



Jackson County Health Department

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Jackson Tobacco Reduction Coalition

For Immediate Release

Celebrate July 4th Tobacco-Free

(Jackson, MI) Each year July 4th marks Independence Day, a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776. In honor of Independence Day, the Jackson County Health Department and the Jackson Tobacco Reduction Coalition encourage tobacco users to seek help with quitting tobacco, and begin a tobacco-free life.

Tobacco use remains the leading cause of preventable death and disease in Michigan—killing more than 16,200 Michigan residents each year. 5,200 Michigan youth become new regular, daily smokers each year, and more than 1/3 of these children will die prematurely as a result.

Tobacco use causes premature death and disease including heart disease, stroke, cancer, and respiratory disease. However, it is never too late to quit using tobacco, and quitting results in immediate and long-term health benefits.

Because tobacco products are highly addictive, most tobacco users make several quit attempts before they are successful. However, there are proven resources available to help tobacco users quit. Quitters are most successful when using a combination of therapies, including resources such as nicotine replacement, counseling, self-help materials, and a strong support network of family and friends.

“Help is available and we encourage people to celebrate July 4th by declaring their freedom from tobacco use or encouraging the tobacco users in their life to quit. Talk to your health care provider or call the Michigan Tobacco Quitline today,” stated Richard Thoun, RS, MS, MPH, Health Officer, Jackson County Health Department.

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. The Quitline provides services including materials, text messaging, an online program, and referral to all Michigan residents. Individuals can call the Quitline directly at 1-800-784-8669, or enroll online at <https://michigan.quitlogix.org/>.

The Jackson Tobacco Reduction Coalition (JTRC) noted that July 4th is also a great day to talk to young people about the importance of leading a life free from nicotine addiction and tobacco use. “In addition to traditional cigarettes, e-cigarettes and other new tobacco products are attractive to kids. It’s important to remind young people that these products are not safe,” stated Rhonda Rudolph, JTRC Coordinator. According to the Centers for Disease Control and Prevention, nicotine is highly addictive and can harm brain development, which continues until about age 25, and the use of any tobacco product, including e-cigarettes, is unsafe for young people.

The tobacco industry spends an estimated \$320 million to market their products in Michigan annually, and cigarette smoking costs Michigan over \$4.5 billion in health care costs each year. However, Michigan spends just \$1.625 million on tobacco prevention and control programming. The CDC recommends that

Working together to create and promote a healthy community through disease prevention and control,
health education, environmental protection and emergency preparedness.

Michigan invest \$110 million. The U.S. Surgeon General concluded that part of what works to prevent smoking initiation and promote quitting includes funding statewide tobacco control programs at CDC-recommended levels.

For more information about local resources, please contact Ms. Rudolph at (517) 768-2131 or rrudolph@co.jackson.mi.us . For help in quitting tobacco use, talk with your healthcare provider or contact the Michigan Tobacco Quitline at 1-800-784-8669.

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Thank you for helping to spread the word about tobacco cessation resources in the community.