



WORLD NO TOBACCO DAY

May 30, 2019 – Each year, on May 31st, the World Health Organization (WHO) and community partners celebrate World No Tobacco Day. This campaign is an opportunity to raise awareness about the health risks of tobacco use. The theme of World No Tobacco Day 2019 is “tobacco and lung health.”

Tobacco smoking is the primary cause of lung cancer, responsible for over two-thirds of lung cancer deaths globally. Second-hand smoke exposure at home or in the workplace also increases the risk of lung cancer. Quitting smoking can reduce the risk of lung cancer: after ten years of quitting smoking, risk of lung cancer falls to about half that of a smoker.

“Quitting can be hard because nicotine is very addictive, but, research shows people can be successful with help. The good news is that there are many resources available to help,” stated Zoey Thayer, a Tobacco Treatment Specialist for District Health Department #10 (DHD#10).

DHD#10 wants you to know there are resources in your community to help you quit smoking, vaping, and tobacco use. Tobacco Treatment Specialists are available to support you on your quit tobacco journey. These specialists work with you and your healthcare provider to create a customized plan to help you quit. Additionally, the Michigan Tobacco Quitline offers education, free coaching, and nicotine replacement medications for those that qualify.

People who have quit are most successful when using a combination of support, including nicotine replacement (gum, lozenge or patches), counseling, self-help materials, and support from family and friends.

For more information about the Tobacco Treatment Program,
<https://www.livewell4health.org/tobacco-cessation>

To connect with the Michigan Tobacco Quitline, call 1-800-QUIT-NOW (784-8669).

For more information about World No Tobacco Day visit
<https://www.who.int/campaigns/world-no-tobacco-day/world-no-tobacco-day-2019>

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,



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Crawford
Kalkaska
Lake
Manistee
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Missaukee
Newaygo
Oceana
Wexford



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Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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