



Vilas County Public Health Department

Physical Address: 302 West Pine Street

Mailing Address: 330 Court Street • Eagle River, WI 54521

715-479-3656 • 866-845-2726 • Fax: 715-479-3741

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Contact: Tammi Boers, Vilas County Public Health Department, 715-479-3757

Lowering Nicotine in Cigarettes to Non-Addictive Levels

Almost 90% of adult smokers started smoking before the age of 18 and every day, nearly 2,500 youth smoke their first cigarette. The U.S. Food and Drug Administration (FDA) unveiled a new plan at the end of July to lower tobacco use. The plan is to lower the amount of nicotine in cigarettes to levels that are not addictive in the hopes to lower the number of people who become addicted to nicotine and to help current smokers quit.

People who stop smoking greatly lower their chance for getting a disease, like chronic obstructive pulmonary disease (COPD), heart disease, or cancer that can lead to an early death. Although the health benefits are greater for people who stop at earlier ages, there are benefits at any age.

This is a multi-year plan that focuses on protecting kids and lowering tobacco-related disease and death. For more information, please visit the FDA's website:

<https://www.fda.gov/TobaccoProducts/NewsEvents/ucm568425.htm>

If you are interested in quitting tobacco, the Wisconsin Tobacco Quit Line (1-800-QUIT NOW) offers free, confidential counseling. Otherwise, contact your healthcare provider. It's never too late to quit.

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