

What is the Great American Smokeout? Nov. 19th 2020

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. The Great American Smokeout is an opportunity for people who smoke to commit to healthy, smoke-free lives – not just for a day, but year-round. The Great American Smokeout event challenges people to stop smoking and helps people learn about the many tools they can use to help them quit and stay quit.

It's hard to quit tobacco

Addiction to nicotine in cigarettes is one of the strongest and most deadly addictions one can have. Quitting is hard for many people who smoke. It takes commitment and starts with a plan, often takes more than one quit attempt, and requires a lot of support. Often, the younger one was when he or she started to smoke, the more intense the addiction.

People who smoke are strongly advised to use proven cessation methods, such as prescription medications and counseling, to quit smoking. It's a good idea to talk to your doctor or pharmacist to get their advice.

Research shows that people who smoke are most successful in their efforts to stop smoking when they have support, such as:

- Telephone quitlines
- American Cancer Society Freshstart Program
- Nicotine Anonymous meetings
- Self-help books and materials
- Smoking counselors or coaches

- Encouragement and support from friends and family members

Using 2 or more of these measures to quit smoking works better than using any one of them alone.