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FOR IMMEDIATE RELEASE

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Ingham County Health Department celebrates the Great American Smokeout on Nov. 15

LANSING, Mich. – To encourage smokers to quit, the Ingham County Health Department joins the American Cancer Society in celebrating the Great American Smokeout on November 15. By quitting, smokers take an important step toward a healthier life – one that can reduce risks for cancer, heart disease, chronic obstructive pulmonary disease (COPD) and other health conditions.

Tobacco use remains the single largest preventable cause of disease and premature death in Michigan, killing more than 16,200 residents each year. In Michigan, 20.4% of adults smoke cigarettes, 10.5% of high school students smoke cigarettes, and another 14.8% of these teens use e-cigarettes. Each year, 4,400 Michigan youth become new, daily smokers. Nearly a third of cancer deaths in Michigan are attributable to cigarette smoking.

“The Great American Smokeout is an opportunity to remind tobacco users that there are resources available to help them quit, and to support tobacco users in their efforts to quit,” said Linda Vail, Ingham County Health Officer. “Quitting tobacco use one of the best things you can do for your health.”

To celebrate the Great American Smokeout, the Ingham County Health Department is encouraging health care providers to ask their patients about tobacco use at every visit, provide advice to tobacco users about the benefits of quitting, and refer clients to the Michigan Tobacco Quitline (1-800-784-8669). The Michigan Tobacco Quitline is an evidence-based service that continues to provide free telephone coaching for the uninsured, pregnant women, residents enrolled in Medicaid and Medicare, veterans, cancer patients, and American Indians. Free nicotine replacement therapy is available to those who qualify.

For more information about the Michigan Tobacco Quitline visit <https://michigan.quitlogix.org/> or call 1-800-784-8669.

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