



Jackson Tobacco Reduction Coalition

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For Immediate Release

WORLD NO TOBACCO DAY IS MAY 31

(Jackson, MI) –Thirty one years ago, the World Health Organization created World No Tobacco Day to encourage tobacco users to stop using tobacco for 24 hours on May 31. This year’s theme, “Tobacco and Lung Health” explores the important role lungs play in the health of all people, as well as the negative impact tobacco has on lung health.

Lung Cancer. Tobacco smoking and secondhand smoke are the primary causes of lung cancer, responsible for over two thirds of lung cancer deaths globally. In Jackson County, lung cancer accounts for 69 of every 100,000 deaths and is the leading cause of death by any cancer.

Chronic Respiratory Disease. Tobacco smoking is the leading cause of chronic obstructive pulmonary disease (COPD), a condition where the build-up of pus-filled mucus in the lungs results in a painful cough and agonizing breathing difficulties. Individuals who start smoking at a young age are at the highest risk of developing COPD. This is worrying considering 95% of adults who currently smoke started before age 21.

Infancy and Early Childhood. Infants exposed to tobacco smoke in the womb, either through the mother’s use or through secondhand smoke, often have poorly developed lungs. Likewise, children exposed to second-hand smoke are at risk of developing asthma, pneumonia and bronchitis, and respiratory infections. In Jackson County, 45% of high school students and 40% of middle school students reported being around secondhand smoke in the past 7 days.

Air Pollution. Although Michigan passed the Smoke-Free Air Law in 2009 banning tobacco smoke in restaurants, bars and businesses, individuals can still smoke in their own homes and cars. Tobacco smoke is very dangerous, with over 60 chemicals in it that are known to cause cancer. Though smoke may be invisible and odorless, it can linger in the air for up to five hours.

Tobacco is not safe to use. If you or a loved on uses tobacco, consider quitting today. The Michigan Tobacco Quitline offers free coaching and 8 weeks of nicotine replacement medications to assist you in quitting. Call today: 1-800-QUIT NOW or visit online at <https://michigan.quitlogix.org/>.



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For help with quitting tobacco use, talk with your healthcare provider or contact the Michigan Tobacco Quitline at 1-800-784-8669.

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