

For Immediate Release:
May 24, 2018

Contact: Karen Ripke, B.S., CHES
Health Educator
Email: kripke@dhd10.org
Phone: (231) 305-8659

World No Tobacco Day 2018 - Tobacco and Heart Disease

Each year on May 31st, the World Health Organization (WHO) mark World No Tobacco Day (WNTD), to remind us of the health risks of tobacco use and to support effective policies to reduce tobacco use. The theme for World No Tobacco Day 2018 is "Tobacco and Heart Disease."

Tobacco use remains the leading cause of preventable death and disease in Michigan and there are links between tobacco and heart and other cardiovascular diseases (CVD). Tobacco use causes one out of every three deaths from cardiovascular disease, including heart disease and stroke. Secondhand smoke causes 34,000 early deaths from coronary heart disease each year in the United States.

"Tobacco use and addiction begins during youth and young adulthood. 95% of adult smokers began smoking before the age of 21. It's important that Michigan invest in tobacco prevention and control programming and implement evidence-based tobacco control strategies to protect our kids from a lifetime of addiction to a deadly product," stated Karen Ripke, a Tobacco treatment specialist for District Health Department #10.

Michigan spends just \$1.63 million on tobacco prevention and control programming, while tobacco use costs the state nearly \$4.6 billion in health care costs. The tobacco industry spends an estimated \$295 million annually to market their products in Michigan. The Center for Disease Control and Prevention (CDC) recommends that Michigan spend \$110 million on tobacco prevention and control programming.

Fully funding tobacco prevention and control programming and raising the price of cigarettes and other tobacco products are proven, effective ways to reduce tobacco use and prevent kids from starting to use tobacco. Currently, Michigan does not spend any of the funds received from the Master Settlement Agreement on tobacco prevention and control programming. Spending even a small amount of these funds on programs to prevent young people from starting to use tobacco and to help people to quit smoking, would help to reduce the death and disease caused by tobacco use, and healthcare costs.

District Health Department #10 wants people to know that there is help to quit using tobacco. There are local Tobacco Treatment Specialists that will support and help people make a plan to quit and there is also the Michigan Tobacco Quitline offers information and referrals and, a free coaching program and even receive nicotine replacement medications for those that qualify.

The mission of District Health Department #10 is to promote and enhance the health of our communities and environment through protection, prevention, and intervention. Serving Crawford, Lake, Mason, Missaukee, Oceana, Kalkaska, Manistee, Mecosta, Newaygo, and Wexford Counties.

Contact Karen Ripke District Health Department #10 for questions and local help or the Michigan Tobacco Quitline at 1-800-QUIT-NOW (784-8669). For more information about World No Tobacco Day visit <http://www.who.int/tobacco/wntd/en/> .

###