



Phone (410) 871-7645

Fax (410) 871-6325

www.HealthyCarroll.org

535 Old Westminster Pike,

Suite 102

Westminster, Maryland 21157

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Contact: Dawn Eldridge, 410-876-4984

deldridge@dhhm.state.md.us

New Tobacco Facts Released in Time for Great American Smokeout

Westminster, Md. – (November 17, 2009) – The Partnership for a Healthier Carroll County encourages smoke-free and tobacco-free living for all residents of Carroll County. The national Great American Smokeout is dedicated to helping smokers commit to making a long-term plan to quit smoking for good. In recognition of the 34th Great American Smokeout on November 19, The Partnership is calling attention to tobacco statistics recently released by the U.S. Centers for Disease Control (CDC).

According to the November 13 CDC's *Morbidity and Mortality Weekly Report*, cigarette smoking continues to be the leading cause of preventable morbidity and mortality in the United States. About one in five U.S. adults smoked in 2008, roughly the same as in 2007. The national smoking rate has declined by 3.5 percentage points since 1998, but significant year-to-year decreases have been sporadic. Smoking continues to be linked to economic status, cultural background, race, and educational status. About half of all smokers have a high school education or less. Smoking rates vary by state, and in 2008 ranged from 9.2% in Utah to 26.6% in West Virginia, according to the CDC article entitled "State-Specific Secondhand Smoke Exposure and Current Cigarette Smoking Among Adults." The 2008 rate of smoking in Maryland was 14.9%, which is below the 18.4% median rate for all states.

In Carroll County the percentage of adults who reported smoking cigarettes was 12% in 2008, the most recent year the survey was taken. About 10% said they were daily smokers, and another 2% said they smoke some days but not every day (Maryland Behavioral Risk Factor Surveillance System, 2008 Survey Results).

The Partnership urges tobacco users and their families to get the facts and tools they need to begin a smoke-free way of life. The Carroll County Health Department offers free quit-tobacco classes and other resources. Call 410-876-4429 for current information and class locations. Another excellent resource is the [Smoke-Free Carroll County](http://www.healthycarroll.org/smokefreecarrollcounty/) web site at www.healthycarroll.org/smokefreecarrollcounty/.

The Partnership for a Healthier Carroll County, Inc., an affiliate of Carroll Hospital Center and the Carroll County Health Department, is a private, nonprofit community led organization that seeks to build capacity for both health and quality of life improvement.

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