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NEWS RELEASE

11/ 20/ 2025

City Recognizes National Quit Smoking Day
Encourages Residents to Go Smoke-Free

El Paso, Texas—The City of El Paso Department of Public Health (DPH), in partnership with the Texas Healthy Communities (TXHC) program and the Paso del Norte Tobacco Control Network is raising awareness about the dangers of tobacco and nicotine use during National Quit Smoking Day, November 20.

This national observance encourages smokers to take the first step towards a healthier, tobacco-free life.

The *"Make the Change El Paso"* initiative supports the City's Smoke-Free Ordinance, which protects residents and visitors from exposure to secondhand smoke in enclosed public places and workplaces. Through education and outreach, this campaign aims to encourage smoke-free living, support tobacco prevention among youth, and help individuals quit smoking.

According to the CDC, cigarette smoking remains the leading cause of preventable death and disability in the United States. Among Texas high school youth, 18.8% reported currently using a tobacco product, including e-cigarettes, according to 2021 data.

Community members ready to quit can access free and confidential resources through:

- Truth Initiative's "This Is Quitting" program, a free text-based resource designed specifically for young people looking to quit vaping. Individuals can join by texting DITCHVAPE to 88709.
- Texas Quit Line at 1-877-YES-QUIT (1-877-937-7848) or 1-855-DÉJELO-YA (1-855-335-3569) (Español)
- Online at YesQuit.org (English & Spanish)

For more information on the services and health screenings by the Department of Public Health, visit EPHealth.com or follow the conversation on social media using #BreatheFreeElPaso.

Promoting **Transparent & Consistent Communication**
Among All Members of the Community

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