



# Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



Steve Hall, RS, MS  
Health Officer

Jennifer Morse, MD, MPH, FAAFP  
Medical Director

## PRESS RELEASE FOR LOCAL MEDIA

**To:** Local Media Outlets  
**From:** Central Michigan District Health Department  
**RE:** CMDHD Promoting the *Great American Smokeout*  
**Release Date:** November 14, 2024

**CMDHD is Promoting the *Great American Smokeout* on November 21.**

*We encourage those who use tobacco to quit for the benefit of their health.*

Central Michigan District Health Department (CMDHD) is proud to promote the *Great American Smokeout*, an annual event organized by the American Cancer Society, encouraging tobacco users to quit and providing resources to help them move toward a tobacco-free life. This year, the Smokeout will take place on Thursday, November 21, 2024.

An estimated 49.2 million adults, roughly 1 in 5, in the United States currently smoke cigarettes, according to the [Centers for Disease Control and Prevention \(CDC\)](#). However, it's not just adults who are using tobacco. Roughly 1 in 19 middle school students and 1 in 10 high school students reported current use of a tobacco product, according to the [CDC](#). It is important to encourage schools to offer evidence-based prevention programs to reduce youth tobacco use, as tobacco is the leading cause of preventable disease, disability, and death within the United States, and it can cause harm to every organ within the body.

"At CMDHD, we believe that every step toward quitting smoking is a step toward better health," said Lyn Campbell, CMDHD Community Health Supervisor. "Our mission is to promote the health and well-being of everyone in our community, and the Smokeout is a perfect opportunity to help people take that crucial first step. Quitting smoking not only improves the health of smokers but also protects their loved ones from the dangers of secondhand smoke."

Quitting tobacco is not an easy task. It takes time, a plan, and for most people, does not happen overnight. Tobacco products are highly addictive, and most tobacco users make several quit attempts before they are successful. Important elements of a quit plan include support people who will help keep you on track and understand what triggers your cravings, so you can get ahead of potential slipups.

**Please visit us online at [www.cmdhd.org](http://www.cmdhd.org).**

If you're thinking about quitting, the *Great American Smokeout* is an ideal day to start. Remember, you don't have to do it alone. Michigan Tobacco Quitlink offers online coaching for those who qualify: <https://michigan.quitlogix.org/>. You may also call the Quitline at 1-800-QUIT-NOW (784-8669) for assistance. Healthcare providers also have local resources that may help. There are pharmaceutical and nicotine replacement treatment options available that can help with quitting; check with your doctor before beginning any new treatment.

For information about the *Great American Smokeout*, visit <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>. For resources on quitting tobacco, including smokeless tobacco and e-cigarettes, visit <https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quit-smoking.html>.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org) and follow us on [Facebook](#) and [Instagram](#).

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*To request an interview, please visit our website ([cmdhd.org](http://cmdhd.org)) and fill out the [Media Interview Request Form](#).*



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