

**Release Date:** For Immediate Release

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Health Educator

**Re:** Father's Day: A Great Day to Quit Smoking

Father's Day is a day to celebrate dads and the important role they play in the lives of their families and children. It's also a great day to encourage men to celebrate a tobacco-free life, and to support current tobacco users in their efforts to quit. Dads set a good example for their children and loved ones by not using tobacco and by protecting their children from exposure to secondhand smoke.

Tobacco use is the number one cause of preventable death and disease in Michigan with nearly 1 in 5 men in Michigan still smoking cigarettes. However, research shows that 7 in 10 adult cigarette smokers want to quit. Most tobacco users are addicted to the nicotine in tobacco, which can make quitting difficult. Many people may need to make several quit attempts in order to be successful, but tobacco users can and do quit. Today there are more former than current smokers. For dads who struggle with quitting tobacco use, help is available.

"The good news is that there are resources available to help the men in our lives, and anyone who wants to quit using tobacco, to live tobacco-free," stated Mark Valacak, MPH, Health Officer, Genesee County Health Department. "The Michigan Tobacco Quitline has helped over 100,000 Michigan residents with quitting tobacco use. Talking to a healthcare provider and receiving support from family and friends is also very helpful."

This Father's Day, Genesee County Health Department encourages everyone to help dads to live tobacco-free. When people stop smoking, they greatly reduce their risk for disease and early death. There are benefits to quitting at any age. A person is never too old to quit.

Encourage dads who use tobacco to talk to their healthcare provider or to call the Michigan Tobacco

Quitline at 1-800-QUIT-NOW (1-800-784-8669) or visit online at <https://michigan.quitlogix.org/>. Callers to the Quitline can receive information and referral and, if qualified, can enroll in a free coaching program and receive nicotine replacement medications to assist them in quitting.

For more information, please contact Kate Stevens at [kstevens@gchd.us](mailto:kstevens@gchd.us) or (810) 257-3194.

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