



Cowlitz County Health Department

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News Release

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Great American Smokeout- Make today your quit day

1-800-QUIT-NOW

Longview, WA – The American Cancer Society has scheduled the annual Great American Smokeout for November 19, 2009, to encourage smokers to quit for a day in the hope they may quit for good.

Across Washington, smoking rates decreased to 15.3% in 2008. However, reports show that nearly one in every four adults in Cowlitz County is a smoker. The adult smoking rate in Cowlitz County is 24.4%.

Adolescents and pregnant women continue to be the highest priority for Cowlitz County. Local youth tobacco rates remain around three percent higher than the state average and Cowlitz's maternal smoking rate is 28.3% compared to the statewide average of 10.1%.

“Tobacco use is a community problem, it costs us a lot in healthcare costs and increases our rates of chronic disease which include heart disease, cancer, respiratory disease, and infant deaths” said Jessica Bell, the Tobacco Prevention and Control Coordinator for Cowlitz County. “Quitting tobacco products is difficult and requires both community pressure and family support to quit successfully.”

The entire community including teachers, health professionals, policy makers, parents, and businesses must work together to reduce the burden of disease caused by tobacco use.

Bottom line- The best thing a person can do for their health is to quit tobacco or never start.

If you use tobacco and would like to quit, this is the ideal time to kick the habit! The Washington State Tobacco Quit Line is one of the key parts in the statewide Tobacco Prevention and Control Program and can double the chances of quitting successfully.

Over 470 people from Cowlitz County called the quit line in 2008. The quit line may also provide a free supply of nicotine replacement therapy, such as nicotine patches or gum, as appropriate. The Quit Line number is 1-800-QUIT-NOW, or for Spanish speakers 1-877-2NO-FUME.

You can learn more at www.quitline.com. You can also visit www.smokefreewashington.com for no smoking signs, and tobacco complaints.

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