

Delaware General Health District

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NEWS RELEASE

CONSIDER QUITTING SMOKING ON GREAT AMERICAN SMOKEOUT DAY

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FOR IMMEDIATE RELEASE

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DELAWARE, Oh., Nov. 17, 2009 – The Delaware General Health District, the Tobacco Free Delaware County Coalition, and local teen-agers in the STAND UP Leadership Team urge all smokers to consider quitting on Thursday, Nov. 19, the 34th annual Great American Smokeout day.

The American Cancer Society promotes the Smokeout every November as a way to prevent the leading cause of cancer. Smokers are much more likely than nonsmokers to develop cancer and other serious chronic diseases and to suffer premature death.

The Delaware County teen-agers in the local STAND UP Leadership Team plan to reach out to their smoking peers with some creative messages to convince them to quit. And smokers of all ages are encouraged to call the Ohio Tobacco Quit Line (1-800-QUIT NOW) to kick the habit or at least start making a plan to do so.

Research shows that people who stop smoking before age 50 can cut their risk of dying in the next 15 years in half compared with those who continue to smoke. Smokers who quit also reduce their risk of lung cancer – ten years after quitting, the lung cancer death rate is about half that of a continuing smoker's. Some of the health effects of quitting are almost instant, too – heart rate and blood pressure drop 20 minutes after quitting.

Local smokers are a shrinking minority. Only 16 percent of Delaware Countians smoke, according to the Delaware General Health District's most recent health assessment survey conducted in 2007. That is lower than the Ohio average, and a considerable improvement over the 22 percent rate reported in the 2002 survey.

Delaware Countians also led all 88 counties with the highest percentage of votes favoring Ohio's smoke-free workplace law in 2006.

Participation in the STAND UP Leadership Team is open to all local teen-agers. For more information, phone Katie Steinbrunner at 740-203-2084.