



News Release

Orange County Promotes Smoking Cessation and Supportive Environments During the Great American Smokeout and Throughout the Year

Orange County, NC (November 21, 2013) – Each year on the third Thursday of November, The American Cancer Society promotes the Great American Smokeout as an inspiration for smokers to make a plan to quit or plan in advance the day they are going quit smoking. The purpose is to encourage smokers to take the first step towards a healthier life. The [Great American Smokeout website](#) offers smokers a number of resources, tips, and other information to help them quit for good.

“This year’s Great American Smokeout commemorates six years for me. I quit on the ‘smokeout’ in 2007 and am glad I did” shared Tracey, an Orange County employee and former smoker.

In Orange County, the Health Department offers the following cessation services all year long:

- Freshstart classes, which is a group-based quit smoking program offered by the American Cancer Society and is open to anyone in the county
- Individual counseling through the UNC Nicotine Dependence Program for Orange County employees
- Free nicotine replacement therapy for individuals participating in one of the above programs
- Access to the Quitline – 1-800-QUIT-NOW (1-800-784-8669), which provides individuals with access to a Quit Coach either on the phone or online

According to the [World Health Organization](#), “Along with the individual approach to treatment of tobacco dependence, a supportive environment is needed to encourage tobacco consumers in their attempts to quit.”

Orange County has embraced a comprehensive approach to tobacco prevention as well as cessation. With the implementation of Orange County’s [Smoke-Free Public Places Rule](#), residents and visitors can experience an environment that is supportive of smokers’ efforts to quit by minimizing the exposure to common triggers such as seeing other people smoke and/or smelling smoke.

“It is our ultimate goal to have a County where the norm is for people not to smoke. Through cessation services and our Smoke-Free Public Places policy, we are taking the steps to make that happen and ultimately make Orange County a healthier place for all who live, work, and or visit here” stated Health Director, Dr. Colleen Bridger.

For information about smoking cessation services and Orange County’s Smoke-Free Public Places Rule, people can call the Smoke-Free OC Help Line at (919) 245-2480 or visit our website <http://orangecountync.gov/health/smoke-freepublicplaces.asp>.

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