

NEWS RELEASE
November 16, 2010

MASON COUNTY COMMISSIONERS
411 NORTH 5TH ST
SHELTON, WA 98584

TO: KMAS, KRXY, SHELTON-MASON COUNTY JOURNAL, THE OLYMPIAN, SHELTON CHAMBER OF COMMERCE, NORTH MASON CHAMBER OF COMMERCE, CITY OF SHELTON, ECONOMIC DEVELOPMENT COUNCIL, THE SUN

RE: Great American Smoke Out 2010

Shelton SADD Club, Mason County Public Health and Miss Washington USA
Picking Up BUTTS

“The Great American Smoke Out Day” will take place on Nov 18, 2010.

The American Cancer Society is marking the 35th [Great American Smokeout](#) on November 18 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Quitting smoking has immediate as well as long-term benefits for you and your loved ones.

Tobacco use could kill one billion people worldwide during this century. Tobacco use remains the single largest preventable cause of disease and premature death in the United States. Each year, smoking accounts for an estimated 438,000 premature deaths, including 38,000 deaths among nonsmokers as a result of secondhand smoke exposure. Half of all Americans who continue to smoke will die from smoking-related diseases.

Especially troubling is the rising prevalence of tobacco use among young people in Mason County. In 2008, 22% of Mason County 10th grade girls reported smoking, compared to the state average of 14%. 21.6% of 10th Grade males use smokeless tobacco. The state average is 10.5%. Youth, who use tobacco, are more likely to get lower grades in school and use other drugs.

This year the Shelton Jr. High and High School Students Against Destructive Decisions (SADD) Club and Mason County Public Health are sponsoring a Cigarette Butts Pick up event to enlighten our community of the dangers of smoking at the Shelton Skate Park on November 18th at 3:15PM.

Miss Washington USA Angelina Kayyalaynen will be speaking at the Jr. High and providing support during lunch breaks assisting SADD Club members with encouraging teens to not start smoking or quit if they have started. Other community leaders will be on hand to assist in the clean up.

The Quit Line provides support in creating a quit plan and accessing cessation medication, if needed. Call 877-270-7867 for help.

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