

November

GREAT AMERICAN SMOKEOUT

quit
SMOKING

Why is this important?

About 32.4 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. More than 16 million Americans live with a smoking-related disease. Quitting smoking isn't easy and it's important to have a plan. The Great American Smokeout on the third Thursday in November can be the start of a journey towards a smoke-free life.

What individuals can do :



If you smoke, take advantage of the American Cancer Society's resources for the support you need to quit. Get started [NOW!](#)



If you know someone who wants to quit smoking, encourage them to seek support through the American Cancer Society or the CDC.



Call 1-800-QUIT-NOW for free support.

Sources: American Cancer Society. <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

Centers for Disease Control and Prevention.

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>

Monthly Health Observances

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