



## Dickinson-Iron District Health Department

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### News Release

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### Immediate Release

#### ***Dickinson-Iron District Health Department Celebrates Great American Smokeout and Kick Butts Month***

Kingsford and Iron River, Michigan – November 19, 2020. The Dickinson-Iron District Health Department celebrates the Great American Smokeout and Kick Butts Month. The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. This year's Great American Smokeout is held today, Thursday, November 19th but any day during November is a good day to quit!

Tobacco use remains the single largest preventable cause of disease and premature death in Michigan, killing more than 16,000 residents each year, yet many Michiganders still use tobacco. 20.4% of Michigan adults, compared to U.S. national data of 15.1%, and 10% of Michigan youth smoke cigarettes daily, compared to U.S. national data of 8%. On average, smokers die 10 years earlier than nonsmokers and the annual health care costs in Michigan directly caused by smoking is 4.6 billion dollars with 1.4 billion dollars in Medicaid costs. The tobacco industry spends 300 million dollars marketing their products in Michigan alone. More than half of these tobacco users have tried to quit for at least one day during the past year. Because tobacco products are highly addictive, most users make several quit attempts before they are successful.

“The Great American Smokeout is an opportunity to remind tobacco users that there are resources available to help them quit, and to support tobacco users in their efforts to quit,” stated Kelly Rumpf, Health Educator. “Quitting tobacco use is the best thing you can do for your health. Within minutes to hours after quitting blood pressure, heart rate, and carbon monoxide levels decrease, and the long-term benefits continue over time including improved lung function and decreased risk of cancer and heart disease.”

Not only are we kicking butt with traditional cigarettes but we are also “Kicking Juul.”

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The National Kick Butts Month is focused on kicking Juul, the e-cigarette (also known as vaping) that has become enormously popular among youth across the country.

While cigarette smoking among high school students nationwide has fallen to 8.1 percent, e-cigarette use among high schoolers rose by an alarming 78 percent in 2018 alone – to 20.8 percent of the student population. In 2018, more than 3.6 million middle and high school students used e-cigarettes. U.S. public health leaders have called youth e-cigarette use an “epidemic” that is addicting a new generation of kids.

During Kick Butts Month, youth and health advocates across the country are calling for strong action to reverse the youth e-cigarette epidemic. In particular, they are calling on the Food and Drug Administration, states and cities to ban all flavored tobacco products, including e-cigarettes in flavors like cotton candy, gummy bear and mango that tempt kids.

Research shows that while quitting is difficult for most tobacco users, people who use tobacco can increase their success in quitting with help. Quitters are most successful when using a combination of therapies, including resources such as nicotine replacement, counseling, self-help materials, and a strong support network of family and friends.

Resources available to Michigan residents include:

The Michigan Department of Health and Human Services (MDHHS) Tobacco Quitline, 1-(800) QUIT-NOW, continues to provide free telephone coaching for the uninsured and those with Medicaid and Medicare, and free nicotine replacement medications for those who qualify. Information on quitting smoking and a free printable Michigan Smoker’s Quit Kit are available through MDHHS by visiting: [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco) .

BecomeAnEX.org is a free, interactive website that shows smokers how to re-learn life without cigarettes. The site, developed by Legacy in partnership with Mayo Clinic, offers a free, personalized quit plan and an online support community to help people prepare to quit and stay quit.

The American Cancer Society has tools available to help with quitting. For more information contact the American Cancer Society at 1-800-227-2345. Information is also available on the American Cancer Society’s Web site at [www.cancer.org](http://www.cancer.org).

For teens needing help to quit vaping please visit [mylifemyquit.com](http://mylifemyquit.com).

In addition, there is a NEW organization called PAVe, Parents Against Vaping. For those parents who wish to get more involved and “more in the know,” please visit [www.parentsagainstvaping.org](http://www.parentsagainstvaping.org). They are also on Facebook, Twitter and Instagram.

If you have any other questions on smoking and/or vaping, please contact Kelly Rumpf, Health Educator at the Health Department 906-779-7234.

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