



ALLEGHENY COUNTY

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***Live Well Allegheny* and Tobacco Free Allegheny Celebrate Tobacco Cessation Week**

PITTSBURGH – *Live Well Allegheny*, Tobacco Free Allegheny, and supporting partners have joined together for the fourth annual [Allegheny Quits for Life Cessation Awareness Week](#) in Allegheny County, this November 11-17. Allegheny Quits for Life Cessation Awareness Week is a week-long series of events and communications designed to support residents' efforts to quit smoking and using tobacco products.

"We have seen a decrease in smoking rates in Allegheny County in recent years, from 23% down to 19%, but Allegheny County, along with the State of Pennsylvania (19%), are still above the national smoking rate (17%), which is concerning," said Allegheny County Health Department Director Dr. Karen Hacker. "One of the primary ways that we want residents to 'live well' is by decreasing smoking. We urge those that smoke to consider quitting this week. There are many options to help you quit smoking, and quitting can make all the difference for you and your loved ones. We also urge residents to let their elected officials know that we must eliminate the exemptions from the PA Clean Indoor Act to ensure that workplaces are smoke-free."

The week's kickoff event was "Tango Tuesday," presented in partnership with the Pittsburgh Cultural Trust. The event was held at Katz Plaza (7th and Penn Avenue) at Noon on November 13 and featured a free dance class with Dancing Classrooms Pittsburgh, resources from local health organizations, and more.

Allegheny Quits for Life Cessation Awareness Week also coincides with the American Cancer Society's Great American Smokeout®, held on Thursday, November 15, which encourages smokers to start their journey toward a smoke-free life. By quitting, even for just one day, smokers will be taking an important step towards a healthier life and reducing their cancer risk.

If you or someone you know wants free help to quit smoking, call 1-800-QUIT-NOW (1-800-784-8669). The PA Free Quitline offers personalized coaching sessions and free nicotine replacement therapy (patches, gum or lozenges), as available. Sign-ups can be done online at paquitlogix.org. In addition, local resources can be found on the Tobacco Free Allegheny website at: <http://tobaccofreeallegheny.org/where-to-get-help/>.

More about *Live Well Allegheny*

Live Well Allegheny was launched in January 2014 by County Executive Rich Fitzgerald as a comprehensive and innovative strategy on wellness that embraces a broad concept of living well to include physical health, mental wellness, personal and community safety, prevention and preparedness, and much more. The effort is being led by the Allegheny County Board of Health and Dr. Hacker. The *Live Well Allegheny* campaign now includes 61 communities, 46 restaurants, 24 workplaces and 14 school districts. For more information, visit: www.livewellallegheny.com.

More about Tobacco Free Allegheny

Tobacco Free Allegheny's mission is to change the community norms surrounding tobacco, making it uncommon to see, use, or be negatively affected by tobacco or tobacco smoke pollution (secondhand and thirdhand smoke). As part of Pennsylvania's Tobacco Prevention and Control Program, our work is based on the Best Practices for Comprehensive Tobacco Control Programs published by the Centers for Disease Control and Prevention. The goals identified are designed to guide programs in their effort to significantly decrease tobacco related morbidity, mortality and economic costs. For more information, visit: www.tobaccofreeallegheny.org.

More about Pittsburgh Cultural Trust

The Pittsburgh Cultural Trust has helped to transform a downtrodden section of Downtown into a world-class Cultural District that stands as a national model of urban revitalization through the arts. Touring Broadway,

contemporary dance, family events, education and community engagement programs, and cutting-edge visual arts are among the variety of arts and entertainment the Trust presents and exhibits. Hundreds of artists, thousands of students, and millions of people expand their horizons in our theaters, galleries, and public art environments. For more information, visit <https://trustarts.org/>.

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