



# Community Feature Human Services

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**FOR IMMEDIATE RELEASE**

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## **SHARE QUITTING STORIES FOR GREAT AMERICAN SMOKEOUT**

As part of the American Cancer Society's [Great American SmokeOut](#) on Thursday, November 21, 2013, [Wake County's Project ASSIST](#) is looking for people who quit smoking as a result of the 1964 U.S. Surgeon General's Report to share their stories. Project ASSIST is a community coalition that focuses on educating the community on the harmful effects of smoke exposure.

January 11, 2014, will be the 50th anniversary of the first U.S. Surgeon General's Report on Smoking and Health. The report showed a direct link between smoking and lung cancer and a likely contribution to heart disease.

According to the [Centers for Disease Control and Prevention](#), tobacco use remains the single largest preventable cause of disease and premature death in the U.S. Smoking also increases the damage of chronic diseases such as diabetes and asthma, and can increase the risk of stroke.

About 43.8 million Americans smoke cigarettes, 13.2 million smoke cigars and 2.2 million smoke tobacco in pipes. One out of five North Carolina adults smokes cigarettes.

To submit a story, send an email to Project ASSIST coordinator Ronda Sanders at [ronda.sanders@wakegov.com](mailto:ronda.sanders@wakegov.com) or call 919-431-4026. For more information about Project ASSIST or strategies on how to quit smoking, visit [wakegov.com/humanservices/publichealth/information/promotion/Pages/tobacco](http://wakegov.com/humanservices/publichealth/information/promotion/Pages/tobacco).

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