



FOR IMMEDIATE RELEASE

Crawford County Health Department Targets Lung Health Improvements

The Crawford County Health Department is focusing their efforts to improve lung health outcomes by promoting radon testing, providing resources to reduce smoking and vaping and encouraging early cancer screenings.

According to the Wisconsin Cancer Collaborative [wicancer.org], lung cancer is the third most common cancer diagnosis in Crawford County. While our diagnosis rate is similar to the Wisconsin average, our lung cancer mortality rate is significantly higher.

This data is prompting the health department to respond to improve survival rates and long-term health outcomes for residents. We are committed to further exploring the root causes of this mortality gap and provide the community with tools and education to improve these trends.

The department is launching the "Let's Talk Lungs" campaign to raise awareness about lung health and encourage residents to take steps now and in the future to protect their lungs.

Here are some important topics that will be highlighted during the campaign:

- **Promote Early Detection and Treatment**

Lung cancer is most treatable when caught early. Adults at higher risk due to age and smoking history should talk with their healthcare provider about lung cancer screening.

- **Reduce Smoking and Vaping**

Quitting or cutting back on smoking and vaping greatly improves lung health and lung damage can be reversed. Free, evidence-based support is available through programs like *Freedom From Smoking*, which is offered by the health department, and the Wisconsin Tobacco Quit Line. School-age prevention presentations are also available through the health department.

- **Reduce Radon Exposure**

Radon is the second leading cause of lung cancer and is an odorless gas that can be present in homes without warning. Testing your home is the first step. The health department offers free radon test kits during the peak testing season to help residents identify and reduce this risk.

To learn more about lung health visit www.lung.org/lung-health-diseases or subscribe to our newsletter at crawfordcountyiwi.gov/HealthNews