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Father's Day: A great day to quit smoking

NORTHERN MICHIGAN – Father's Day is a day to celebrate dads and the important role they play in the lives of their families and children. It's also a great day to encourage men to celebrate a tobacco-free life, and to support current tobacco users in their efforts to quit.

Tobacco use is the number one cause of preventable death and disease in Michigan, and nearly one in four men in Michigan still smoke cigarettes. However, research shows that seven in 10 adult cigarette smokers want to quit completely. Tobacco contains nicotine, a highly addictive drug. Most tobacco users are addicted to nicotine, which can make quitting difficult. People often need to make several quit attempts in order to be successful, but tobacco users can and do quit. In fact, today there are more former than current smokers.

“The good news is that there are resources available to help the men in our lives, and anyone who wants to live tobacco-free,” said Katie Joyce, Tobacco Dependence Prevention Coordinator for the Health Department of Northwest Michigan. “The Michigan Tobacco Quitline has helped more than 100,000 Michigan residents quit tobacco. Talking to a healthcare provider and receiving support from family and friends is also very helpful.”

This Father's Day, the Health Department of Northwest Michigan encourages everyone to help dads to live tobacco-free. When people stop smoking, they greatly reduce their risk for disease and early death. There are benefits to quitting at any age, and a person is never too old to quit.

Encourage dads who use tobacco to talk to their healthcare providers or to call the **Michigan Tobacco Quitline at (800) QUIT-NOW (800-784-8669)**. Callers to the Quitline can receive information and referral and, if qualified, can enroll in a free coaching program and even receive nicotine replacement medications to assist them in quitting. Or, visit online at <https://michigan.quitlogix.org/>.

On Father's Day, and every day, dads across Northern Michigan strive to set a good example for their children and loved ones. Quitting tobacco sets a great example while also protecting children and other loved ones from exposure to secondhand smoke.

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. For more information, visit www.nwhealth.org, or call **(800) 432-4121** to make an appointment.