

Live Smoke Free: Smoking Cessation Programs

Nicotine is one of the most addictive drugs, even more addictive than heroin. Cigarettes are nothing more than a legal drug delivery system. Most smokers need assistance in coping with weaning themselves from nicotine addiction and habit. There are a number of programs available to assist with your decision.

Fewer than 21% of Americans are current cigarette smokers, according to a 2008 national survey. Of those smokers, 70% want to quit.

Now with Michigan's smoke-free workplace law and Muskegon's smoke-free clean indoor air regulation, workers are protected from secondhand smoke.

Children, and household members, however, may still be at risk from secondhand smoke. 3,000 deaths are caused each year from secondhand smoke with 50,000 deaths from heart disease in non-smokers. Children exposed to secondhand smoke suffer more respiratory diseases and ear infections. Children who suffer from asthma should never be exposed to secondhand smoke.

Local Tobacco Cessation Support

- **Access Health**
Monthly tobacco cessation classes for Access Health clients or free to the public with 12 hours of volunteer time. Call Amy Forward at 231.766.7101 for information.
- **Chinese Herbs and Acupuncture**
Private, fee-based practice. Call 231.767.9568.
- **Freedom From Smoking Class**
Free four-week smoking cessation class. Call Cyndi Powers at 231.672.3211 for information.
- **Hypnosis for Smoking Cessation**
Emerging Paths offers private, nominal fee-based service; one session with follow-up tape provided. Call 231.727.2901.

- **Quit & Fit**
Holland Hospital provides \$45 four-week classes with scholarship program. Call 616.394.3344.
- **SCRIPT (Smoking Cessation Program for Pregnant Women)**
Organizations that provide this free seven- to ten-day program:
 - Catholic Charities West Michigan, 231.215.6216
 - Health Project, 231.672.3211
 - Public Health Muskegon County, 231.721.1211 (one-time office visit)

Phone Quit Line & Online Quit Support

- Michigan Tobacco Quit Line: 1.800.784.8669
- SmokeFree.gov
- Freedom From Smoking: FFSonline.org
- QuitNet.info
- BecomeAnEx.org

Other Resources

- Environmental Protection Agency: EPA.gov/smokefree
- Centers for Disease Control and Prevention: CDC.gov/tobacco
- American Cancer Society: Cancer.org
- American Lung Association: LungUSA.org
- DrugFreeCommunities.com
- Lakeshore Lung Association in collaboration with Knowsmoke Coalition: 231.672.3211