



**SAGINAW COUNTY
DEPARTMENT OF PUBLIC HEALTH**
protecting and promoting the public's health since 1928

NEWS RELEASE

FOR IMMEDIATE RELEASE

DATE: 11/7/17

CONTACT: Christina Harrington, MPH
TITLE: Acting Health Officer
PHONE: (989) 758-3818
EMAIL: charrington@saginawcounty.com

**SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH
CELEBRATES GREAT AMERICAN SMOKEOUT NOVEMBER 16, 2017**

The Saginaw County Department of Public Health (SCDPH) encourages all smokers to take the important step towards a healthier life by quitting smoking during the Great American Smokeout on Thursday, November 16th. The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to quit that day or to develop a plan to quit smoking.

“The Great American Smokeout is an opportunity to motivate tobacco users to quit smoking and support their efforts to quit,” stated Christina Harrington, Acting Health Officer. “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.”

Tobacco use remains the single largest preventable cause of disease and premature death in Michigan, killing more than 16,200 residents each year. In Michigan, 20.7% of adults smoke cigarettes, and 17.9% of Michigan high school students use tobacco. Each year, 5,800 Michigan kids under the age of 18 become regular smokers. Thirty percent (30%) of cancer deaths in Michigan are attributable to cigarette smoking.

The Genesee/Thumb Region Tobacco Control and Prevention Program serve many counties, including Saginaw, whose goal is to collaborate amongst health districts to improve the health of Michigan residents by reducing the number of diseases and deaths associated with tobacco use. To celebrate the Great American Smokeout, SCDPH 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 individuals that are uninsured, pregnant, residents enrolled in Medicaid and Medicare, veterans, cancer patients, and American Indians. Free nicotine replacement therapy is available to those who qualify. The Quitline provides various tobacco cessation services including educational materials, text messaging, an online program, and referral to local resources for all Michigan residents.

Healthcare 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/> . For more information about the Michigan Tobacco Quitline visit <https://michigan.quitlogix.org/>. For more information about the Great American Smokeout visit the American Cancer Society's Web site at <https://cancer.org>.

END