

Bay Mills Indian Community
Brimley, Michigan 49715
**Grand Traverse Band
of Ottawa & Chippewa Indians**
Suttons Bay, Michigan 49682
Hannahville Indian Community
Wilson, Michigan 49896
**Saginaw Chippewa
Indian Tribe**
Mt. Pleasant, Michigan 48858
**Little Traverse Bay
Bands of Odawa Indians**
Harbor Springs, Michigan 49740
**Nottawaseppi Huron
Band of The Potawatomi**
Fulton, Michigan 49502



ITC is an equal opportunity provider, and employer.

Keweenaw Bay Indian Community
Baraga, Michigan 49908
**Lac Vieux Desert Band
of Lake Superior Chippewa**
Watersmeet, Michigan 49969
**Sault Ste. Marie
Tribe of Chippewa Indians**
Sault Ste. Marie, Michigan 49783
Pokagon Band of Potawatomi Indians
Dowagiac, Michigan 49047
**Match-E-Be-Nash-She-Wish
(Gun Lake Tribe)**
Dorr, Michigan 49323
**Little River Band
of Ottawa Indians**
Manistee, Michigan 49660

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American Indian Commercial Tobacco Program helps 179 People

Native Americans in Michigan can receive help by calling 1-855-372-0037

SAULT STE. MARIE, Mich. – Native Americans in Michigan have been working hard to lead healthier lives this year. The American Indian Commercial Tobacco Program at 1-855-372-0037 received calls from 179 American Indian callers seeking coaching help to quit smoking and using other tobacco products.

Commercial tobacco use is related to many of the most prominent health disparities in tribal communities, including but not limited to preterm birth, colorectal cancer, lung cancer, and heart disease. In the past three years, over 530 American Indians in the state of Michigan have utilized the Michigan Tobacco Quitline and American Indian Commercial Tobacco Program to begin their quit journey.

The American Indian Commercial Tobacco Program and the Michigan Tobacco Quitline is an evidence-based service providing free telephone coaching for the uninsured, pregnant women, residents enrolled in Medicaid and Medicare, veterans, cancer patients, and American Indians.

The program serves all ages, however callers seeking NRT, when available, must be over 18 and meet basic health requirements. Enrollees will receive a coach who will assist them in setting a quit date, choosing a nicotine replacement product that is right for them, and making an individualized quit plan. The coach will provide support with up to four telephone coaching sessions scheduled around the caller's quit date.

Over 40 percent of Native American adults in Michigan smoke cigarettes. Quitting smoking can be difficult, but help is available. Native American quit coaches are waiting to help quit smoking. Over 30 percent of callers stay quit after six months. For more information, call 1-855-372-0037 or visit [keepitsacred.itcmi.org/Quitline](http://www.itcmi.org/Quitline).

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The Inter-Tribal Council of Michigan, Inc. is a 501(C)3 non-profit corporation duly organized under a state charter filed April 16, 1968. The agency represents all twelve federally recognized tribes in Michigan. The agency is divided into several different divisions, including: headstart; early headstart; health services; behavioral health; environmental services; child, family, and education services; and administration. The agency employs approximately 160 employees. 35 of these employees are based in the agency's central office in Sault Ste. Marie, while member tribes have offices and staff on site. Visit <http://www.itcmi.org/> to learn more about the agency.

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