

GEORGE LATIMER, Westchester County Executive

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FOR IMMEDIATE RELEASE
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WESTCHESTER COUNTY PROMOTES GREAT AMERICAN SMOKEOUT

Westchester County Department of Health Promotes Tobacco Cessation on November 21

(White Plains, NY) – It is never too late to quit smoking, and this is underscored by the American Cancer Society’s Great American Smokeout on Thursday, November 21.

According to the Centers for Disease Control and Prevention (CDC), lung cancer kills more people than any other cancer, and cigarette smoking is the number one risk factor. The American Cancer Society promotes the third Thursday in November as the Great American Smokeout, and the Westchester County Department of Health encourages County residents to participate by quitting smoking or vaping.

Health Commissioner Sherlita Amler, MD, said: “If you are still smoking or vaping, today is a great time to stop. I urge you to join the Great American Smokeout. Find a support group, and tell your friends and family so they can encourage you.”

Current smokers or those who quit within the past 15 years, but who smoked the equivalent of a pack a day for 20 years or two packs a day for 10 years, are advised to ask their doctor for an annual lung cancer screening, which is covered by most insurance.

Support for those who want to quit is available with support from County Executive George Latimer’s Westchester Tobacco Free Programs as follows:

- In Mount Vernon: Westchester Community Health Center, Ndeye Yacine Loum, 914-699-7200 x 1504; nloum@wchchealth.org
- In New Rochelle: United Community Center of Westchester, (se habla español), Saida Agustin, 914-813-2896, info@uccenter.org
- In White Plains: The Loft LGBTQ+ Community Center, Darby Allison-Dugue, 914-948-2932, x 13, darby@loftgaycenter.org

- In Yonkers: City of Restoration Ministries, Pastor Theresa Fraser, cityofrestorationyonkers@gmail.com
- In Yonkers: Prophet Elias Greek Orthodox Church, Rev. Nikolas Delaveris, 914-963-3638, fathernikolas@prophetelias.org

Additional resources are as follows:

- NYS Smokers' Quitline - 1-866-NYQUITS (1-866-697-8487)
- Centers for Disease Control - 1-800-QUIT-NOW
- American Cancer Society support groups - 1-800-277-2345
- American Lung Association - find a clinic near you, call 1-800-LUNGUSA
- [Find Meeting | Nicotine Anonymous \(nicotine-anonymous.org\)](http://nicotine-anonymous.org) for online or phone meetings

To reduce youth tobacco use in Westchester, the County Health Department partners with community organizations to support these efforts:

- Youth Ambassadors in the *Know Better, Live Better* program lead discussions with their peers about the risks of tobacco and vapes;
- Through games and activities, the *Tar Wars* program, from the American Academy of Family Physicians, raises awareness among fourth and fifth graders about tobacco marketing to kids and emphasizes the consequences of tobacco use;
- The Department also has added staff and ramped up enforcement of the *Adolescent Tobacco Use Prevention Act* program in partnership with the Public Safety Park Ranger cadets and collaborates with the County Police on a school-based prevention program.

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