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**DOH-PINELLAS JOINS IN CELEBRATING
40TH ANNUAL GREAT AMERICAN SMOKEOUT**

Tobacco Free Florida Has Proven-Effective Resources to Help You Quit

The Thursday before Thanksgiving--Nov. 19 this year--is [the Great American Smokeout](#), an annual event to encourage smokers to quit for a day. Quitting for a day can encourage smokers to quit for good.

Florida's tobacco users are fortunate to have access to free and proven-effective resources that double their chances of successfully quitting via the Florida Department of Health's Tobacco Free Florida program.

A growing body of evidence demonstrates that Tobacco Free Florida is not only educating Floridians about the dangers of tobacco use, but is effectively helping them quit and stay tobacco free. Since it launched in 2007, adult smoking prevalence has decreased from 21.1 percent in 2006 to 17.6 percent in 2014.

"Florida is proud to be a leader in educating tobacco users about the dangers of smoking and providing effective resources to help them quit," said State Surgeon General and Secretary of Health Dr. John Armstrong. "While adult smoking prevalence is on the decline, we must continue to save lives by preventing tobacco-related disease."

The Florida Department of Health in Pinellas County (DOH-Pinellas) provides resources to help smokers quit at <http://pinellas.floridahealth.gov/programs-and-services/wellness-programs/tobacco-prevention/index.html>.

Its Tobacco Free Coalition meets on the first Tuesday in February, May, August and November at the Community Conference Room, 8751 Ulmerton Rd., Largo 33771.

DOH-Pinellas also has a Students Working Against Tobacco (SWAT) task force that brings young people together to encourage other young people not to start using tobacco products.

Having a comprehensive quit plan increases a tobacco user's success rate in quitting. Tobacco Free Florida's resources are free and easy to access:

(more)

- **CALL:** Call Tobacco Free Florida at 1-877-U-CAN-NOW to speak with a Quit Coach® who will help you assess your addiction and help you create a personalized quit plan.
- **CLICK:** Tobacco Free Florida's online cessation tool can be accessed at tobaccofreeflorida.com/webcoach.
- **COME IN:** Local face-to-face help is available with the help of Area Health Education Centers, find one near you at tobaccofreeflorida.com/ahec.

For more information, please visit www.tobaccofreeflorida.com.

More than 126,000 Floridians have already successfully quit using one of Tobacco Free Florida's cessation resources. Former smokers who have used Tobacco Free Florida to quit are encouraged to share their story to inspire others looking to quit. Visit www.tobaccofreeflorida.com/quitandtell.

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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 126,140 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. 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.