



WORLD NO TOBACCO DAY

May 26, 2021 – Monday, May 31, 2021 is **World No Tobacco Day**, a day informing the public on the dangers of using and supporting Big Tobacco companies, as well as providing steps people can take to reclaim their health from tobacco. This year’s theme, “Commit to Quit,” aims to empower 100 million tobacco users worldwide to make a quit attempt by creating networks of support and increasing access to services proven to help tobacco users quit successfully.

Quitting tobacco can be challenging, nicotine found in tobacco is highly addictive and creates dependence, and the behavioral and emotional ties to tobacco use make it hard to kick the habit. District Health Department #10 (DHD#10) has a free Tobacco Cessation Program that offers help and support to anyone, of any age, who is looking to quit tobacco. With professional support and cessation services, tobacco users double their chances of quitting successfully.

“DHD#10’s Tobacco Treatment Specialists are available to help individuals on their journey to quitting tobacco,” said Christy Rivette, Community Health Supervisor for DHD#10. “They will answer questions, assist with obtaining patches, gum, or lozenges, and provide individuals counseling to help plan, set a quit date, and provide support through the process.”

Evidence released by the Centers for Disease Control and Prevention (CDC) found that in addition to other health conditions like heart disease, emphysema, and high blood pressure, current or former cigarette smokers have a greater risk of developing a severe case and dying of COVID-19. DHD#10 urges those who currently smoke to quit, for former smokers not to start again, and those who have never smoked to not start.

One simple way for individuals to take charge of their health is receiving the COVID-19 vaccine. At DHD#10, Pfizer (age 12+), Moderna (age 18+), and Johnson and Johnson (age 18+) are available, and clinics are held every Tuesday from 8:30am-6:20pm or Friday from 8:30am-4:30pm via walk-in or by appointment. If interested in scheduling a COVID-19 vaccine appointment, go to www.dhd.org/schedule or call 888-217-3904.

To learn more about DHD#10’s tobacco cessation please call 888-217-3904.

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 Christy Rivette at 231-309-8940.

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