



Office of Minority Health

## Newsletter - December 2019

### Counting Down to Your New Year's Quit Plan: 5 Tips to Get You Started

The official countdown to starting your New Year's quit-plan has begun! If you're gearing up to go smoke-free on January 1, it's the perfect time to organize your quit plan.

Tobacco use is a major contributor to the three leading causes of death among African Americans—heart disease, cancer, and stroke. Diabetes is the fourth leading cause of death among African Americans. The risk of developing diabetes is 30–40% higher for cigarette smokers than nonsmokers. Read more: <https://www.cdc.gov/tobacco/disparities/index.htm>



There are plenty of ways to prepare yourself to quit smoking and help you stay quit in 2020. One important item on your agenda should be to write down your plan. Writing down the steps you're going to take will help keep you accountable and motivated, plus it will help you remember where you are in your journey. Keep your document handy in case you hit a rough patch and use it as a map to lead you back onto your path to quitting. Here are a few items to include on your quit list to get you started:

1. **Set your quit date.**
2. **Spread the word.**
3. **Identify your triggers and how you'll manage them.**
4. **Remind yourself why you're quitting.**
5. **Seek additional support and talk to your doctor.**

Mapping out your plan to quit smoking will come in handy as you begin the new year. Don't forget that you can use any day as a chance to recommit to your quit plan or reset it in case you slip up. The most important thing to remember is that you made a great choice when you decided to quit smoking. Use this motivation to quit and stay quit!

For Free quit-smoking classes and resources visit [www.scph.org/quit](http://www.scph.org/quit) or contact Jessie Wingert.

1-800-QUIT-NOW is a FREE Quit smoking program for adults. Participants may be eligible for up to 8 weeks of FREE Nicotine Replacement Therapy (patch, gum, and lozenge) when enrolled.

My Life, My Quit is a FREE program for teens under age 18 who want to stop using tobacco

products, especially electronic cigarettes. Youth can call or text to enroll at 1-855-891-9989 or [mylifemyquit.com](http://mylifemyquit.com).

## MY LIFE, MY QUIT



### SAVE THE DATE

#### Minority Health Advisory Committee Meeting

January 13 , 2019 11:00 AM  
Summit County Public Health - Auditorium  
1867 W Market Street, Akron, Ohio 44313

\* Feel free to share this invitation

### NATIONAL SAFE TOYS AND GIFTS MONTH

Prevent Blindness America has declared December as **Safe Toys and Gifts Awareness Month**. The group encourages everyone to consider if the toys they wish to give suits the age and individual skills and abilities of the individual child who will receive it, especially for infants and children under age three.

**Safe Toys and Gifts**



### WORLD AIDS DAY



World AIDS Day, held each year on December 1, is an opportunity to celebrate and support global efforts to prevent new HIV infections, increase HIV awareness and knowledge, and support those living with HIV.

Since World AIDS Day was first observed more than 30 years ago, progress to prevent and treat HIV has been extraordinary. HIV medicines are available to help people with HIV live long, healthy lives and prevent HIV transmission. In addition, effective HIV prevention methods, including pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP), are available.

To learn more, browse the **World Aids Day Website**

In 2018, there were 989 reported new diagnoses of HIV Infection in the state of Ohio. Eight-two percent of new diagnoses were male and 47 percent of new diagnoses were black/African-American. The rate of new diagnoses in black/African-Americans was nearly seven times higher than that in whites. This is according to the Ohio HIV Surveillance Summary. To continue reading click below:

**Sexual Health**