District Health Department #10

National Recovery Month Includes Tobacco, Too

September 14, 2026 – District Health Department #10 (DHD#10) is recognizing National Recovery Month, a time to focus on substance use and mental health, and now, tobacco use.

Tobacco use, as part of National Recovery Month, is an important step. The nicotine in tobacco is one of the most addictive substances in common use. It's on par with the addictive potential of heroin and cocaine.

"Withdrawal symptoms peak in the first week and can persist for a month or more, which is often when a quit attempt breaks down," said DHD#10 Health Educator Jim Young. "Cravings can resurface long after the physical symptoms fade, triggered by stress, routine, or situations tied to previous tobacco use, which is part of why a single quit attempt rarely tells the whole story."

National data reflects this pattern. According to the CDC, roughly 6 in 10 U.S. adults that have ever smoked have quit. Tobacco dependence often requires multiple attempts before a quit succeeds for good, according to the CDC, and each attempt improves the odds of the next one working. Researchers describe this as a learning process rather than a series of pass-fail tests: each attempt can reveal something about which situations, moods, or routines make tobacco use more likely, information that shapes a stronger attempt the next time.

"A failed attempt is not final," said Young. "Whether someone is preparing for a first attempt, attempting again, or maintaining a quit that has already held for months or years, the same principle applies: persistence, not perfection, is what tends to work."

What separates a temporary relapse from giving up altogether is usually what happens in the days immediately after. People who identify what triggered the return to tobacco are more likely to try again and more likely to succeed when they do, rather than treating the slip as proof the whole effort failed. That might mean recognizing a specific stressor, a social setting, or a stretch of unstructured time, and building a plan around it rather than starting over with no changes at all.

DHD#10 offers Tobacco Cessation through its LiveWell4Health program. Additional programming includes the Michigan Tobacco Quitlink and the My Life, My Quit program.

Tobacco Cessation Resources

- LiveWell4Health: quittobacco@dhd10.org | https://www.livewell4health.org/tobacco-cessation
- Michigan Tobacco Quitlink (adults): 1-800-QUIT-NOW | https://michigan.quitlogix.org/en-us/
- My Life, My Quit (youth 13 to 17): text or call 1-855-891-9989 | https://mi.mylifemyquit.org/en-us/

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