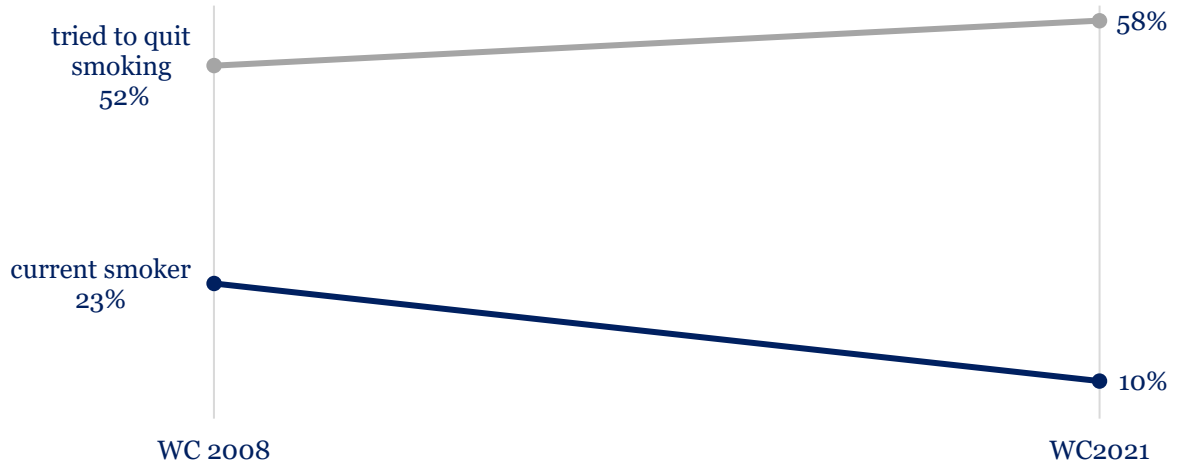


Adult Tobacco Use

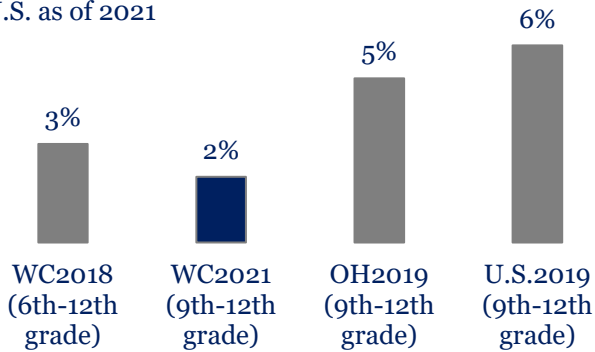
More Wood County Residents are quitting smoking with the total smokers dropping to 10%



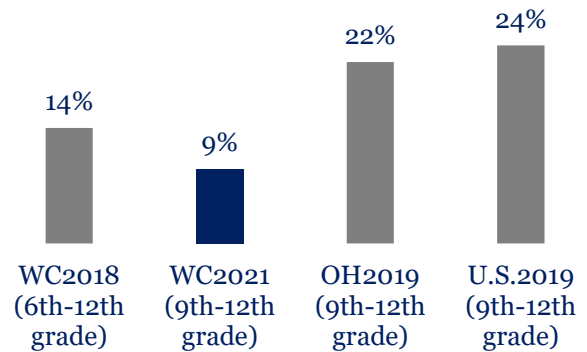
- Wood County's smoking rate is currently higher than HealthyPeople's 2030 goal of 6.1%

Youth Tobacco Use

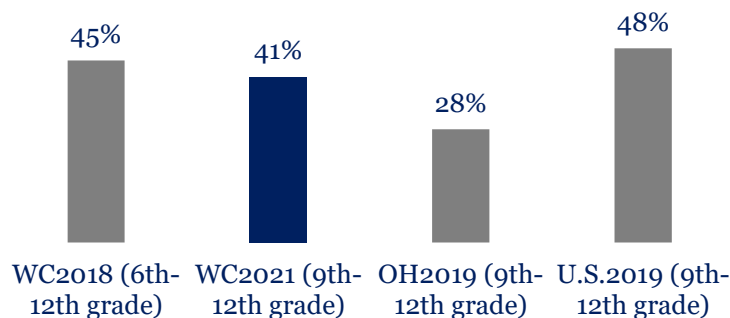
The amount of Wood County Youth that have tried cigarettes is lower than Ohio and the U.S. as of 2021



Less Wood County Youth are current smokers compared to Ohio and the U.S.



The amount of Wood County Youth that have tried to quit smoking is higher than Ohio Youth



- Wood County's youth smoking rate is below HealthyPeople's 2030 goal of 3.4%

Why you should stop using tobacco

- Smoking is known to cause cancer, heart disease, stroke, lung disease, diabetes and COPD
- Smoking also increases one's risk for tuberculosis, certain eye diseases and immune system issues
- According to the Pan American Health Association (PAHO), 20 minutes after quitting smoking your heart rate drops, within 12 hours your blood carbon monoxide level returns to normal, within 2-12 weeks your circulation and lung function increases, within 1-9 months coughing and shortness of breath decreases and within 5-15 years your stroke risk is the same as a non-smoker.

Interventions and Resources

- **Ohio Quitline:** 1-800-QUIT-NOW or <https://ohio.quitlogix.org/en-US/About-The-Program/Quitline-Programs>
- **Quitline Texting service:** QUITNOW to 333888
- **Smartphone App:** quitSTARTapp
- **Wood County Community Health Center:** Call 419-354-9049 to make an appointment

Youth Cessation

- Text "Start My Quit" to 36072 or call 1-955-891-9989 or visit mylifemyquit.com
- Visit talkaboutvaping.org

Sources

https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm#:~:text=Smoking%20causes%20cancer%2C%20heart%20disease,includes%20emphysema%20and%20chronic%20bronchitis

<https://www.paho.org/en/more-100-reasons-quit-tobacco#:~:text=After%20just%2020%20minutes%20of,and%20shortness%20of%20breath%20decrease>