

**Your Health and Safety Matters!**

# **The Great American Smokeout**



***Did you know that if you're an adult who smokes, you have a higher risk for severe illness from lung infections like the flu or [COVID-19](#)?***

Approximately 40 million American adults still smoke, and tobacco use remains the single largest preventable cause of disease and premature death in the country.

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout event. Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking that day. By quitting – even for 1 day – smokers will be taking an important step toward a healthier life and reducing their cancer risk.

## **HOW TO OBSERVE**

Join millions of other smokers and do not smoke on Thursday, November 16, 2023!

***#GreatAmericanSmokeout***

## **Five Ways to Get Ready to Quit Smoking**

You're taking an important step toward feeling better and creating a healthier life when you set out to quit smoking cigarettes. A good plan can help you get past symptoms of withdrawal.

Take these five steps to improve your success:

1. **Set a quit date.** Choose the Great American Smokeout or another quit day within the next 2 weeks.
2. **Tell your family and friends about your quit plan.** Share your quit date with the important people in your life and ask for support. A daily phone call, e-mail, or text message can help you stay on course and provide moral support.
3. **Be prepared for challenges.** The urge to smoke is short—usually only 3 to 5 minutes, but those moments can feel intense. Even one puff can feed a craving and make it stronger. Before your quit day, write down healthy ways to cope:

1. *Drink water.*
2. *Exercise.*
3. *Listen to a favorite song or play a game.*
4. *Call or text a friend.*
5. *Get social support by joining @CDCTobaccoFree on [Facebook](#) and [Twitter](#).*
6. *Sign up for [SmokefreeTEXT](#) for 24/7 help on your mobile phone.*

4. **Remove cigarettes and other tobacco from your home, car, and workplace.** Throw away your cigarettes, matches, lighters, and ashtrays. Clean and freshen your car, home, and workplace. Old cigarette odors can cause cravings.
5. **Talk to your pharmacist, doctor, or quit line coach about quit options.** Nicotine patches, gum, or other approved quit medication can help with cravings.

### **Benefits of Quitting: Just a Matter of Time**

Consider these astounding facts about how your body recovers after quitting smoking.

After quitting for:

- 20 minutes: Your heart and blood pressure drop.
- 12 hours: The carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months: Your circulation improves and your lung function increases.
- 1 to 9 months: Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- 1 year: The excess risk of coronary heart disease is half that of a continuing smoker's.
- 5 years: Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

- 10 years: The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.<sup>3</sup>
- 15 years: The risk of coronary heart disease is that of a non-smoker's.

### **Key Facts About Tobacco Use:**

- Approximately 40 million American adults still smoke, and that Life expectancy for long-term smokers is approximately 14 years shorter than for nonsmokers.
- Tobacco use remains the single largest preventable cause of disease and premature death in the country..
- About 32.4 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease.
- Given enough time, tobacco kills half of those who continue to use it. But long before that happens, it ruins our quality of life in the most horrific of ways.
- *Resources:*

<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

<https://www.cancer.org/healthy/stay-away-from-tobacco.html>

<http://www.wincalendar.com/Great-American-Smokeout>

[https://en.wikipedia.org/wiki/Great\\_American\\_Smokeout](https://en.wikipedia.org/wiki/Great_American_Smokeout)

<https://www.cdc.gov/features/greatamericansmokeout/index.html>

<https://tobaccofreeca.com/health/tobacco-is-the-number-one-preventable-cause-of-death/>

## **Special Announcement!** **CREBPT – Kaiser Open Enrollment Extended!**

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