

NEWS RELEASE

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For Immediate Release
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SWNPHD Supports Great American Smokeout on November 19th

Southwest Nebraska Public Health Department (SWNPHD) encourages current tobacco users to make a plan to quit on November 19th as part of the Great American Smokeout.

“SWNPHD will provide free quit smoking and quit spit kits to anyone in our nine-county health district that wants to participate in the Great American Smokeout,” explains Denise Garey, Health Educator. These counties include: Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow.

Sponsored by the American Cancer Society, the Great American Smokeout is an annual event that encourages smokers to make a plan to quit, or to plan in advance and quit smoking on that day, in an effort to stop smoking permanently.

According to the US Department of Health and Human Services an estimated 20 million persons have died because of smoking, which is the leading preventable cause of disease, disability and death in the United States. In 2013, 913 Nebraskans died from lung and bronchial cancer.

“In our health district 21% of residents are smoking and 8% are using smokeless tobacco,” shares Myra Stoney, SWNPHD Executive Director. “We would like to see these numbers reduced to meet the Healthy People 2020 goals of 12% or less smoking and smokeless tobacco use down to 0.3%.”

Even one day of no tobacco use can make a difference in the health of an individual. There is help for Nebraska residents of all ages who want to quit. Nebraska Tobacco Quit Line telephone coaches help callers quit smoking or chewing tobacco. Coaches work with each individual caller to develop a plan for when and how to quit their tobacco use. Call **1-800-QUIT-NOW** to access the Nebraska Tobacco Quit Line.

For a free tobacco cessation consultation, contact Southwest Nebraska Public Health Department at 308-345-4223 or email educate@swhealth.ne.gov. SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby's. Additional information can be found on our web site www.swhealth.ne.gov. You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth.

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