

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

Join the Great American Smokeout - November 21

If you smoke, join the millions of Americans who are expected to quit smoking for a day or longer as part of the Great American Smokeout on Thursday, November 21, 2002.

Quitting smoking is a very difficult to accomplish on your own. For people thinking about quitting smoking, the Great American Smokeout is a nationally recognized event that challenges people to stop using tobacco and highlights the many effective ways to quit for good. The American Cancer Society (ACS) sponsors the annual event.

According to ACS, research shows that smokers are most successful in kicking the habit permanently when they have some means of support such as nicotine replacement therapy, counseling, guide books, and the encouragement of friends and family members. It is important to remember that there is no right way to quit, but there are some key elements to quit smoking successfully notes ACS.

The following four factors are crucial:

- Making the decision to quit
- Setting a quit date and choosing a quit plan
- Dealing with withdrawal
- Maintenance or staying quit

The Centers for Disease Control and Prevention's Office on Smoking and Health offers very good reasons for quitting smoking:

- You will live longer and live better.
- Quitting will lower your chance of having a heart attack, stroke, or cancer.
- If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- The people you live with, especially your children, will be healthier.
- You will have extra money to spend on things other than cigarettes.

For more information and resources on how to quit, contact:

American Cancer Society
"The Complete Guide to Quitting"
(800) 227-2345 <http://www.cancer.org>

American Lung Association
(800) 586-4872
"Freedom From Smoking® Online" program free at website
<http://www.lungusa.org>.

Office on Smoking & Health CDC National Center for Disease Prevention and Health Promotion
"How to Quit Guides" (800) CDC-1311 <http://www.cdc.gov/tobacco/>

National Adult Immunization Awareness Week, October 13-19, 2002

This year's National Adult Immunization Awareness Week (NAIAW) will be October 13-19. NAIAW highlights the influenza vaccination season, which typically begins in early fall of each year. NAIAW emphasizes the need for health-care providers and public health officials to intensify their efforts to vaccinate adults and adolescents according to recommendations of the Advisory Committee on Immunization Practices. In addition to specifying the appropriate use of influenza and pneumococcal vaccines for adults and adolescents, the recommendations cover vaccination of adults and adolescents against diphtheria, hepatitis A and B, measles, mumps, rubella, tetanus, meningococcal disease, and varicella. Information about NAIAW is available from the National Foundation for Infectious Diseases, the National Coalition for Adult Immunization, and the National Partnership for Immunization, 4733 Bethesda Avenue, Suite 750, Bethesda, MD 20814; telephone, 301-656-0003; fax, 301-907-0878; e-mail, ncai@nfid.org; and online at <http://www.nfid.org> or <http://www.partnersforimmunization.org>. Additional information about influenza, the influenza vaccine, and influenza education materials is available at <http://www.cdc.gov/nip/flu>.

The best way to cheer yourself up is to cheer everybody else up - Mark Twain