



November 21 is the Great American Smokeout

[The American Cancer Society](#) sponsors the Great American Smokeout on the **third Thursday of November**, challenging smokers to give up cigarettes for 24 hours.

Did you know? Smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths.

Discover the short- and long-term benefits of quitting smoking.

Short-term Benefits of Quitting Smoking

- Heart rate and blood pressure, which are abnormally high while smoking, begin to return to normal.
- Twelve hours after quitting, the carbon monoxide level in your blood drops to normal. Carbon monoxide reduces the blood's ability to carry oxygen.
- Within two weeks of quitting, you might notice it's easier to walk up the stairs because you may be less short of breath. Cilia, tiny broom-like hairs that clean your lungs, start to regrow and regain normal function very quickly after you quit smoking.
- Within several months of quitting, people can expect substantial improvements in lung function.

Long-term Benefits of Quitting Smoking

- Quitting reduces the risk of cancer, heart disease and Chronic Obstructive Pulmonary Disease (COPD).
- Regardless of age, you are less likely to die from a smoking-related illness than those who continue to smoke.

Prepare an Action Plan to Quit

1. **Set a quit date.** Pick a date within the next two weeks. Don't choose a day where you know you will be busy, stressed or tempted to smoke.
2. **Tell family and friends.** Explain to them how they can help you quit and what your triggers are. Quitting is easier when you have support.
3. **Anticipate and plan for challenges.** Cravings and withdrawal are common. Avoid triggers – specific persons, places or activities that make you feel like smoking.
4. **Remove cigarettes and lighters from your home, work, and car.** Don't save one pack of cigarettes "just in case." Remove the smell of smoke by cleaning your clothes, car, and home.
5. **Talk with your doctor or pharmacist about nicotine replacement therapy (NRT)** options, such as gum, patches, or lozenges.
6. **Reward yourself.** Celebrate being smoke free for 24 hours, one week and one month. Treat yourself with a nice dinner or any other fun smoke-free activity.

Diabetes Awareness Month Events:

Register Now for the last webinar! Today at Noon!

Everything is better with prizes, right? Each week, Level Up will raffle off the following:

- **One Ninja Professional Food Processor**
- **One Apple HomePod Mini**
- **One \$100 Gift Card**

Here are the winners for Week 2

- Gabriel McConnell ~ Department of the Environment
- Rayann Otto-Anderson ~ Office of Procurement
- Verdies Nicks ~ Circuit Court

To be entered into the drawing each week, you must register and attend at least one webinar that week. Prize winners will be announced during the weekly Wellness Wednesday newsletters. Prizes will be distributed at the end of the Diabetes Awareness Campaign.

Additional Resources:

- [Omada Health](#)
- [Centers for Disease Control and Prevention](#)
- [U.S. Food & Drug Administration](#)
- [Cigna members](#)
- [Kaiser Permanente members](#)

Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on mindfulness and mental health — [free webinars](#) available to all employees. Register and tune in!

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