

PUBLIC HEALTH CONNECTION



Great American Smokeout

The Great American Smokeout

The Great American Smokeout (GASO) will be held on November 21, 2020, so make this your year to quit tobacco. Every year, on the third Thursday in November, we challenge tobacco users to quit for the day. Since there are lung issues related to COVID-19, your lung health should be a priority now, more than ever before.

The Great American Smokeout began in the 1970's, when a High School guidance counselor in Massachusetts challenged people to quit tobacco for 24 hours. He then asked that they donate the money saved from not purchasing tobacco to a scholarship fund for the high school. The event then began to go national in 1977. Also, during this time, the public view of tobacco advertising and the impacts of tobacco use were beginning to evolve.

Every year the Great American Smokeout draws attention to preventing death and chronic diseases caused by tobacco use. Though smoking rates have dropped, almost 38 million Americans still smoke tobacco, and about half of all smokers will die from smoking-related diseases, unless they quit. Every year more than 480,000 people in the U.S. die from a smoking-related illness.

Quitline Iowa Can Help

Quitting tobacco or vaping is a process, but success is possible with the right support. The Quitline provides free phone counseling with trained tobacco treatment specialists, who will help you develop a plan. You should also talk to your healthcare provider if you have concerns about your health. Quitting before the holidays would be a gift to yourself and to your family. Give the gift of better health! Call 1-800-QUIT-NOW. Or find online at: quitlineiowa.org



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- *Office Closed in Recognition of Veteran's Day, Wednesday, November 11, 2020*
- *Scott County Board of Health Meeting, via WebEx, 12:00 PM, Thursday, November 19, 2020*
- *Office Closed in Recognition of Thanksgiving, Thursday, November 26 and Friday, November 27, 2020*
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Links

- [Tobacco Free Quad City Coalition](#)
- [Iowa Students for Tobacco Education and Prevention](#)
- [Quit Vaping Resource for Teens](#)
- [Scott County Childhood Lead Poisoning Prevention Program](#)
- [Live Lead Free Quad Cities](#)
- [CDC Childhood Lead Poisoning Prevention Program](#)

Child Lead Testing

The CDC reports that 3.6 million US children under 6 years of age are living in homes with lead hazards. Of those, thousands of children have high blood lead levels that may cause health problems. They can develop behavior and learning problems (such as hyperactivity), hearing problems, aggressive behavior, and their growth may slow down. Stopping a child's exposure to lead from paint chips, house dust, or any other source is the best way to prevent the dangerous effects of lead.

What Can You Do?

Get the Facts: Exposure to lead can seriously harm a child's health

Get Your Home Tested: Homes and buildings built before 1978 likely contain lead-based paint

Get Your Child Tested: A simple blood test can find lead poisoning

[Scott County Childhood Lead Poisoning Prevention Program](#)

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