

## Branch-Hillsdale-St. Joseph Community Health Agency

February 19, 2015

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### Make Your Heart Happy and Quit Tobacco!

**Coldwater, MI.** The perfect gift in February is the gift of heart health. Heart disease is the leading cause of death for men and women and if you currently smoke, quitting can cut your risk for heart disease and stroke. During the month of February, the **Michigan Tobacco Quitline is offering 8 WEEKS of FREE nicotine replacement therapy** to anyone who calls and enrolls prior to the end of the month. The Branch-Hillsdale-St. Joseph Community Health Agency is encouraging all tobacco users who have had problems quitting on their own to contact *the Quitline* and get enrolled in this special program.

Rebecca Burns, Health Officer for the tri-county health department, states "Now is the time to quit smoking. When combined with counseling, nicotine replacement therapy can increase the odds of a successful quit." According to the CDC, counseling and medication are both effective for treating tobacco dependence, and using them together is more effective than using either one alone.

Recent data released from the 2012-2014 *2012-2014 Michigan BRFSS Regional & Local Health Department Estimates*, indicates that approximately 1 out of 4 adults (24.5%) living in the tri-county area currently smoke cigarettes; and more than 1 out of 4 (28.7%) of mothers of newborn infants born in 2013 smoked during their pregnancy. Smoking continues to be the leading cause of preventable death and has been linked to higher rates of infant mortality.

Even after the passage of the Michigan Smoke-free Air Law on May 1, 2010, secondhand smoke exposure continues to be a problem in Michigan with an estimated 24.9% of adults reporting that they were exposed to secondhand smoke in their home or in a car within the past seven days. How can you protect yourself and your family from secondhand smoke? It's easy, just follow these recommendations:

- Don't allow anyone to smoke anywhere in or near your home

- Don't allow anyone to smoke in your car, even with the windows down
- Make sure your children's day care center and schools are tobacco-free
- Teach your children to stay away from secondhand smoke
- Be a good role model by not smoking or using any other type of tobacco
- *If you smoke ... **Quit!***

Quitting has never been more easy or affordable. Contact the Michigan Tobacco Quitline. The Michigan Tobacco Quitline is open 24 hours a day, 7 days a week and can be reached at 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DEJELO-YA (1-855-335356-92). To learn more about negative health effects of tobacco product use, visit our website at [www.bhsj.org](http://www.bhsj.org).

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