

# Annual Smokeout encourages people to not light up again

The American Cancer Society is marking the 36th annual Great American Smokeout on Nov. 17.



“Smokers who participate in the Great American Smokeout by not smoking on Nov. 17 take an important step toward a healthier life and the possibility of quitting for good,” Christy White, supervising health education coordinator for the El Dorado County Tobacco Use Prevention Program, said in a statement.

According to White, Californians have seen dramatic changes in tobacco use and related policies over the past twenty years.

An estimated 11.9 percent of California adults and 16.8 percent of El Dorado County adults smoke.

White admits that quitting smoking can be difficult, but emphasizes that it can be done. “To be successful in quitting, you need to know what you’re up against, what your options are, and where to go for help,” she said.

Many resources are available to help smokers quit, including the California Smoker’s Helpline.

For additional resources, including locations of local stop smoking classes, call (530) 621.6142.