

IT'S TIME FOR THE GREAT AMERICAN SMOKEOUT District Health Department #10 encourages smokers to quit

November 13, 2017 - The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to quit that day or to develop a plan to quit smoking. By doing so, smokers will be taking an important step towards a healthier life. This year's Great American Smokeout will be observed on Thursday November 16th.

Tobacco use remains the single largest preventable cause of disease and premature death in Michigan, killing more than 16,200 residents each year. 20.7% of Michigan adults smoke cigarettes, and 29% of Michigan kids use tobacco. Rates of adult smoking in the ten counties of District Health Department #10 (DHD#10) are 29.1%, which are higher than Michigan rates. Each year, 5,800 Michigan kids become new, daily smokers. Thirty percent (30%) of cancer deaths in Michigan are attributable to cigarette smoking.

Tobacco products are highly addictive. Therefore, most users make several quit attempts before they are successful. However, there are proven resources available to help tobacco users quit. Quitters are most successful when using a combination of therapies, including resources such as nicotine replacement, counseling, self-help materials, and a strong support network of family and friends.

"The Great American Smokeout is an opportunity to remind tobacco users that they can succeed, and to support tobacco users in their efforts to quit," stated Karen Ripke, DHD#10 Health Educator and Tobacco Treatment Specialist. "Quitting tobacco use is the single best thing you can do for your health. The positive effects on health are both short and long term, and quitting benefits everyone, regardless of age."

According to the American Cancer Society, the body begins to recover within minutes of quitting smoking. Heart rate and blood pressure drops, and within 12 hours carbon monoxide levels in blood return to normal. Benefits continue over time, including improved circulation and lung function, reduced risk of coronary heart disease and reduced risk of cancer.

To celebrate the Great American Smokeout, DHD#10 is encouraging health care providers to ask their patients about tobacco use at every visit, provide advice to tobacco users about the benefits of quitting, and refer clients to the Michigan Tobacco Quitline (1-800-784-8669).

The Michigan Tobacco Quitline is an evidence-based service that continues to provide free telephone coaching for the uninsured, pregnant women, residents enrolled in Medicaid and Medicare, veterans, cancer patients, and American Indians, and free nicotine replacement therapy to those who qualify. The Quitline provides services including materials, text messaging, an online program, and referral to all Michigan residents.

Providers can refer their patients and clients to the Quitline, and individual tobacco users can contact the Quitline directly at 1-800-784-8669, or enroll online at michigan.quitlogix.org. Additional information, including a fax referral form for



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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



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providers, is available at the website. Staff and providers in all health care settings can refer patients and clients to the Michigan Tobacco Quitline.

For more information about the Michigan Tobacco Quitline visit michigan.quitlogix.org, or contact Karen Ripke at mkripke@dhd10.org.

For more information about the Tobacco Treatment Specialist tobacco cessation services in your community visit livewell4health.org/tobacco-cessation-programs

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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