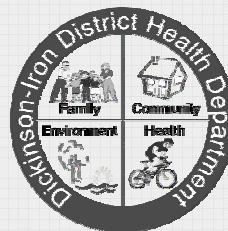


Smoke-Free Policies



Dickinson-Iron District Health Department

"Serving the community since 1936 in Health Protection, Health Education and Disease Prevention"

Why do we need smoke-free air policies?

Many millions of Americans, both children and adults, are exposed to secondhand smoke in their homes and workplaces despite substantial progress in tobacco control. According to the *U.S. Surgeon General Report on the Health Consequences of Involuntary Exposure to Tobacco Smoke*, scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke. Contrary to popular belief, separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposures of nonsmokers to secondhand smoke.

Smoke-Free Community Assessment Tool (SFCAT)

Use the *Smoke-Free Community Assessment Tool (SFCAT)* located at www.mihealthtools.org to find out if your community has smoke-free policies and to explore local services to assist residents to quit smoking. The website also includes resources to help increase the number of smoke-free environments (thereby reducing and eliminating exposure to secondhand smoke) and to help increase the availability of local services to help residents quit. To date, more than 50 Michigan counties have registered to use the SFCAT.

'Kick Butts' Month

SERVICES AVAILABLE:

Dickinson-Iron District Health Department
(906) 779-7234 or (906) 265-9913
www.didhd.org

Smoke-Free Dining Guide

There are more than 3,500 smoke-free restaurants and eateries in Michigan. Visit <http://www.smokefreemichigan.org/restaurants.htm> to find smoke-free dining in your area. This online guide is compiled by the Michigan citizens for Smoke-Free Air.

Local Smoke-Free Air Policies

Currently, 15 counties and three cities have adopted smoke-free regulations (City of Detroit, City of Marquette, City of Grand Rapids; and Counties of: Alger, Antrim, Emmet, Charlevoix, Chippewa, Genesee, Ingham, Mackinaw, Marquette, Midland, Ostego, Saginaw, Wayne, Schollcraft, and Washtenaw).

The total number of Michigan residents protected by local smoke-free regulations is 3,791,268 (37%).

Michigan Smoke-Free Apartments Initiative

Since the launch of the Michigan Smoke-Free Apartments Initiative in 2004, Michigan now has eight housing commissions that have adopted smoke-free policies (Cadillac, Plymouth, Elk Rapids, Melvindale, Livonia, Allen Park, and Alma). These policies cover 11 apartment buildings, with a total of 1,020 smoke-free affordable housing units, and protect the health of numerous elderly and disabled residents.

RESOURCES:

Michigan Department of Community Health

109 W. Michigan Ave. 8th Floor
Lansing, MI
1-800-480-7848

American Cancer Society

1-800-ACS-2345
www.cancer.org

American Lung Association

1-800-LUNGUSA
<http://www.nicotine-anonymous.org>

