

# Press Release



Hamilton County Health Department

Web: [health.hamiltontn.org](http://health.hamiltontn.org)

**\*\*FOR IMMEDIATE RELEASE\*\***

November 16th, 2023

## **Hamilton County Health Department & Chattanooga Parks and Outdoors to Host Great American Smoke Out Event November 19<sup>th</sup> to Encourage Smokers to Quit Smoking**

HAMILTON COUNTY, TN – The Hamilton County Health Department and Chattanooga Parks and Outdoors will host a [Great American Smoke Out \(G.A.S.O.\)](#) event this Sunday, November 19<sup>th</sup>, from 1 p.m. to 4 p.m. at the Chris L. Ramsey SR. (Brainerd) Recreation Center. The [G.A.S.O. event](#) is an opportunity for people who smoke to pledge to be smoke-free for 24 hours and commit to healthy, smoke-free lives – not just for a day but year-round.

According to the [CDC](#), 11,400 adult Tennesseans die from smoking-related illnesses each year, and smoking is the leading cause of preventable diseases, disability, and death in the United States.

“The goal of this event is not only to encourage adults to take that first step toward quitting,” says Jordan Armstrong, Public Health Educator for the Health Department’s Tobacco Prevention & Cessation Program, “but also to open the door to much-needed conversations with parents and their teens about the dangers of nicotine.”

“Quitting smoking may save your life,” says Jeanette Wyatt, Public Health Educator for the Health Department’s Tobacco Prevention & Cessation Program. “The Great American Smoke Out is an event that allows us to meet people where they are in their community and bring education and awareness towards quitting smoking and prevention. Our goal is to help decrease this significant health burden in our community. Take the pledge to be smoke-free for 24 hours with us for your health and the people who mean the most to you.”

### **Event Details:**

- Sunday, November 19<sup>th</sup>
- 1 p.m. – 4 p.m.
- Chris L. Ramsey Sr. Recreation Center - 1010 N Moore Rd, Chattanooga, TN 37411
- Smoking cessation resources and education
- Free haircuts
- Free boxed lunches for the first 100 people
- Free raffle to win a frozen turkey
- Question about the event? Please call 423-209-8088.

### **Additional resources**

- Questions? Call the Health Department Hotline at 423-209-8383.
- For Health Department information, visit: [Health.HamiltonTN.gov](http://Health.HamiltonTN.gov)
- To read this information in Spanish, visit the Health Department’s Spanish Facebook page at <https://www.facebook.com/SaludHamiltonTN>