and nicotine products, the most important thing to improve their health is to quit. Whether you are a teen, young adult, or someone who has been a lifetime smoker, GCPH is showing support for people to take those first steps toward making a plan to quit.

Tobacco use remains the leading preventable cause of death in the US, accounting for about 1 in 5 deaths each year. While cigarette smoking rates have continued to decline in recent years due in part to the success of smoking cessation efforts, according to the Centers for Disease Control and Prevention (CDC), more than 28 million U.S. adults currently smoked cigarettes in 2021.

For more than four decades, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. The Great American Smokeout offers an opportunity for people who smoke to commit to smoke-free lives, not just for a day, but year-round.

[Empowered to Quit](#), a smoking cessation program developed by researchers at the American Cancer Society, is just one of the opportunities for support highlighted by the Great American Smokeout. Empowered to Quit helps people who smoke select a quit date, understand and manage their cravings, regulate symptoms of withdrawal, and set reminders of why they chose to quit smoking. Participants receive tailored emails and tools designed for every step of their journey.

Some benefits of quitting smoking are almost immediate. Those who have quit smoking report fewer illnesses such as colds and the flu, lower rates of bronchitis and pneumonia, and tend to feel healthier than people who still smoke. Just 20 minutes after quitting, your heart rate and blood pressure drop. In just 12 hours, the



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carbon monoxide level in your blood drops to normal. In as little as 2 weeks to 3 months, your circulation improves and your lung function increases.

In addition to smoking cessation, annual lung cancer screening is recommended for certain people and can reduce tobacco-related deaths. The American Cancer Society has a lung cancer screening guideline which defines eligibility to millions of Americans who smoke or formerly smoked. The guideline recommends yearly screening for lung cancer for people aged 50 to 80 years old who smoke or formerly smoked and have a 20-year or greater pack-year history.

Greene County Public Health is partnering with the American Cancer Society, which is available 24 hours a day, 7 days a week, to provide support as people make their plan to quit. More information is available at cancer.org/smokeout or by calling 1-800-227-2345.

“At Greene County Public Health, we are committed to helping the people in our community be healthy and happy,” said Laurie Fox, Public Information Officer for Greene County Public Health. “During this year’s Great American Smokeout®, we hope everyone will join us – and encourage their friends, family and colleagues to join us – in committing or recommitting to smoke-free, nicotine-free lives.”

If you’re struggling with quitting, call Ohio’s Tobacco Quit Line at 1-800-QUIT-NOW for support.

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