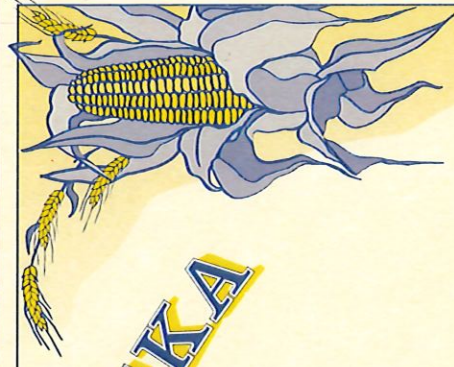




STATE OF NEBRASKA



Proclamation

WHEREAS,

Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined - with thousands more who die from other tobacco-related causes such as fires caused by smoking (more than 1,000 deaths/year nationwide) and smokeless tobacco use; and

WHEREAS,

Over 2,500 Nebraskans die each year from smoking-attributable causes; and

WHEREAS,

Fewer youth are smoking these days but the current rate is still 7% in Nebraska (Tobacco Free Nebraska, Data and Trends on Tobacco Use in Nebraska 2017); and

WHEREAS,

In 2017, 15.4% of Nebraska adults smoked, which ranks 15th out of all 50 states, the District of Columbia and Puerto Rico (Centers for Disease Control and Prevention, Behavior Risk Factor Surveillance System); and

WHEREAS,

The Office of Disease Prevention and Health Promotion's Healthy People 2020 initiative has set a goal of 12% for adult smoking rates, but Nebraska is not on track to meet that goal, nor is it in the top 10 of states using that metric; and

WHEREAS,

55.6% of adult smokers in our state have tried to quit smoking in the past 12 months but have found it to be extremely difficult to stop tobacco use and that it may require multiple attempts to successfully quit; and

WHEREAS,

Using e-cigarettes and similar products is not a proven method for quitting smoking. These products are not FDA approved and have, in fact, been found to lead to negative health consequences (Center on Addiction, 10 Surprising Facts about E-cigarettes, October 2018); and WHEREAS, The Nebraska Tobacco Quitline, 1-800-QUIT-NOW, has helped more than 16,000 Nebraskans quit tobacco since 2010 (Tobacco Free Nebraska Quitline Summary, available at www.quitnow.ne.gov); and

WHEREAS,

It is imperative for all stakeholders to work together to provide fellow Nebraskans the support necessary to completely kick the habit. Only being in the national top 10 is not enough for "the good life" of Nebraska. We should set our sights towards becoming the healthiest state, and in order to become National Champions, we must work together to reduce smoking rates by at least 7 percentage points to 8% or less. Nebraskans, are you ready to Husk the Habit?

NOW, THEREFORE,

I, Pete Ricketts, Governor of the State of Nebraska, DO HEREBY PROCLAIM the week of November 17 - 23, 2019 as



TOBACCO CESSATION AWARENESS WEEK

in Nebraska, and I do hereby urge all citizens to take due note of the observance.

IN WITNESS WHEREOF, I have hereunto set my hand, and cause the Great Seal of the State of Nebraska to be affixed this Fourth day of November, in the year of our Lord Two Thousand Nineteen.

Thom Berman

Secretary of State

Pete Ricketts

Governor