

DISTRICT HEALTH DEPARTMENT #10 CELEBRATES GREAT AMERICAN SMOKEOUT

November 9, 2018 – 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 15th.

Tobacco use remains the single largest preventable cause of disease and premature death in Michigan. Thirty percent of cancer deaths in Michigan are related to cigarette smoking.

Quitting tobacco use isn't easy. It takes time and a plan. Tobacco products are highly addictive. Therefore, most users make several quit attempts before they are successful. The Great American Smokeout may not be the day for everyone to quit, but rather the day for tobacco users to start their journey toward a smoke-free life.

"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, a tobacco treatment specialist with District Health Department #10. "This year, the American Cancer Society reminds tobacco users that you don't have to quit in one day. Start with day one."

There are proven resources available to help tobacco users quit. Quitters are most successful when using a combination of resources such as nicotine replacement, counseling, self-help materials, and a strong support network of family and friends.

To celebrate the Great American Smokeout, District Health Department #10 is encouraging community members that are thinking about quitting to start with day one. Ask your health care providers or your local health department about local resources that may help. Check out the Michigan Tobacco Quitline (1-800-784-8669) that can offer free counseling to those who qualify.

You can also encourage policymakers to adopt evidence-based policies that help current tobacco users quit and prevent kids from starting to smoke. Comprehensive 24/7 tobacco-free school policies, raising the price of tobacco, raising the minimum legal age of sale of tobacco products to 21 years of age, and funding tobacco prevention and control programming.

For more information about the Michigan Tobacco Quitline or local resources in your area please visit <https://www.livewell4health.org/tobacco-cessation> or contact your local health department office. For information about the Great American Smokeout visit: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

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



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