

QUIT LIKE A  
**CHAMPION™**

November 19  
Great American Smokeout®



20.6% of Shasta  
County residents  
smoke.  
The California average  
is 13%

480,000

approximate number of people  
who die from a tobacco-related  
disease in the U.S. each year

90%

of  
today's  
adult  
smokers  
began  
smoking  
before  
the  
age of

18



7 in 10 smokers  
want to quit

Want help quitting?  
Contact the Shasta County  
Tobacco Cessation Program at  
(530) 229-8467  
[www.tobaccofreeshasta.org](http://www.tobaccofreeshasta.org)

CALIFORNIA  
SMOKERS' HELPLINE  
1-800-NO-BUTTS