

Delaware General Health District

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NEWS RELEASE

TOBACCO FREE COALITION SUPPORTS GREAT AMERICAN SMOKEOUT

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FOR IMMEDIATE RELEASE

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DELAWARE, Oh., Nov. 15, 2011 – The Great American Smokeout is coming up on Thursday, Nov. 17. The Tobacco Free Delaware County Coalition and the STAND UP! Leadership Team urge local smokers to take this opportunity to kick the habit.

The Great American Smokeout is held each November to encourage people to try to kick tobacco habits. This is the 36th nationwide observance. The smokeout grew out of separate one-day stop-smoking challenges issued in the 1970s by a Massachusetts high school guidance counselor and a Minnesota newspaper editor in their local communities. Locally, members of the Buckeye Valley High School Teen Institute plan a lunchroom display about the Smokeout inside their school.

The Tobacco Free Delaware County Coalition encourages smokers to call 1-800-QUIT NOW and get help setting a quitting plan and a quit date.

“This is a great time to quit smoking with winter approaching,” said Len Fisher, local Tobacco Free Coalition chairman. “You don’t want to have to go out in the cold because of this unhealthy habit. And if you remain tobacco-free, the odds are you will remain with us a lot longer than would otherwise be the case.”

Delaware County already enjoys the lowest smoking rate in Ohio, about 11 percent, according to the 2012 County Health Rankings which placed Delaware as Ohio’s healthiest county.

Membership in the Tobacco Free Delaware County Coalition is open to all adults and students. The Coalition meets over lunch on the third Tuesday of each month. The STAND UP!

Leadership Team involves high school students who want to live free of violence, tobacco, alcohol, and other drugs. The STAND UP! Team gathers for fun activities on the first and third Tuesday evenings of each month. Call the Delaware General Health District at 740-368-1700 to get involved.