

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

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Tobacco Free Florida Can Double Your Chances of Quitting Smoking

- Tobacco Users in Lee County are Encouraged to Make a Quit Plan During the Great American Smokeout -

LEE COUNTY – The Great American Smokeout is tomorrow, November 20. The Florida Department of Health in Lee County and Tobacco Free Florida are encouraging tobacco users to plan to quit smoking or to use the day to make a quit plan.

Youth in the Charleston Park Community Students Working Against Tobacco chapter created a video to highlight the 3 Free & Easy Ways to Quit. It will be posted on the local SWAT website SWATLeeFL.webs.com November 20.

The Great American Smokeout, sponsored by the American Cancer Society, is currently in its 39th year. The observance raises awareness about the dangers of smoking and the many effective resources available to successfully quit.

“Whether you are a smoker, use chew tobacco or candy flavored nicotine products in e-cigarettes, maintaining your good health and your family’s can depend on you quitting,” said Robert Palussek, administrator of DOH-Lee. “Make a plan to quit today.”

While quitting tobacco is difficult, it is not impossible. There are more former smokers in Florida than there are current smokers.ⁱ Those who have tried to quit in the past but relapsed are encouraged to try again. Many former smokers have made several attempts before quitting permanently.ⁱⁱ

“There are free, evidence-based resources readily available for Floridians to increase their chances of successfully quitting tobacco,” said Tobacco Free Florida Bureau Chief Shannon Hughes. “These resources can be the start of a healthier life for you, your family and your community. “

Tobacco Free Florida offers 3 Free & Easy Ways to Quit:

- **CALL:** Call the Florida Quitline at 1-877-U-CAN-NOW to speak with a Quit Coach who will help assess a user’s addiction and help create a personalized quit plan.
- **CLICK:** Enroll in the Web Coach®, which will help to create a web-based quit plan unique to each individual user, visit <https://www.quitnow.net/florida>.
- **COME IN:** Sign up for group classes at your local Area Health Education Center (AHEC) by calling (877) 848-6696 or visiting 5725 Corporate Way, Suite 208, West Palm Beach, 33407.

Florida Department of Health

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Since 2007, more than 93,400 Floridians have successfully quit using one of these free services. For more information, please visit www.tobaccofreeflorida.com.

ABOUT TOBACCO FREE FLORIDA

The Department's Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida's tobacco settlement fund.

Tobacco users interested in quitting are encouraged to use one of the state's three ways to quit. To learn more about Tobacco Free Florida and the state's free quit resources, visit www.tobaccofreeflorida.com or follow the campaign on Facebook at www.facebook.com/TobaccoFreeFlorida or on Twitter at www.twitter.com/tobaccofreefla.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.FLHealth125.gov for more information.

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ⁱ Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Prevalence and Trends Data, 2013. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.

ⁱⁱ U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010