



## Great American Smokeout

The Great American Smokeout is on the third Thursday of November each year. This year it is November 20th.



Every year the day is used to encourage smokers to make a plan to quit, or to plan ahead and quit smoking on that day.

**Tobacco** use remains the single largest preventable cause of disease and premature death in the US, yet about 42 million Americans still smoke cigarettes, or about 1 in every 5 adults.

**Why Quit?** The health benefits of quitting start immediately from the moment of smoking cessation. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

**By quitting** even for one day, smokers will be taking an important step towards a healthier life; one that can lead to reducing the risk of cancer.

### The Benefits of Quitting



#### 20 Minutes after quitting

- ◆ Your heart rate and blood pressure drop.

#### 12 hours after quitting

- ◆ The carbon monoxide level in your blood drops to normal.

#### 2 weeks to 3 months after quitting

- ◆ Your circulation improves and your lung function increases.

#### 1 to 9 months after quitting

- ◆ Coughing and shortness of breath decrease.

#### 1 year after quitting

- ◆ The risk of coronary heart disease is half that of a smoker's.

#### 5 to 15 years after quitting

- ◆ The risk of stroke is reduced to that of a nonsmoker.

#### 10 years after quitting

- ◆ The risk of lung cancer falls to about half that of a smoker.

### Quitline Iowa

Call 1-800-QUITNOW

Or go online to register at: <https://www.quitnow.net/iowa>

If you have tried to quit before, try something different. Quitline Iowa Coaches can help you become an expert in living tobacco free with The 4 Essential Practices to Quit for life.

1. Quit at your own pace
2. Conquer your urges to smoke
3. Use medications so they really work
4. Don't just quit, become a non-smoker



QUITLINE IOWA  
1 800 QUIT NOW | 1 800 784 8669

## MARK YOUR CALENDAR!

- Scott County Health Department will be closed Tuesday, November 11, 2014 in observation of Veteran's Day.
- Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM Thursday, November 20, 2014.
- Scott County Health Department will be closed Thursday, November 27, 2014 and Friday November 28, 2014 in observation of Thanksgiving.

### OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

### OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.

## SCOTT COUNTY HEALTH DEPARTMENT

Scott County Administrative Center, 4th Floor

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Davenport, Iowa 52801-1030

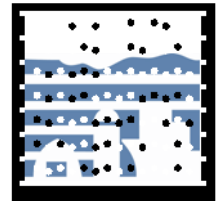
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**Public Health**  
Prevent. Promote. Protect.