

Panhandle

Public Health District

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For immediate release

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The Great American Smokeout

Join the Great American Smokeout on November 20 and Take the First Step Toward a Tobacco-Free Life

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout (GASO) on November 20, 2025, be your day to start your journey toward a tobacco-free life, or celebrate those who have already quit. You'll be joining thousands of people who use tobacco across the country in taking an important step toward a healthier life and reducing your cancer risk.

Tobacco is the leading preventable cause of death in the United States. The Nebraska Department of Health and Human Services states, in Nebraska, an estimated 2,500 people die prematurely as a result of tobacco use each year. In addition, at least 75,000 Nebraskans are suffering from at least one serious smoking-related illness.

Want to start quitting tobacco or vaping on the day of the Great American Smokeout but aren't sure where to start? The Nebraska Tobacco Quitline 1-800-QUIT-NOW (1-800-784-8669) is here to help you. This service is available at no cost to all residents of Nebraska and provides 24/7 access to quit coaches and additional resources to assist you in quitting. In addition, you could qualify for six weeks of free quit tobacco medication which can be mailed directly to your home.

The Quitline is...

- Free!
- Self-paced and customized for each person. You decide the details of your coaching plan such as how often you speak with a quit coach and whether you use quit medications.
- Staffed by coaches who are trained to help you quit for good.



- Also available for individuals wishing to quit any type of tobacco, including vaping or e-cigarettes. E-cigarettes are sometimes called e-cigs, vapes, e-hookahs, vape pens and electronic nicotine delivery systems (ENDS).

Know that you are not alone when it comes to the fight to quit tobacco. Let the Great American Smokeout help you quit by joining others who have decided to take their health back. Did you know that even just after 20 minutes of quitting smoking, your heart rate and your blood pressure drop? Up to three months after quitting your lung functions and your general circulation improve. Let this day help you start a new health journey and let the Nebraska Tobacco Quitline help you reach the finish line.

To request further information on the Nebraska Tobacco Quitline or other quitting resources, please visit pphd.ne.gov or call 308-279-3496.

The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District. The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

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