

Tobacco Cessation Resources

- Centers for Disease Prevention and Control:
www.cdc.gov/tobacco/how2quit.htm OR (770) 448-5705
- American Legacy Foundation (in collaboration with Mayo Clinic), Becoming an Ex:
www.becomeanex.org
- American Lung Association, Freedom From Smoking:
www.ffsonline.org OR (800) LUNGUSA (586-4872)
- American Cancer Society, Guide to Quitting Smoking: www.cancer.org
Click on “Guide to Quitting Smoking” OR (800) ACS-2345 (227-2345)

Check your phone directory or the Internet for services provided by your state, region, county, or community. These are examples of resources for Michigan residents.

- Michigan Surgeon General: www.michigan.gov/surgeongeneral
 - Local Cessation Programs in Michigan
Go to the website, click on “People.” Then, click on “Don’t Smoke.” The site includes links to 265 local cessation programs, free resources, and other tobacco cessation sites.
 - FREE Quit Kits: Call (800) 537-5666
The Quit Kit has lots of helpful information, motivation and strategies for quitting. The kit helps you decide if you are ready to quit, steps for planning to quit, and after you’ve quit, how to stay on track.
 - Michigan Department of Health and Human Services: www.michigan.gov/mdhhs
Click on “Physical Health and Prevention.” Select “Prevention” and click on “Tobacco” OR phone Michigan Tobacco Quitline at (800) 784-8669 OR 1-800-QUIT-NOW
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Michigan Laws Related to Tobacco Use

- **Dr. Ron Davis Smoke-Free Air Law**
Beginning May 1, 2010, smoking is prohibited in most public places in Michigan. The law covers any workplace and any food service establishment. This law covers public places, including, but not limited to, restaurants, bars, shopping malls, bowling alleys, concert halls, arenas, museums, mechanic shops, health facilities, nursing homes, education facilities, and child care centers.

www.michigan.gov/mdhhs/0,1607,7-132-2940_2955_2973_55026---,00.html
- **Michigan Youth Tobacco Act**
(Public Act 314 of 1988, as amended)

[www.legislature.mi.gov/\(S\(fyjzqd45hmxs2h55ozf4paes\)\)/documents/mcl/pdf/mcl-Act-31-of-1915.pdf](http://www.legislature.mi.gov/(S(fyjzqd45hmxs2h55ozf4paes))/documents/mcl/pdf/mcl-Act-31-of-1915.pdf)

Prohibits the sale or distribution of tobacco products to minors; prohibits the possession of tobacco products by minors; requires retailers to post a sign warning against the sale of tobacco to minors.
- **Restrictions of Tobacco Vending Machines**
(Public Act 271 of 1992)

Prohibits placement of tobacco vending machines in places and locations open to minors; exemption for restaurants with Class C liquor licenses (with restrictions) and private clubs and workplaces not open to the public (with restrictions).
- **Ban on Sale of Cigarettes**
(Public Act 272 of 1992)

Prohibits the sale of cigarettes apart from their original packaging.
- **Restrictions on Free Tobacco Samples through the Mail**
(Public Act 273 of 1992)

Prohibits the distribution of tobacco at no cost through the mail unless it is part of a direct mail campaign in which the individual has signed an authorization card agreeing to receive the product.
- **Tobacco Excise Taxes**
(Public Act 327 of 1993)

Levies a tax of \$1.25 per pack on cigarettes (20 count); levies a tax of 20% of wholesale price on non-cigarette tobacco products; earmarks 6% of tobacco tax revenues for health purposes; preempts local ordinances on the sale or distribution of tobacco products.
- **Surgeon General's Warning on Smokeless Tobacco Billboards**
(Public Act 295 of 1988)

Requires smokeless tobacco billboards to carry the same Surgeon General warnings as required on smokeless tobacco packages.
- **Smoking in Nursing Homes and Homes for the Aged**
(Public Act 103 of 1976)

Requires facilities to inquire about smoking status upon admission; prohibits staff smoking in patient rooms; requires a sign stating smoking is allowed only in designated areas; prohibits sale of tobacco on premises.
- **Tobacco-Free Schools**
(Public Act 140 of 1993)

Prohibits the use of tobacco in public school buildings at all times; tobacco use is allowed on school grounds after 6:00 p.m. on class days or at anytime on days when classes are not in session.

- **Smoking in Group and Family Day Care Homes**
(Public Acts 211, 217, and 219 of 1993)
Prohibits smoking in licensed group day care (7-12 children) and family day care homes (1-6 children) during hours of operation.
- **Tobacco Tax Stamp**
(Public Act 187 of 1997)
Effective May 1, 1998
Requires that all tobacco products distributed and sold in the state must carry a stamp indicating that a tax has been paid. The intent is that the tax is ultimately paid by the consumer of the tobacco product.

- **Tobacco Billboard Ban**
(Public Act 464 of 1998)
Effective January 1, 2000
Billboards advertising any tobacco product are prohibited on all roads and highways in Michigan.
- **Tobacco Products Registration**
(Public Act 182 of 1999)
Prevents the introduction of cigarettes into Michigan that were intended for foreign markets or were manufactured in other countries to be sold illegally in the United States.