

# Speak To Your Health! Community Survey

## Working Towards a Smoke-Free Genesee County

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The risks of smoking are well-known. People who smoke are at higher risk for heart disease, lung cancer and other serious health conditions. Exposure to second-hand smoke can increase the risk of bronchitis and pneumonia. In children, it can lead to ear infections and asthma episodes and a higher risk of Sudden Infant Death Syndrome (SIDS).<sup>1</sup> Smoking in Genesee County is an important health concern. The good news is that many Genesee County residents who smoke are taking steps to quit and there is growing support for a smoke-free Genesee County.

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### DID YOU KNOW?

The *Speak to Your Health! Community Survey* is a resource that provides information about the health of Genesee County residents. The 2007 survey asked about their smoking behavior and attitudes. The survey revealed that:

- 25% of Genesee County residents are smokers.
- Over half (58%) of smokers have tried to quit in the last 12 months.
- 69% of residents do not allow smoking in their home.
- 60% of residents thought that smoking should not be allowed at all in restaurants and 38% thought that smoking should be limited in some way. This means that 98% of Genesee County residents thought that smoking in restaurants should be limited in some way.
- 62% said they would be more or somewhat more likely to go to a restaurant that was smoke-free.

### WHAT CAN YOU DO?

Here are some ways to help make Genesee County smoke-free:

- **Quit smoking.** Take advantage of the services and help that you may need to quit smoking. Support friends and loved ones who are trying to quit.
- **Don't smoke around others.** If you do smoke, avoid smoking around non-smokers in the home and car, especially near children.
- **Support smoke-free establishments.** Choose to go to local restaurants, apartments, and businesses that have implemented smoke-free policies.
- **Talk to your local legislator** about your support for smoke-free restaurants and bars.

### WHERE CAN YOU GET MORE INFORMATION?

**Michigan Tobacco Quit Line: 1-800-480-7848**

The Quit Line provides cessation services to Michigan residents that want to quit using tobacco.

**Genesee County Health Department: (810) 341-5898 [www.gchd.us](http://www.gchd.us)**

Call the Health Department for a list of local quit smoking resources.

**Smoke-free, Multi-Agency, Resource Team (SMART): [www.gchd.us/Services/CommunityHealth/SMART/](http://www.gchd.us/Services/CommunityHealth/SMART/)**

The SMART Coalition is a group of agencies dedicated to reducing tobacco use and involuntary exposure to secondhand smoke in Genesee County. Includes links to [Smoke-free Dining Guide](#) and a list of [smoke-free apartments](#).

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<sup>1</sup> Genesee County Health Department (2009). A-Z Health Topics: Alcohol, Tobacco and Other Drugs. <http://www.gchd.us/Library/ATOD.asp>