

DHD#10 PROMOTES WORLD NO TOBACCO DAY

May 27, 2022 – The World Health Organization (WHO) has declared Tuesday, May 31, 2022, as **World No Tobacco Day**, a day set aside to educate the public about the dangers of using and supporting Big Tobacco companies, as well as promoting steps people can take to reclaim their health from tobacco.

This year's theme, **Tobacco: Threat to our environment**, focuses on how tobacco usage pollutes the planet and damages the health of all people. [According to the WHO](#), over 600,000,000 trees were chopped down to make cigarettes, there have been over 84,000,000 tons of CO2 emissions released into the environment raising global temperatures, and over 22,000,000,000 liters of water were used to make cigarettes. This environmental impact is on top of the 8 million people that die from tobacco related illnesses every year.

Quitting tobacco can be challenging. Nicotine, a chemical 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.

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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