

DHD#10 ENCOURAGES COMMUNITY MEMBERS TO QUIT TOBACCO ON WORLD HEART DAY

September 29, 2021

September 29, 2021- The last year and a half has been unlike any other. However, what has stayed the same is the fact that tobacco remains the number one preventable cause of death and disease in the United States.

According to the Centers for Disease Control and Prevention (CDC), smoking tobacco is a major cause of cardiovascular disease (CVD) and causes one of every four deaths from CVD. Breathing secondhand smoke can also lead to coronary heart disease and stroke.

District Health Department #10 (DHD#10) encourages community members to personally act on September 29th, World Heart Day, by quitting tobacco or talking to their loved ones about quitting tobacco.

For those ready to take that next step, DHD#10 has a free Tobacco Treatment Program that offers help and support to anyone, of any age, who is looking to quit tobacco. Smoking Cessation and Reduction in Pregnancy (SCRIPT) is also available to pregnant moms who are looking to quit as well.

“DHD#10’s Tobacco Treatment Specialists are available to help individuals on their journey to quitting tobacco,” said Christy Rivette, Community Health Manager 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. To learn more about DHD#10’s tobacco cessation program, please call 888-217-3904.”

For help in quitting tobacco, individuals can call the Michigan Tobacco Quitline at 800-QUIT-NOW (800-784-8669), contact DHD#10 at 888-217-3904, or visit <https://www.livewell4health.org/tobacco-cessation>

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

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