

District Health Department #4

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Celebrate a Tobacco-Free Mother's Day

Mother's Day is a great opportunity to celebrate women, including moms, grandmothers and aunts, to encourage women to celebrate a tobacco-free life, and to support current tobacco users in their efforts to quit.

Tobacco use remains the leading cause of preventable death and disease in Michigan—killing more than 16,200 Michigan residents each year. 18.7% of women in Michigan currently smoke cigarettes, including 16% of women who smoke during pregnancy. According to the U.S. Surgeon General's 2014 report on the Health Consequences of Smoking, women's risk for diseases caused by smoking have risen sharply over the last 50 years and are now equal to men's for lung cancer, chronic obstructive pulmonary disease (COPD), and cardiovascular diseases. The number of women dying from COPD now exceeds the number of men. In addition, between 1959 and 2010, among female smokers' lung cancer risk increased 10-fold, while among male smokers, risk doubled. The Surgeon General also concluded that more than 100,000 babies have died in the last 50 years from Sudden Infant Death Syndrome, complications from prematurity, complications from low birth weight, and other pregnancy problems resulting from parental smoking.

"Mother's Day is an opportunity to support women in their effort to live a tobacco-free lifestyle, and to encourage women in their efforts to quit smoking. Women are leaders and role models in all of our lives, and we want them to know that there is help available for women who are trying to quit smoking," stated Denise Bryan, MPA, Administrative Health Officer for District Health Department No. 4.

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Quitting smoking can be difficult, but there are resources available to help. Women can talk to their healthcare provider or call the Michigan Tobacco Quitline. The 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. Tobacco users can call the Quitline at 1-800-784-8669. Pregnant women can receive extra help from the Quitline, including 5 coaching calls during pregnancy with specially trained counselors, and 4 coaching calls during the postpartum period.

For more information about the Michigan Tobacco Quitline visit <https://michigan.quitlogix.org/> , call 1-800-784-8669

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