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CONTACT:
Dan Reynolds
(989) 732-6864
d.reynolds@nwhealth.org



HEALTH
DEPARTMENT
of Northwest Michigan

www.nwhealth.org

World No Tobacco Day highlights health risks of tobacco use

NORTHERN MICHIGAN – Each year on May 31, the World Health Organization (WHO) and its partners mark World No Tobacco Day, highlighting health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption. In the spirit of World No Tobacco Day, the Health Department of Northwest Michigan would like to recognize local communities that have made policy changes to reduce secondhand smoke at area parks.

“The state has made great strides over the past 50 years to reduce tobacco use and secondhand smoke exposure,” said Katie Joyce, RN, who coordinates the Tobacco Control and Prevention Program through the Health Department. “It’s especially promising to see communities in Charlevoix, Emmet and Otsego Counties taking action to eliminate tobacco waste and secondhand smoke from public areas. Tobacco control strategies like tobacco-free parks and beaches protect our kids from exposure to second-hand smoke and possibly from ever starting to use tobacco in the first place.”

However, the burden of tobacco use on Michigan residents still remains very high, according to Joyce. Tobacco use remains the leading cause of preventable death and disease in the state—killing more than 16,200 Michigan residents each year. Heart disease, stroke, cancer, and respiratory disease may also result from tobacco use. More than 8,000 Michigan youth become new regular smokers every year, and more than one-third of these children will die prematurely as a result. Michigan spent just \$1.625 million on tobacco prevention and control programming during 2016, while tobacco use cost the state nearly \$4.6 billion in health care costs, including nearly \$1.4 billion in Medicaid costs. The tobacco industry spends an estimated \$300 million annually to market their products in Michigan.

There is help available to Michigan residents who want to quit using tobacco through the Michigan Tobacco Quitline. No matter how long an individual has smoked or used tobacco, quitting will dramatically improve his or her outlook for a healthier future. Immediately after quitting, heart rate and blood pressure improve. Long-term effects of quitting include improved circulation, improved lung function, and decreased risk of heart disease and cancer. Planning ahead, working with a health care provider, and seeking support from friends and family provider can all increase the likelihood of quitting successfully. Callers to the Quitline can receive information and referrals and, if qualified, can enroll in a free coaching program and even receive nicotine replacement medications to assist them in quitting. Call the Michigan Tobacco Quitline at 1-800-QUIT-NOW (784-8669) or visit online at <https://michigan.quitlogix.org/>.

For more information about the Health Department’s tobacco control and prevention program, call **(800) 432-4121** or visit www.nwhealth.org. The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego Counties.

Tobacco-Free Recreation Areas In Northern Michigan

Emmet County:

