

Integrating Health Into Faith

People of faith have long expressed concern for the health and well-being of all people. A prayer breakfast is a great opportunity to lift up concern for the harmful effects of tobacco and steps each of us can take to reduce tobacco use and protect people from the dangers of secondhand smoke.

The Facts:

- Every year, nearly 4,700 Mississippians die horrible but preventable deaths caused by tobacco addiction and thousands more suffer from tobacco-caused disability and disease.
- The US Surgeon General reports scientific evidence that secondhand smoke causes serious diseases, including lung cancer, heart disease and respiratory illnesses such as bronchitis and asthma, is massive and conclusive.
- There is no risk-free level of exposure to secondhand smoke.
- Tobacco use has an extremely negative financial impact on families and the community. More than \$264 million is paid by taxpayers annually to treat tobacco-related diseases through Medicaid alone.

What the Bible has to say:

Bible has a lot to say about living a healthy lifestyle, treating the human body as God's temple and honoring God with our bodies. Check out these scriptures and see how they relate.

- Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. *1 Corinthians 6:19-20*

- Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground." So God created man in his own image, in the image of God he created him; male and female he created them. God saw all that he had made, and it was very good!
Genesis 1:26-27, 31

Fact: When you get help, you are twice as likely to quit smoking for good.

Quit Tips

- Ask the question, "Do I really want this cigarette right now?"
- Reduce tobacco intake gradually.
- Have a support system to assist you in quitting.
- Stay motivated.
- Reach for a healthy snack.
- Limit the places you use tobacco
- Increase physical activities.

Tobacco Quitline

The Tobacco Quitline gives tobacco users statewide access to cessation counseling. Call (800) 244-9100 to receive counseling and to develop a customized quit plan based on your own tobacco use.

