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HEALTH
DEPARTMENT
of Northwest Michigan

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Health Department of Northwest Michigan Celebrates Great American Smokeout

CHARLEVOIX, Mich. – The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to go the distance and quit smoking for good. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. This year’s Great American Smokeout will be observed on Thursday November 17th.

Tobacco use remains the single largest preventable cause of disease and premature death in Michigan, killing more than 16,200 residents each year, yet many Michiganders still use tobacco. 20.7% of Michigan adults, and 10% of Michigan youth smoke cigarettes.

Because tobacco products are highly addictive, most 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.

“The Great American Smokeout is an opportunity to remind tobacco users that they can be successful, and to support tobacco users in their efforts to quit,” stated Katie Joyce, a nurse with the Health Department of Northwest Michigan. “Quitting tobacco use is the single best thing you can do for your health. The positive effects on health are both short and long term, and quitting benefits everyone, regardless of age.”

To celebrate the Great American Smokeout, the Health Department of Northwest Michigan is encouraging health care providers to ask their patients about tobacco use at every visit, provide advice to tobacco users about the benefits of quitting, and refer clients to the Michigan Tobacco Quitline (1-800-784-8669).

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, and free nicotine replacement therapy to those who qualify. The Quitline provides services including materials, text messaging, an online program, and referral to all Michigan residents.

Providers can refer their patients and clients to the Quitline, and individual tobacco users can contact the Quitline directly at 1-800-784-8669, or enroll online at <https://michigan.quitlogix.org/>. Additional information, including a fax referral form for providers, is available at the website. Staff and providers in all health care settings can refer patients and clients to the Michigan Tobacco Quitline.

For more information about the Michigan Tobacco Quitline visit <https://michigan.quitlogix.org/>, or call the Health Department of Northwest Michigan at 1-800-432-4121. For more information about the Great American Smokeout visit the American Cancer Society’s Web site at www.cancer.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.

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