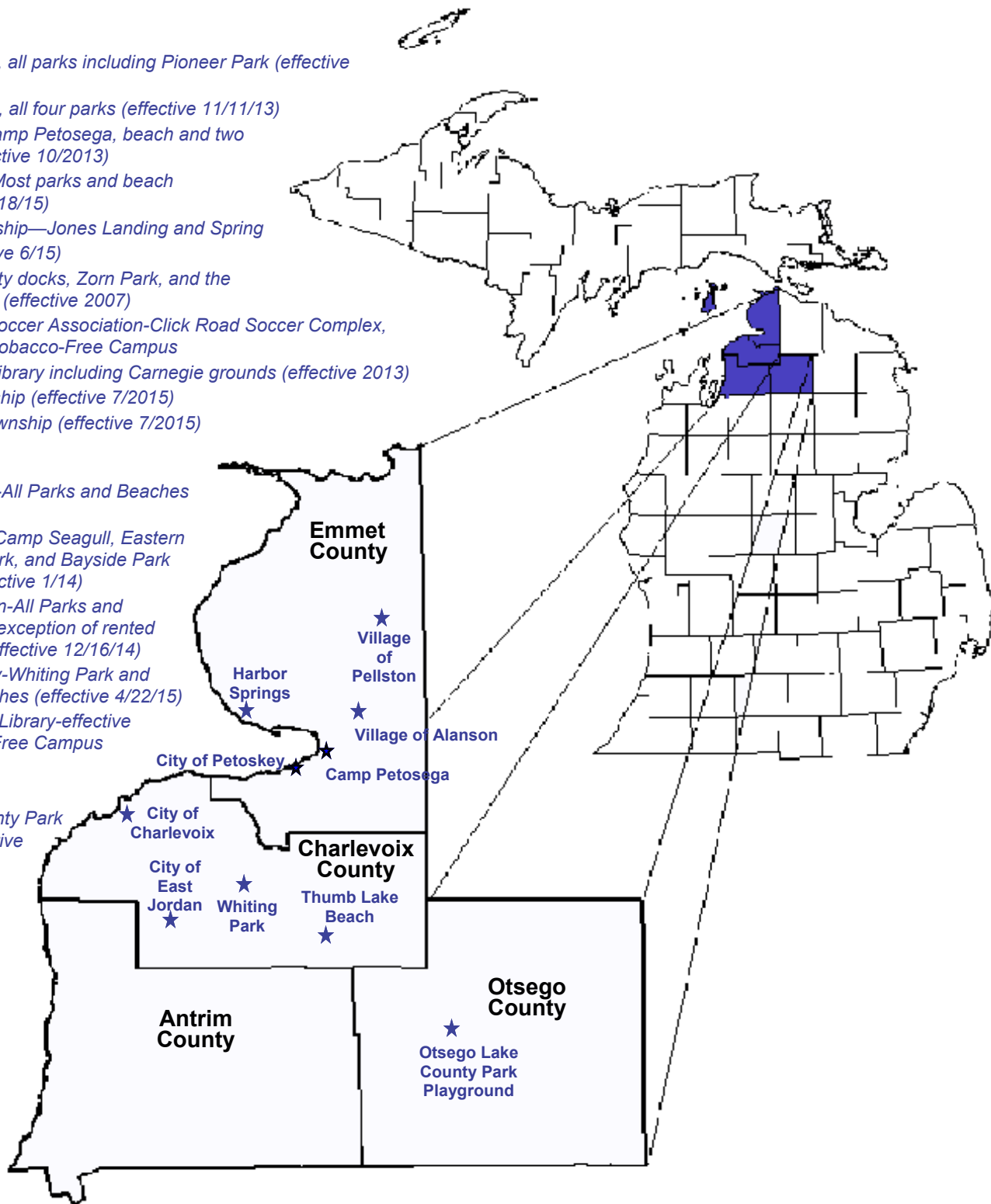
- ◇ Village of Pellston, all parks including Pioneer Park (effective 4/2013)
- ◇ Village of Alanson, all four parks (effective 11/11/13)
- ◇ Emmet County-Camp Petosega, beach and two playgrounds (effective 10/2013)
- ◇ City of Petoskey-Most parks and beach areas (effective 5/18/15)
- ◇ Bear Creek Township—Jones Landing and Spring Lake Park (effective 6/15)
- ◇ Harbor Springs City docks, Zorn Park, and the City beach are SF (effective 2007)
- ◇ Petoskey Youth Soccer Association-Click Road Soccer Complex, effective 3/2013-Tobacco-Free Campus
- ◇ Petoskey Public Library including Carnegie grounds (effective 2013)
- ◇ Readmond Township (effective 7/2015)
- ◇ Little Traverse Township (effective 7/2015)

Charlevoix:

- ◇ City of Charlevoix-All Parks and Beaches (effective 7/7/14)
- ◇ Hayes Township-Camp Seagull, Eastern Avenue Beach Park, and Bayside Park Lake Access (effective 1/14)
- ◇ City of East Jordan-All Parks and Beaches with the exception of rented outdoor spaces (effective 12/16/14)
- ◇ Charlevoix County-Whiting Park and Thumb Lake beaches (effective 4/22/15)
- ◇ Charlevoix Public Library-effective 6/2014-Tobacco-Free Campus

Otsego:

- ◇ Otsego Lake County Park Playground (effective Summer 2014)



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