

THE GREAT AMERICAN SMOKEOUT

November 21, 2024

The Great American Smokeout is an opportunity for people who smoke to commit to healthy, smoke-free lives – not just for a day, but year-round. The Great American Smokeout event challenges people to stop smoking and helps people learn about the many tools they can use to help them quit and stay quit.

While cigarette smoking rates have dropped, about 37.8 million Americans smoke cigarettes. About half of all Americans who keep smoking will die because of their smoking. Each year more than 480,000 people in the United States die from illnesses caused by smoking. This means each year smoking causes about 1 out of 5 deaths in the US. Cigarette smoking is the leading cause of cancer death in the United States, accounting for 29% of all cancer deaths.



How to Quit Using Tobacco

The US Surgeon General has said, “Smoking cessation [stopping smoking] represents the single most important step that people who smoke can take to enhance the length and quality of their lives.”

Quitting is hard, but you can increase your chances of success with help. To learn about the available tools, call the American Cancer Society at 1-800-227-2345. You can also find free tips and tools on the [American Cancer Society website](#).