

NH Department of Health and Human Services  
129 Pleasant Street – Hugh Gallen State Office Park  
Concord, NH 03301

**PRESS RELEASE**  
**FOR IMMEDIATE RELEASE**  
**November 19, 2020**

**FOR MORE INFORMATION**  
Public Information Office  
603-271-9389 or [pio@dhhs.nh.gov](mailto:pio@dhhs.nh.gov)

## **NH DHHS Encourages Granite Staters to Quit Smoking During the Great American Smokeout**

**Concord, NH** - The NH Department of Health and Human Services (DHHS) encourages New Hampshire residents to join Americans all across the country to quit smoking on November 19, 2020, during the American Cancer Society's Great American Smokeout to start a healthy, smoke-free life.

Smoking continues to be the leading cause of preventable death in the United States and New Hampshire. Smoking weakens your immune system, lowering your body's ability to fight off disease. Adults who smoke have a higher risk of severe illness from lung infections like the flu or COVID-19.

If you smoke, the best choice for your lung health is to quit. Benefits like increasing oxygen to the lungs start immediately after quitting smoking. You can be on the path to healthier lungs and a healthier life by setting your quit date. By making a commitment to quit this November 19th, you are protecting your future health and lowering your risk for serious lung disease.

"In New Hampshire, approximately 15.9% of adults smoke cigarettes. The most important thing people who smoke can do to improve their health is to quit smoking," said Dr. Sai Cherala, DPHS Bureau Chief of Population Health and Community Services. "The Great American Smokeout is a perfect time to make a quit plan with a specially trained and confidential Quit Coach at [QuitNow-NH](https://www.QuitNowNH.org)."

Evidence shows that quitting tobacco is a process that starts with a reason to quit followed by a plan to get support. To increase your chances of successfully quitting, call 1-800-QUIT-NOW or log into [www.QuitNowNH.org](https://www.QuitNowNH.org) to enroll in the free Quit Coach Program that provides nicotine replacement patches, lozenges and gum to eligible individuals.

###