



HEALTH SERVICES AGENCY

830 Scenic Drive, P.O. Box 3271, Modesto, CA 95353
Fax: (209) 558-8320
www.hsahealth.org

NUMBER: 19-10
FOR RELEASE: Immediate

DATE: 11/20/2019

CONTACT: Health Services Agency: Setar Testo
PHONE: (209) 558-6833

The Great American Smokeout (GASO)

Stanislaus County, CA (November 20, 2019) - Have you thought about quitting smoking lately? The Stanislaus County Health Services Agency strongly encourages all tobacco users to think about a quit plan this year in recognition of the Great American Smokeout® this Thursday, November 21, 2019. Whether you smoke cigarettes, cigars, vapes, or use other tobacco products, this is the perfect time to make a plan and quit all tobacco use.

“The most important thing people who smoke can do to improve their health is to quit smoking cigarettes and other forms of tobacco,” said Dr. Julie Vaishampayan, Stanislaus County Public Health Officer. “We are here to support our community members who have decided to take those first steps toward making a plan to quit.”

While cigarette smoking rates have dropped, about **37.8 million Americans still smoke cigarettes**. The increasing popularity of electronic smoking devices (ESDs) such as JUUL (a USB like device popular amongst youth) and other vaping products are creating a new market for addiction. There are 15,500 + flavors on the market with names like Razzleberry Ring Pop and Fruity Pebbles. Learn more about new devices and flavors here: www.flavorshookkids.org

The Great American Smokeout (GASO) has encouraged smokers to stop smoking since 1976. Smoking is still the single largest preventable cause of disease, disability, and premature death in the United States.

Here are some quick facts:

- Tobacco use accounts for 29% of all cancer deaths
- Over 440,000 Americans die from smoking or exposure to secondhand smoke each year
- More than 8 million Americans are living with a serious illness caused by smoking

Quitting can be tough. Most smokers make 6-7 quit attempts before their final cigarette. Getting help through counseling and/or prescription medications increases your chances of quitting. The following smoking cessation programs can provide support during your journey to a smoke-free life:

- [California Smokers Helpline \(1-800-NoButts\)](http://www.1800nobutts.org)
- [American Cancer Society's Materials and Quit Plans](http://www.cancer.org)
- [SmokeFree.gov](http://www.smokefree.gov)

Your medical insurance, including Medi-Cal and Affordable Care Act insurance providers, can also cover medications like nicotine patches and gum. Follow-up with your provider for additional information.

“Stanislaus County Public Health wants to support the people in our community in living healthier and happier,” said Dr. Vaishampayan. “During this year’s Great American Smokeout® event, we hope everyone will join us and encourage their friends, family, and colleagues to join us in committing or recommitting to year-around, tobacco-free lives starting today.”

###