

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

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Tobacco Free Florida Can Double Your Chances of Quitting Smoking
- Floridians Are Encouraged to Make a Quit Plan During the Great American Smokeout -

TALLAHASSEE – The Great American Smokeout is Thursday, Nov. 20 and the Florida Department of Health’s Tobacco Free Florida program is encouraging tobacco users across the state to plan in advance to quit on that day or to use the day to make a quit plan. The Great American Smokeout, sponsored by the American Cancer Society, is currently in its 39th year. The observance raises awareness about the dangers of smoking and the many effective resources available to successfully quit.

“Though the prevalence of adult and youth smoking in Florida continues to decline we must remain vigilant in our efforts to help Floridians end their use of cigarette products,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “When you make the decision to quit you are taking a step in the right direction to improve health for yourself, your loved ones and your community.”

While quitting tobacco is difficult, it is not impossible. There are more former smokers in Florida than there are current smokers.ⁱ Those who have tried to quit in the past but relapsed are encouraged to try again. Many former smokers make several attempts before quitting permanently.ⁱⁱ

Tobacco Free Florida offers 3 Free & Easy Ways to Quit:

- **CALL:** Call the Florida Quitline at 1-877-U-CAN-NOW to speak with a Quit Coach who will help assess a user’s addiction and help create a personalized quit plan.
- **CLICK:** Enroll in the Web Coach®, which will help to create a web-based quit plan unique to each individual user, visit <https://www.quitnow.net/florida>.
- **COME IN:** Visit AHEC’s website, <http://ahectobacco.com>, to locate a local AHEC and sign up for Quit Smoking Now group classes.

ABOUT TOBACCO FREE FLORIDA

The Department’s Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida’s tobacco settlement fund. Tobacco users interested in quitting are encouraged to use one of the state’s three ways to quit. Since 2007, more than 93,400 Floridians have successfully quit using one of these free services. To learn more about Tobacco Free Florida and the state’s free quit resources, visit www.tobaccofreeflorida.com or follow the campaign on Facebook at www.facebook.com/TobaccoFreeFlorida or on Twitter at www.twitter.com/tobaccofreefla.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.FLHealth125.gov for more information.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit www.floridahealth.gov.

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ⁱ Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Prevalence and Trends Data, 2013. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.

ⁱⁱ U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010