



The State of Spartan Health 2016

Tobacco

Staff Contact:
Cara Ludlow, LMSW, CAADC
Alcohol, Tobacco, and
Other Drugs
517-884-6598
Cara.Ludlow@hc.msu.edu



Why it Matters

- Smoking, even 'socially', can undermine your immune system and make you more susceptible to colds and the flu.
- Not everyone who starts out as a social smoker will become addicted to tobacco, but almost everyone who becomes addicted will have started as a social smoker.
- Exposure to second-hand smoke can result in both short and long-term health consequences, including respiratory tract infections, heart disease and cancer.

What MSU students say and do

8% Of MSU students are infrequent or social smokers.

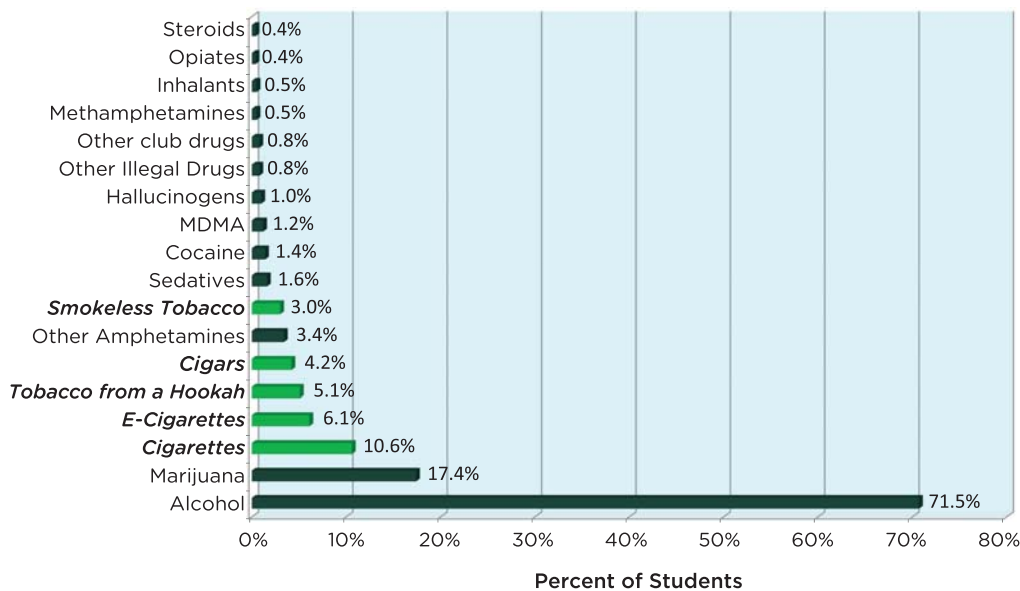
83% Of MSU students favored the move to a tobacco-free campus

3% Of MSU students smoke daily.

What you can do

- Join the 89% of your fellow students who choose not to smoke.
- If you choose to smoke while away from campus, limit other's exposure by smoking outside away from building entries and exits.
- If you are thinking about quitting or want to quit, contact the **MSU ATOD Office** to schedule a no-obligation, free of charge, individualized appointment at **517-353-3903**.

Percent of Students Who Reported Using Various Substances One or more Days in Previous Month - 2016



Tobacco Resources

Smoking Cessation: MSU students can get help with quitting through the Health Education ATOD Office. Call **517-884-6598**.

MSU faculty, staff and retirees: Smoking cessation resources through the Health4U Alcohol, Nicotine, and Drug Information page: health4u.msu.edu/andi

Department of Health and Human Services: BeTobaccoFree.gov

Centers for Disease Control and Prevention: cdc.gov/tobacco

Tobacco Free MSU: Learn more about the MSU Tobacco-Free Campus ordinance and find community resources for those looking to quit. tobaccofree.msu.edu

