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Father's Day a Great Day to Quit Smoking

Father's Day is a day to celebrate dads and the important role they play in the lives of their families and children. It's also a great day to encourage men to celebrate a tobacco-free life, and to support current tobacco users in their efforts to quit.

Tobacco use is the number one cause of preventable death and disease in Michigan, and unfortunately over 22% of men in Michigan still smoke cigarettes. In the ten county region of District Health Department #10 one third of men smoke cigarettes. However, research shows that 7 in 10 adult cigarette smokers want to quit completely. Tobacco contains nicotine, a highly addictive drug. Most tobacco users are addicted to nicotine, which can make quitting difficult. Many people may need to make several quit attempts in order to be successful, but tobacco users can and do quit. In fact, today there are more former than current smokers.

"The good news is that there are resources available to help the men in our lives, and anyone who wants to quit using tobacco, to live tobacco-free," stated Karen Ripke, Tobacco treatment Specialist. "The Michigan Tobacco Quitline has helped over 100,000 Michigan residents with quitting tobacco use. Talking to a healthcare provider or a Tobacco Treatment Specialist and receiving support from family and friends is also very helpful."

This Father's Day, District Health Department #10 encourages everyone to help dads to live tobacco-free. When people stop smoking, they greatly reduce their risk for disease and early death. There are benefits to quitting at any age, and a person is never too old to quit.

Take the first step to quitting tobacco by talking with your healthcare provider or calling the Michigan Tobacco Quitline. Callers to the Quitline can receive information and referral and, if qualified, can enroll in a free coaching program and even receive nicotine replacement medications to assist in quitting. Call the Michigan Tobacco Quitline at 1-800-QUIT-NOW (784-8669) or visit online at <https://michigan.quitlogix.org/>.

Dads can also help their children by maintaining a smoke-free home and car, talking to kids about the dangers of tobacco use, including the use of e-cigarettes, and helping their children to understand the marketing of tobacco products that targets young people. On Father's Day, and each day, dads set a good example for their children and loved ones by not using tobacco and by protecting their children from exposure to secondhand smoke.

For more information about help with quitting tobacco and a list of available Tobacco Treatment Specialist Program staff in your area, please visit www.livewell4health.org/tobacco-cessation-programs

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