



## **FOR IMMEDIATE RELEASE**

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CONTACT: Helena Janousek, Program Manager 308-345-4223

### **Husk the Habit: Break the Addiction & Be Smoke-Free!**

Are you ready to join the group of former smokers? Quitting can be intimidating, but with free resources like the Nebraska Tobacco Quitline, it can be so much easier. Southwest Nebraska Public Health Department (SWNPHD), the Nebraska Tobacco Quitline and other partners across the state are working together to Husk the Habit and connect tobacco users who are ready to quit with the resources to give them the best shot at success.

Each year on the third Thursday in November, the American Cancer Society sponsors the Great American Smokeout. This is an annual social engineering event to encourage Americans to stop tobacco smoking. The Great American Smokeout challenges smokers to quit cigarettes for 24 hours with the hopes that this decision will continue forever.

"It is never too late to quit. Start this year on November 18<sup>th</sup> and join the many former smokers like myself who successfully quit tobacco for good," states Helena Janousek, Program Manager at SWNPHD. "You can get the tools you need to be successful by calling 1-800-QUIT-NOW, talking with your healthcare provider, and building your support network."

#### **Why Quit?**

Many people enjoy tobacco. And most people also know its dangers. Reasons for quitting can be personal. Here are different ways of looking at your reasons for quitting tobacco.

- Pros and Cons - Look at the benefits and drawbacks of quitting tobacco. This can help you choose the best decisions for you.
- Smoking Calculator - Find out how much tobacco costs you both in dollars spent, and days of life that can be lost from tobacco use.
- Impact of quitting - Find out the benefits your body experiences 20 minutes to 15 years after you quit tobacco.
- Tobacco's Health Effects - Learn the different diseases and conditions that tobacco can cause for you and the people around you.

For help quitting, the Nebraska Tobacco Quitline is available at 1-800-QUIT-NOW (1-800-784-8669), and in Spanish at 1-855-DÉJELO-YA (1-855-335-3569). For additional resources and to learn more visit [QuitNow.ne.gov](https://www.quitnow.ne.gov). Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. Visit [swhealth.ne.gov](https://www.swhealth.ne.gov) or follow on Facebook, Instagram, and Twitter.

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