

Great American Smoke Out Event Held at Claremont Courts

Greensboro, NC – Smoking is the number one preventable cause of death and second-hand smoke is now the third leading preventable cause of disability and early death (after active smoking and alcohol) in the United States. For every eight smokers who die from smoking, one innocent bystander dies from secondhand smoke.

With these alarming statistics in the forefront, Greensboro's Thriving at Three (TAT) program, held at Greensboro Housing Authority's (GHA) Claremont Courts community, invited Leslie McLean of Alcohol & Drug Services to speak to mothers enrolled in the program as part of the Great American Smoke Out on November 17th in GHA Claremont Courts. All women attending were mothers who smoked. One mother spoke of her fear that her smoking had caused damage to her child, another shared her recent battle with cancer and wondered if stopping now would have any impact on her health, and others just sat quietly and listened.



Educator Leslie McLean speaks to a group of mothers attending the Great American Smoke Out event in Claremont Courts.

With encouragement, facts and handouts, McLean educated participants about the negative impact that a person's decision to smoke had on one's own body, including the heart, lungs, skin, immune system and brain; the environment; other people; and babies. She also asked those attending to set a date and look for a support system that can help them when the urge to smoke gets tough.

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Thriving at Three is a United Way of Greater Greensboro community collaboration with a simple premise: Children who are healthy, physically and emotionally, by age three are more likely to be successful in school and in life.