

PUBLIC HEALTH CONNECTION



Great American Smokeout

History of the Event

Every year on the third Thursday in November we celebrate the Great American Smokeout (GASO). This event has been in existence for more than 40 years and is used as an opportunity for smokers to mark as their quit smoking day. Healthcare providers, community groups, businesses, and loved ones can encourage people to quit by first creating a quit plan and then using the GASO to begin their journey of living smoke-free. The Great American Smokeout event this year will be held on November 21st. Smokers can use the date as a challenge to themselves to quit for a day to see how it goes, then decide if they can keep going. Support those you love who smoke by telling them you care about them, gather some supporting quit tools, tips, and tricks that may help them to succeed and quit smoking for good. Lending a hand and supporting someone in quit attempts shows you care about them and their health. It may be the motivation needed to get them started.

Hard, but Doable

Quitting is hard for many people who smoke, but it is possible; many people quit. Yes, sometimes it may take someone several attempts before they quit for good. But each attempt should be a reminder of what worked and what didn't. It takes commitment by the person quitting. They should devise a plan to deal with cravings and stress, and get support and encouragement from others. It is strongly suggested that smokers talk to their doctors about proven cessation methods, like medications and counseling to quit. Quitline Iowa can provide the counseling and resources to create a plan. A person can enroll by calling 1-800-QUIT-NOW or online at www.quitlineiowa.org.



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- *Office Closed in Recognition of Veteran's Day, Monday, November 11, 2019*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, November 21, 2019.*
- *Office Closed in Recognition of Thanksgiving, Thursday, November 28 and Friday, November 29, 2019*

Links

- Quitline Iowa: www.quitlineiowa.org
- Tobacco Free Quad Cities: <https://www.scottcountyiowa.com/tfq>
- I-Smile™ Silver: <https://www.scottcountyiowa.com/health/oral-health/i-smile-silver>

Hospital Pneumonia and Oral Health

Mouth Germs Cause Infection

It is well known that during a hospital stay, most patients are not focused on daily **oral** care, which means that bacteria levels in their mouth could get very high. Due to the fact that hospital patients' natural defenses are typically weakened and they are less mobile, there is a greater risk to breathe those bacteria into their lungs causing an infection such as pneumonia. Gaining an infection while in the hospital that a person did not have when admitted can increase the number of days a person stays which increases the overall cost of care.

Breathe Easy: It's Simple!

Recent studies have shown that proper oral care while in the hospital can help prevent pneumonia and extended hospital days by as much as fifty percent. Think of it this way; quality oral care in the hospital is considered "infection control" so don't hesitate to ask for a toothbrush!



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