

HOLIDAY SEASON AN OPPORTUNITY FOR TOBACCO-FREE LIVING District Health Department #10 can help

The holiday season has arrived, and there is no better time for people to adopt a healthy, tobacco-free lifestyle.

During the holidays, people often gather with family and friends. This is an opportunity to encourage and support tobacco users in their effort to quit. Making sure that your home is smoke-free protects friends and family, including children, pregnant women, the elderly, and those living with disabilities from the health harms caused by secondhand smoke. Parents, grandparents, aunts, uncles and friends have the opportunity to impact the kids in their lives by setting an example of a tobacco-free lifestyle and reminding them that the use of tobacco, including cigarettes, e-cigarettes and other tobacco products is harmful.

According to the American Cancer Society, the benefits of quitting smoking are immediate. Within 20 minutes blood pressure drops, and within 24 hours a person's chance of heart attack decreases. The benefits continue for years, including reduced risk of lung cancer, stroke, and heart disease.

"Quitting tobacco can be challenging because nicotine is a highly addictive drug. But whether a person chooses to quit during the holiday season, or as a New Year's resolution, there are resources available to help," stated Karen Ripke, a Tobacco Treatment Specialist with District Health Department #10.

Research shows that while quitting is difficult for many tobacco users, people who use tobacco can increase their success in quitting with help. 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.

Resources for those who are ready to quit include; the Michigan Tobacco Quitline, which is an evidence-based service that provides 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. To contact the Quitline, call 1-800-784-8669, or enroll online at <https://michigan.quitlogix.org/>. Staff and providers in all health care settings can refer patients and clients to the Michigan Tobacco Quitline.

District Health Department #10 also provides resources to help quit tobacco. A tobacco treatment specialist can assist with developing a personal quit plan, help

MEDIA CONTACT:

Jeannine Taylor
Communications/PIO
521 Cobb St.
Cadillac, MI 49601
O: 231-876-3823
C: 231-920-4998
jtaylor@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



P: 888-217-3904



www.dhd10.org



[healthdept10](https://www.facebook.com/healthdept10)

with obtaining nicotine replacement and provide support. For more information you can call Karen at 231-305-8659, go to livewell4health.org or DHD10.org.

"The holidays can be a stressful time, but smoking doesn't have to be a part of them," said Ripke. "Calling the Michigan Tobacco Quitline or other local resources now can help people make the holidays, and 2018, tobacco-free. Quitting tobacco today will lead to a lifetime of health benefits."

###