

# Media Release



## World No Tobacco Day – May 31 May 25, 2018 - For immediate release

Timiskaming has the highest smoking rates in all of Ontario. We're #1—and we don't want to be. Let's work together to clear the air.

Timiskaming District- World No Tobacco Day is May 31. Smoking is the number one cause of preventable death and disease in Ontario. While 30% of Timiskaming residents smoke, compared to 17% of Ontario, we all have a part to play in helping those who smoke quit, and preventing others from starting. Most people who smoke in Timiskaming are between 25 and 64 years old; two out of every five men smoke, while one out of five women smoke.

Every year, on May 31, The World Health Organization and partners mark World No Tobacco Day, highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption. The focus of World No Tobacco Day 2018 is "Tobacco and heart disease." The campaign will increase awareness on the link between tobacco and heart and other cardiovascular diseases, including stroke, which combined are the world's leading cause of death.

- Although it can take many tries, quitting smoking is the best thing a person can do for their health. People who smoke are encouraged to talk to their health care provider, call the Timiskaming Health Unit or check out Smokers' Helpline.
- Second and third hand smoke affect the people, pets and places around someone who is smoking. People can keep homes smoke free and ask landlords to make apartments smoke free; landlords who adopt and enforce smoke free policies can also save on insurance, property damage, and cleaning costs.
- Health professionals asking clients about tobacco use is an effective way to get users to make a quit attempt. Timiskaming's tobacco cessation network links service providers with information and best practice.
- Students and teachers can make campuses smoke-free and there are a number of quit smoking campaigns specifically for students and youth.
- People who work in trades, mining, and high stress careers have higher smoking rates; the Timiskaming Health Unit has resources for employees and can help employers with workplace policies and resources.

"Despite all of our efforts, Timiskaming's smoking rates are not going down the way they are in the rest of the province. By working together, we hope to see more and more people quitting, and fewer people starting to smoke. Quitting smoking is the most important change one can make for one's health." said Dr. Glenn Corneil, Timiskaming Acting Medical Officer of Health.

Timiskaming does not want to lead the province in tobacco use. Contact Timiskaming Health Unit to learn more about making a difference in Timiskaming's smoking rates or to get help with your quit attempts.

[www.timiskaminghu.com](http://www.timiskaminghu.com)

For more information

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