CIGARETTES

(!) Tobacco use is the leading cause of preventable disease, disability, and death in the U.S.

- An estimated 28.3 million U.S. adults smoke cigarettes.
- Every day, about 1,600 U.S. youth under 18 smoke their first cigarette.
- Each year, nearly half a million Americans die prematurely of smoking or exposure to secondhand smoke.
- Another 16 million live with a serious illness. caused by smoking.
- Each year, the U.S. spends more than \$225 billion on medical care to treat smoking-related disease.

HEALTH BENEFITS OF QUITTING CIGARETTES



✓ **BENEFITS** people who have already been diagnosed with coronary heart disease or COPD.

√ BENEFITS people of any age.

✓ **IMPROVES** health and **INCREASES** life expectancy.

✓ **LOWERS** risk of 12 types of cancer.

✓ LOWERS risk of cardiovascular diseases.

LOWERS risk of COPD.

✓ **LOWERS** risk of some poor reproductive health outcomes.



ST. CLAIR COUNTY **Smoking & Vaping Cessation Resources**

VAPING

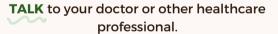
About 4.7 million middle and high school students use at least one tobacco product, including e-cigarettes.

WHAT'S IN A VAPE?

E-cigarettes can contain harmful substances:

- Cancer-causing chemicals
- · Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Heavy metals such as nickel, tin and lead
- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Volatile organic compounds

TIPS TO QUIT VAPING



Make your **ENVIRONMENT WORK** for you, not for smoking.

DISTRACT yourself.

Find **SAFE SUBSTITUTIONS**, such as toothpicks. straws, or cinnamon sticks.

Created by the SCCHD Health Education Division

Sources CDC.gov & Smokefree.gov

LEARN MORE ABOUT...

Cigarette & Vaping Use Local Initiatives Resources



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ACUPUNCTURE & HYPNOTHERAPY

▶ Blue Dragon Acupuncture Jason Go **₹** 312-622-3659

⊕ jgoacupunture.com1201 Stone St. Suite 2 Port Huron, MI 48060

Huron Point Acupuncture Katie Kuhn (810-824-9215

huronpointacupuncture.com1107 Stone St. Suite 2 Port Huron, MI 48060

Hypnosis By Shawn Shawn O'Regan & 810-798-3884

hypnosisbyshawn.com
4190 24th Avenue Suite 106 Fort Gratiot, MI 48059
Lake Huron Medical Center - North Campus

LEARN MORE

National Acupuncture Detoxification Association (NADA)

888-765-NADA

⊕ acudetox.com

American Society of Clinical Hypnosis (ASCH)

410-940-6585

@ asch.net



Resources

ON EDUCATION & PREVENTION

Healthy St. Clair County Community Health Improvement Plan

healthyscc.org

> St. Clair County Health Department Teen Health Location

t. 810-987-1311

scchealth.co

Substance Use Prevention, Treatment and Recovery Workgroup

cscbinfo.org

STATE RESOURCES

Michigan Department of Health & Human Services (MDHHS)

michigan.gov

[keeping-mi-healthy/chronicdiseases/tobacco]

MI Tobacco Quitlink

michigan.quitlogix.org1-800-QUIT-NOW

[Phone & Online Programming]

- Access to an online community through website
- Coaching over the phone
- Educational materials (email/mail)
- Quit planning materials (email/mail)
- Quit progress tracking
- Technology-based coaching support including email, text and chat

NATIONAL RESOURCES

American Cancer Society

cancer.org

[cancer/risk-prevention/tobacco]

American Heart Association

heart.org

[healthy-living/quit-smoking-tobacco]

American Lung Association

lung.org

[quit-smoking]

Centers for Disease Control and Prevention (CDC)

⊕ cdc.gov

[tobacco/quit_smoking]

Smokefree

smokefree.gov

[veterans - women - teen - español - 60+]

- Challenges When Quitting
- Help Others Quit
- Quit Smoking
- Stay Smokefree for Good
- Tools & Tips

> Truth Initiative

truthinitiative.org
[quit-smoking-tools]

- Mission & Purpose
- How to Get Involved
- Research & Resources
- Top Issues