



DHD#10 RECOGNIZES NATIONAL TAKE DOWN TOBACCO DAY

March 31, 2022 – District Health Department #10 (DHD#10) wants you to get ready to kick some (cigarette) butts this April 1! Take Down Tobacco Day is a national day of action to promote anti-smoking activism. Teachers, kids, youth leaders, and health advocates throughout the United States join forces to organize events and share messages that raise awareness of the problem of tobacco use in their communities, encourage kids to stay tobacco-free, and try to get anti-tobacco legislation passed. Take Down Tobacco Day is organized by The Campaign for Tobacco-Free Kids and was first held in 1996 (originally called Kick Butts Day). Get ready to kick some butts and take some names!

Why is National Take Down Tobacco Day important? DHD#10's Katie Miller and Holly Joseph note that tobacco is targeted toward kids, tobacco use can kill, and that taking down tobacco can bring communities together. They also wish to provide some helpful resources to help quit tobacco use.

It's targeted toward kids

Take Down Tobacco National Day of Action is important because it targets a vulnerable segment of our population. While all smoking-related deaths need to be prevented, it's particularly important to protect children. With all the peer pressure that exists, children need to learn from the get-go that smoking is not cool. Smoking is not fun; it can lead to long-term damage of their lungs. Take Down Tobacco National Day of Action is educating children on the evils of smoking before they even start.

Smoking kills

If you ask us, any excuse to talk about smoking is a good one. According to the CDC, "tobacco use remains the single largest preventable cause of death and disease in the United States." Say it again for the folks in the back! About 480,000 Americans die every year from smoking and Take Down Tobacco National Day of Action is helping to decrease these numbers. Give them a round of applause!

It brings the community together

Take Down Tobacco National Day of Action encourages people to organize anti-smoking events in their community. This gives everyone in the neighborhood an opportunity to come together and support a great cause. Attend a Take Down Tobacco National Day of Action event and you can meet that neighbor you've always seen but never talked to! What a great way to make friends while supporting a worthy cause.

Quit Resources

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), which



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offers free counseling to those who qualify. <https://michigan.quitlogix.org/en-US/>

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 more information from DHD#10, visit <https://www.dhd10.org/men-women/healthy-lifestyle/>.

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