



206 West First Ave.
Hutchinson, Kansas 67501-5245
(620) 694-2929
Fax (620) 694-2928
www.renogov.org

Press Release

From: Sandra J. Milburn, Reno County Communications Specialist
620-694-2568 | sandra.milburn@renogov.org

The Great American Smokeout is Thursday, November 17

Reno County, Kan.- The [American Cancer Society's Great American Smokeout](#).[®] on November 17, 2022, is an opportunity for those who smoke or use tobacco to consider quitting, not only for one day, but for a lifetime. Those who participate will be joining thousands of others across the country in taking an important step towards living their best smokefree life. Visit with the Reno County Health Department in downtown Hutchinson on November 17th during the Third Thursday event near Avenue A Park. Learn about *KanQuit!*, *My Life My Quit*, the *Resist Program* and make a pledge for a healthy lifestyle change on the Pledge Board. There will be free cider and cocoa at the table.

Smoking is the leading cause of preventable death in the United States. Quitting is difficult, but chances of success are greatly improved with assistance. Those who use the free *KanQuit!* program by phone coaching and/or tobacco cessation products are twice as likely to successfully quit. All Kansans are eligible for 7 one-on-one coaching calls and 4 weeks of free Nicotine Replacement Therapy. This confidential help is available 24 hours a day, 7 days a week, at KSquit.org or 1-800-QUIT-NOW.

For youth looking to quit, *My Life, My Quit* is a free resource available to Kansas teens. Text "Start My Quit" to 36072 or call 855-891-9989 to speak with a coach who is ready to listen and offer encouragement or visit ks.mylifemyquit.org. Currently 22% of high school students are using e-cigarettes and 48.6% have tried e-cigarettes.

The Resist Program, a statewide, youth-led initiative created to reduce youth tobacco use in Kansas, is also working to educate peers and the community about the harmful effects of tobacco use. Youth not only participate in tobacco control prevention activities structured by this program, but they also help design and implement them using the Center for Disease Control and Preventions Best Practices for Youth Engagement. Reno County's three Resist Chapters are at Reno Valley Middle School, Fairfield High School and with the Rise Up Reno Prevention Network.

These programs are part of KDHE's Chronic Disease Risk Reduction grant. Reno County Health educators are available to speak with individuals or groups if they want more information on tobacco cessation. For more information, contact the Reno County Health Department at 620-694-2900.

To learn more about the Great American Smokeout, go to the CDC's web site:
<https://www.cdc.gov/tobacco/features/great-american-smokeout/index.html>

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