[](http://www.countyhealthrankings.org)

**SOME GREAT REASONS FOR QUITTING**:

* Former smokers live longer than continuing smokers. For example, persons who quit smoking before age 50 have one-half the risk of dying in the next 15 years compared with continuing smokers.
* Quitting smoking decreases the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.
* Women who stop smoking before pregnancy or during the first three to four months of pregnancy reduce their risk of having a low birth weight baby to that of women who never smoked.
* The health benefits of smoking cessation far exceed any risks from the average five-pound weight gain or any adverse psychological effects that may follow quitting.

*(Source: American Cancer Society)*

# Facts:

**INSERT LOCAL HEALTH DEPARTMENT INFORMATION**

**American Cancer Society** offers quit tobacco resources.

1-248-663-3454 or 1-800-227-2345. <http://www.cancer.org>

**American Heart Association** offers printed material.

1-800-242-8721. [www.americanheart.org](file:///C:\Users\Jodie\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\RAI4V0GX\www.americanheart.org)

**American Legacy Foundation** offers online assistance and

referrals to community programs. <http://www.becomeanex.org/>

**American Lung Association** offers quit smoking classes, printed material, quit tobacco website.

1-800-586-4872. Also offers telephone quit advice. 1-800-548-8252. [www.lungusa.org](file:///C:\Users\Jodie\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\RAI4V0GX\www.lungusa.org)

**Michigan Department of Community Health Tobacco Section website** offers information on secondhand smoke, quitting and much more. [www.michigan.gov/tobacco](file:///C:\Users\Jodie\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\RAI4V0GX\www.michigan.gov\tobacco).

**Michigan Tobacco Quitline** offers free information and tobacco treatment referral 24 hours/day at 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569). Free counseling and NRT may be available to certain callers. <https://michigan.quitlogix.org>/

**Nicotine Anonymous** offers telephone support. 415-750-0328. [www.nicotine-anonymous.org](file:///C:\Users\Jodie\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\RAI4V0GX\www.nicotine-anonymous.org)

**Information Resources:**

**Smoking Cessation**

**Kick “Butts” Month**

**Quit Plan Steps: I am ready to quit smoking**

1. *Choose a quit date.*

Consider making it a special day and let others know.

1. *Write down your motivations: “I am quitting because…”*

Keep your motivations displayed in a spot that you look at often such as your fridge, bathroom mirror or bedside table.

1. *Preparation activities: “I will prepare to quit by…”*

-Getting rid of all smoking items

-Practicing not smoking during certain hours of the day and night

-Cutting back the number of cigarettes you smoke to\_\_\_\_ per\_\_\_\_

-Not allowing smoking in your home

-Learning or practicing methods of relaxation

1. *Support & Resources: “I will ask for support from…”*

Pick someone who you can talk to in case you are feeling stressed or afraid of relapse.

Pick a buddy who will be supportive and encouraging.

1. *Triggers & Coping Strategies: “I will cope with urges to smoke by…”*

Plan ahead how you will deal with urges and people.

Plan what you will say in advance. Don’t wait until you feel pressured to come up with something.

Plan ahead if you are planning to use any medications to assist in the quit process.

1. *Reward: “I will reward myself for quitting by…”*

EXAMPLE:

|  |  |
| --- | --- |
| Contact your local Health Department  Call the Michigan Tobacco Section at  ***(517) 335-8376*** |  |

**www.michigan.gov/tobacco**

Call the Michigan Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669)

Call your local hospital (insert information)

**Available Services:**