



WORLD NO TOBACCO DAY

May 28, 2020 – Sunday, May 31, 2020 is **World No Tobacco Day**, a day encouraging 24-hour abstinence from all forms of tobacco consumption and action to stand up to Big tobacco companies, worldwide.

This year, the focus of World No Tobacco Day is “protecting youth from industry manipulation and preventing them from tobacco and nicotine use”.

Youth tend to be drawn to the vibrant colors and flavors of e-cigarettes, which tobacco companies typically use as marketing techniques to strategically target this audience. The problem? When adolescents start out using e-cigarettes, their chances of transitioning to smoking cigarettes later in life almost doubles.

Tobacco is still the number one preventable cause of death in the U.S. and across the globe. Worldwide, tobacco products cause more than 8 million deaths a year while secondhand smoke contributes to over half a million deaths per year.

District Health Department #10 (DHD#10) has a free Tobacco Treatment Program to offer help and support to anyone wanting to quit tobacco, at any age.

“DHD#10’s Tobacco Treatment Specialists are here to help individuals quit tobacco,” said Karen Ripke, a Tobacco Treatment Specialist for DHD#10. “We will answer questions about quitting or medications, assist with getting patches, gum or lozenges, and provide counseling to help plan, set a quit date, and provide support.”

For more information on quitting tobacco, visit www.livewell4health.org/tobacco-cessation or www.cdc.gov/tips. You can also call the Michigan Tobacco Quitline at 800-QUIT-NOW (800-784-8669) or contact Karen Ripke at 231-305-8659.

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