



# DEPARTMENT OF PUBLIC HEALTH

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**To:** Local Media and Community Partners

**From:** Midland County Department of Public Health

**Re:** Start the Journey to a Smoke-Free Life

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## Start the Journey to a Smoke-Free Life

Since 1977, November has been an important time when our nation draws attention to the benefits of living a smoke-free life. From the American Cancer Society's 'Great American Smokeout®' to the National Institute of Health's 'COPD Awareness Month,' this is a great time to focus on your health by kicking the habit! November is a perfect occasion to put cigarettes out for good and to *kick-the-can* of chewing tobacco. Annually, during the Great American Smokeout®, thousands of people across the country begin their journey on the road to being smoke-free. With the holidays just around the corner, this is an opportune time to seek encouragement from family and friends to make a plan to quit. It could possibly be one of the best Christmas presents you give yourself and those you love.

The Midland County Department of Public Health encourages anyone who has considered quitting smoking to take their first step toward a healthier life by checking out the free quitting resources available at [www.cancer.org](http://www.cancer.org), or by calling the Michigan Tobacco Quitlink (1-800-784-8669), which offers free information, tobacco treatment referral, online programs, and text-messaging options 24 hours a day, seven days a week.

The [2022 Midland County Health Survey](#) reported that approximately 9.4% of adults in Midland County currently smoke cigarettes, 7.7% use electronic cigarettes or vape, and 3.5% use smokeless tobacco. According to the American Cancer Society, smoking continues to be the leading cause of preventable deaths in the United States. There is also growing evidence that long-term use of electronic cigarettes, or vaping products, cause harm to the body. Recent [NIH-funded studies on the health impacts of chronic vaping](#) found that long-term electronic cigarette use can cause significant impairment of the blood vessels throughout the body, increasing the risk for cardiovascular disease.



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It is never too late to quit, and quitting does not have to happen overnight. Start by learning more about the free resources available to assist you and begin making a plan to quit. You don't have to do this alone. Call a friend, confide in a family member or other trusted person in your life, or talk to your doctor or pharmacist. Sharing your vision of being tobacco-free may be exactly what you need to begin the steps of making a plan and sticking to it.

For more information on American Cancer Society's free quitting resources, go to

<https://www.cancer.org/healthy/stay-away-from-tobacco.html>

For more information on the Michigan Tobacco Quitlink, visit <https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/tobacco/how-to-quit-tobacco>

##END##

## References:

[American Cancer Society - Great American Smokeout Homepage](#)

[American Cancer Society - Reasons to Quit Smoking](#)

[NIH-funded studies show damaging effects of vaping, smoking on blood vessels](#)

[2022 Midland County Health Survey](#)