



Greene County Public Health

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Press Release

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Greene County Public Health Encourages Smokers To Quit Smoking During The Annual Great American Smokeout®

XENIA, OH – Greene County Public Health (GCPH) is inviting everyone in Greene County to commit—or recommit—to living smoke-free by joining the American Cancer Society's (ACS) **Great American Smokeout®** on **Thursday, November 20, 2025**.

Quitting smoking is not easy. It takes time and a plan. You don't have to quit all at once—just start with day one. The Great American Smokeout is a perfect day to start your journey toward a healthier, smoke-free life. Thousands of people across the country will also be taking this step to reduce their risk of cancer and improve their health.

For anyone who uses tobacco or nicotine, quitting is the most important thing you can do for your health. Whether you are a teen, a young adult, or someone who has smoked for years, GCPH supports you in taking the first steps to make a plan to quit.

Tobacco use is still the leading preventable cause of disease, disability, and death in the United States. According to the Centers for Disease Control and Prevention (CDC), in 2022, about 28.8 million U.S. adults reported smoking cigarettes. In Ohio, about 17% of adults smoke cigarettes, and nearly 9% use e-cigarettes. Locally, the 2023 Greene County Community Health Assessment found that 10% of adults smoke and 6% use e-cigarettes.

While smoking rates have gone down over time, tobacco use is still a major cause of preventable disease and death. The Great American Smokeout is a reminder that quitting—even for just one day—is a big step toward a healthier life.

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday in November. The event encourages people to commit to smoke-free lives—not just for a day, but for the whole year.

The ACS also offers Empowered to Quit, a program that helps people plan their quit date, manage cravings,

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deal with withdrawal, and stay motivated. Participants get helpful emails and tools for every step of their journey.

Quitting smoking has many benefits—some almost immediately. People who quit often get sick less, have fewer colds or flu, and feel healthier overall. Just 20 minutes after quitting, your heart rate and blood pressure drop. In 12 hours, carbon monoxide in your blood drops to normal. Within 2 weeks to 3 months, your circulation improves and your lungs work better.

In addition to quitting, annual lung cancer screenings are recommended for some people. The American Cancer Society recommends yearly screening for people 50 to 80 years old who smoke or used to smoke and have a long history of smoking.

GCPH works with the American Cancer Society, which is available 24/7 to support anyone who wants to make a plan to quit. Learn more at cancer.org/smokeout or by calling 1-800-227-2345.

“At Greene County Public Health, we want everyone in our community to be healthy and happy,” said Laurie Fox, Public Information Officer. “During this year’s Great American Smokeout®, we hope everyone will join us—and encourage their friends, family, and coworkers—to commit to smoke-free, nicotine-free lives.”

If you need help quitting, call Ohio’s Tobacco Quit Line at 1-800-QUIT-NOW.

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