

MEDIA RELEASE

☒ **Information** ☐ **Advisory** ☐ **Warning** ☐ **Update**

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Tobacco Breaks Hearts – Choose Health, Not Tobacco on World No Tobacco Day 2018

The World Health Organization (WHO) and its partners mark May 31 as World No Tobacco Day (WNTD). This year's focus is "Tobacco and heart disease" which aims to increase awareness on the link between tobacco and heart and cardiovascular diseases, including stroke, which combined are the world's leading causes of death. The Health Department and St. Clair County Smoke-Free Community Team are joining WHO to raise awareness on tobacco risks.

The Michigan adult smoking rate in 2015 was 20.7% and 28.1% in 2016 for St. Clair County. The harmful effects of tobacco threaten people of all ages, gender, race, culture and educational backgrounds. According to the 2016 St. Clair County Behavioral Risk Factor Survey results, the effects of tobacco severely impact St. Clair County's low income and less educated populations, making them more vulnerable to diseases associated with smoking such as asthma, chronic obstructed pulmonary disease (COPD), heart disease, cancer and stroke.

The Health Department and Smoke-Free Community Team encourage those who want to quit smoking to get a free quit kit from the Health Department located at 3415 28th Street in Port Huron. Residents can also call the Michigan Tobacco Quitline at 1-800-784-8669 or visit <https://michigan.quitlogix.org/> to receive free telephone or web-based and evidence based tobacco cessation treatment. Until May 31, 2018, new enrollees to the Quitline can receive 2 weeks of Nicotine Replacement Therapy (NRT) for free. Follow us on social media @scchdmi.

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