



## THE GREAT AMERICAN SMOKE OUT

November 15, 2022 – In recognition of the Great American Smoke out, District Health Department #10 (DHD#10) is encouraging community members that are thinking about quitting to start with day one. Quitting smoking is one of the most important actions you can take to improve your health.

“You don’t have to quit in one day,” said Lacey Morris, Tobacco Treatment Specialist for DHD#10. “All you need to do is start with day one and move from there. The Great American Smoke out is a great reminder that tobacco users have various avenues of resources and support in their efforts to quit.”

After your last cigarette is smoked, your body begins a series of positive changes that continue for years. For example, within minutes of quitting smoking the heart rate decreases, and within 24 hours the nicotine level in blood drops to zero. Within 1 to 2 years after quitting smoking the risk of a heart attack drops sharply. After 3 to 6 years, the added risk of coronary heart disease drops by half. After 10 years, the added risk of lung cancer drops by half. And after 15 years, the risk of coronary heart disease drops to close to that of someone who has never smoked.

Quitting smoking can also lessen or delay loss of lung function and slow down the progress of chronic obstructive pulmonary disease (COPD). If you already have heart disease, quitting can lower your risk of dying prematurely, getting a new type of heart disease, or having a new or repeat heart attack.

For women who are pregnant, quitting as early as possible can help protect against some health problems for their developing babies, such as being born too small or too early.

To have the best chance of quitting and remaining smokefree, it’s best to know what to expect, what your options are, what tools and quit-smoking medicines are available to you, and where to go for help. Quitting smoking is a journey. It can be hard, but it is possible, and you can increase your chances of success with a good plan and support.

Ask your health care providers or your local health department about local resources that may help. Check out the Michigan Tobacco Quitlink (1-800-784-8669) that can offer free counseling to those who qualify.

For more information about the Michigan Tobacco Quitlink, please visit <https://michigan.quitlogix.org/en-US/>. For local resources in your area, please visit <https://www.livewell4health.org/tobacco-cessation> or contact your local health department office.

For information about the quitting tobacco, please visit <https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/tobacco/how-to-quit-tobacco>.

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