A RESOLUTION

1 Recognizing November 15, 2018, as "The Great American Smokeout Day" in Pennsylvania.

3 WHEREAS, Smoking, secondhand smoke and broader tobacco marketing were commonplace in the 1970s when annual Great American Smokeout events were first observed; and

6 WHEREAS, Today almost 38 million people in the United States smoke cigarettes of which 76.1% smoke every day; and

8 WHEREAS, Tobacco use remains the single largest preventable cause of disease and premature death in the United States; and

10 WHEREAS, Cigarette smoking is believed to cause approximately 1 in 5 deaths in the United States each year; and

12 WHEREAS, Exposure to secondhand smoke alone causes an estimated 41,000 deaths per year among adults in the United States; and

15 WHEREAS, Including secondhand smoke, cigarette smoking causes
more than 480,000 deaths annually; and

WHEREAS, According to the National Youth Tobacco Survey, 3.9 million middle and high school students used tobacco in 2016; and

WHEREAS, In 2016, according to the National Youth Tobacco Survey, 47.2% of high school tobacco users and 42.4% of middle school tobacco users used two or more different types of tobacco products; and

WHEREAS, E-cigarettes remain the most commonly used tobacco product among youths for the last three years; and

WHEREAS, Smoking-related illnesses in the United States cost $170 billion per year in direct medical care for adults and $156 billion per year in lost productivity; and

WHEREAS, Cigarette smoking increases the risk of cancers of the mouth and throat, lung, esophagus, pancreas, cervix, kidney, bladder, stomach, colon, rectum and liver, as well as acute myeloid leukemia; and

WHEREAS, Smoking greatly increases the risk of debilitating, long-term lung diseases such as emphysema and chronic bronchitis; and

WHEREAS, Smoking also causes heart attack, stroke, diabetes and cataracts; and

WHEREAS, Half of all smokers who keep smoking will eventually die from a smoking-related illness; and

WHEREAS, A smoker's heart rate and blood pressure drop just 20 minutes after quitting smoking; and

WHEREAS, One year after quitting smoking, the excess risk of coronary heart disease is half that of someone who still smokes, and the risk of heart attack drops dramatically; and

WHEREAS, Fifteen years after quitting smoking, a smoker's
risk of coronary heart disease is equivalent to the risk for a
nonsmoker; and

WHEREAS, No matter how old a smoker is or how long the
individual has been a smoker, quitting can help that individual
live a longer, healthier life; and

WHEREAS, Sponsored by the American Cancer Society, The Great
American Smokeout is held each year on the third Thursday of
November to create awareness of addiction and tobacco-related
diseases and deaths while promoting further regulation of
tobacco products and helping smokers quit; and

WHEREAS, Research has shown that smokers have greater success
quitting smoking when they have appropriate support; and

WHEREAS, Smoking cessation is more readily attained when
smokers use two or more of these recommended measures: support
groups, online groups, counseling, nicotine replacement,
prescription medicine, guide books and encouragement from
friends and family members; and

WHEREAS, The House of Representatives, noting the dangers of
tobacco use and exposure to secondhand smoke, is committed to
the prevention and cessation of smoking and other tobacco use;
therefore be it

RESOLVED, That the House of Representatives recognize
November 15, 2018, as "The Great American Smokeout Day" in
Pennsylvania.