



**NORTH SHORE
HEALTH DEPARTMENT**

Serving the communities of Bayside, Brown Deer, Fox Point,
Glendale, River Hills, Shorewood and Whitefish Bay, Wisconsin

HEALTH HIGHLIGHTS

WEEK OF MARCH 17 2021

THE THIRD WEDNESDAY IN MARCH IS KICK BUTTS DAY (CIGARETTE BUTTS, THAT IS!)



FAST FACTS ABOUT SMOKING

1. Smoking is the cause of 1 in 5 deaths in the US annually.^[1] This equals approximately 480,000 people.^[2]
2. Approximately 8.6 million Americans have a serious illness caused by smoking.^[2]
3. Smokers are at greater risk for lung diseases (COPD, emphysema and chronic bronchitis), heart disease, stroke, and lung cancer.^[3]
4. In 2019, 34 million or 14% of American adults, 18 and over, were current smokers.^[3]
5. E-cigarettes contain nicotine^[4]; 45% of Wisconsin high schoolers have reported trying vaping/juul/e-cigarettes.^[5]
6. North Shore municipalities prohibit electronic smoking devices and vaping in indoor spaces.
7. The Village of Shorewood prohibits smoking at Atwater Park, including the beach.

SMOKING CESSATION RESOURCES FROM THE CDC

If you are ready to quit:

- Call a Quit Line Coach (**1-800-QUIT-NOW**)
- Talk to a healthcare professional.
- For information about quitting smoking, visit [CDC.gov/quit](https://www.cdc.gov/quit).

Different sources of support:

- SmokefreeTXT: To sign up, text **QUIT** to **47848**.
- Get connected CDCTobaccoFree
- quitSTART app

References:

- [1] https://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm
[2] https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/index.htm
[3] https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm
[4] https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html
[5] https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/WI_2019_YRBS_Comparison_Tables.pdf

LOOKING FOR HELP TO QUIT SMOKING?

DHS is committed to helping Wisconsin residents who use tobacco and want to quit, including communities disproportionately affected by tobacco use.

People who need support to quit smoking can call toll free at **1-800-Quit-Now**

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www.nshealthdept.org