

PROCLAMATION
Great American Smokeout®
November 15, 2018

WHEREAS, the Johnson County Board of Supervisors is dedicated to promoting and protecting the health of Johnson County citizens; and

WHEREAS, the American Cancer Society marks the Great American Smokeout® on the third Thursday of November each year; and

WHEREAS, secondhand smoke is a major health hazard, proven to cause lung cancer, heart disease, emphysema and other debilitating health conditions in adults, as well as chronic ear infections, asthma and other respiratory conditions in children; and

WHEREAS, since 1977, millions of people who use tobacco have participated in the Great American Smokeout® by making a plan to quit because quitting is a process that often takes time and requires a lot of support; and

WHEREAS, a significant number of those who made a plan to quit and gathered support were able to end the addiction entirely and this demonstration of success suggests that the Great American Smokeout® has potential for improving health; and

WHEREAS, there are numerous health benefits to quitting, including increased blood oxygen levels; decreased risk of heart attack, heart disease, and lung cancer; increased lung capacity and function; and substantial cost savings to individuals and Iowa's health care system.

NOW, THEREFORE, be it resolved that we, the Johnson County Board of Supervisors, do hereby proclaim the third Thursday in November—November 15, 2018—as the day of the

Great American Smokeout®

in Johnson County, and urge all tobacco users to demonstrate they CAN quit and to encourage youth not to ever start by joining the American Cancer Society's Great American Smokeout®. All residents are asked to join the campaign and to educate themselves, family and friends about the dangers of tobacco use and exposure and support a loved one in their endeavor to quit.

Signed this 15th day of November, 2018, in Johnson County, Iowa.

Mike Carberry, Chairperson
Johnson County Board of Supervisors

