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## For Immediate Release

November 15, 2013

David Grossman, M.D., Health Commissioner

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**Health Information: The Annual Great American Smokeout, Thursday, November 21, 2013**

The Toledo-Lucas County Health Department is marking the Great American Smokeout on Thursday, November 21, 2013 by encouraging smokers to use the date to make a plan to quit, or to quit smoking that day.

By quitting – even for one day – smokers will be taking an important step towards a healthier life. The health benefits of quitting smoking start immediately from the moment of smoking cessation. Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 43.8 million Americans still smoke cigarettes; nearly 1 in every 5 adults.

Individuals can contact the Ohio Tobacco Quit Line at 1-800-784-8669 to speak with an experienced Quit Specialist. The free Quit Line offers support and advice, a personalized Quit Plan, self-help materials and the latest information about medications that can help you quit smoking. Free nicotine patches are available for qualified callers.

If you have any questions or concerns please contact the Health Department at 419.213.4100.

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AN EQUAL OPPORTUNITY EMPLOYER

Department operates in accordance with Title VI of the Civil Rights Act of 1964

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