



# MEDIA RELEASE

STATE OF TENNESSEE  
DEPARTMENT OF HEALTH

FOR IMMEDIATE RELEASE  
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## **QUIT TOBACCO FOR BETTER HEALTH IN THE NEW YEAR**

*Tennessee Tobacco QuitLine Offers Support to Any Resident Who Wants to Quit*

NASHVILLE, Tenn. – The beginning of a new year is a wonderful time to decide to quit tobacco use, one of the most important things you can do for your health. It's never too late to quit no matter how long you've been smoking. While quitting can be a challenge, it can be done, especially with the help of professional support. Tennesseans have a greater chance of quitting for good and keeping their New Year's resolution with help from the Tennessee Tobacco QuitLine, a free coaching service available to all adult Tennesseans who wish to stop using tobacco.

"We know it can be a great struggle to break addiction to tobacco, and we are eager to support any Tennessean who wants to take up this challenge," said Health Commissioner Susan R. Cooper, MSN, RN. "The QuitLine is a wonderful resource for free assistance and is available any time a Tennessean is ready to start a tobacco-free life."

The Tennessee Tobacco QuitLine, available at 1-800-QUIT-NOW, offers personalized support for Tennessee residents who want to quit smoking or stop using snuff or chew tobacco products by connecting them with trained quit coaches to guide them through the quitting process. Callers will receive ongoing professional coaching via individually scheduled calls with a quit coach personally assigned to them. This convenient and confidential service is free and available to Tennessee residents in both English and Spanish. The service is also available for the deaf and hard-of-hearing at TTY: 1-877-559-3816.

QuitLine callers also have complimentary access to relapse prevention techniques, printed resource materials, information on nicotine replacement therapies and other services to aid in the quitting process.

According to the Campaign for Tobacco-free Kids, 9,700 adult Tennesseans die each year from smoking-related diseases. An additional 1,130 adult non-smokers in Tennessee die each year from secondhand smoke. The Campaign also estimates that 488,000 children in Tennessee are exposed to secondhand smoke at home. Results of the Behavioral Risk Factor Surveillance Survey for 2008, the most recent year available, show 23.1 percent of Tennesseans say they are smokers.

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If you want to quit for yourself and those around you, help is available. Studies show smokers who enroll in a tobacco cessation program are more likely to succeed at quitting smoking. Call the QuitLine today to start your journey to better health!

The Tennessee Tobacco QuitLine (1-800-QUIT-NOW or 1-800-784-8669) is a statewide toll-free telephone tobacco cessation treatment program made possible through the Tennessee Department of Health. There is no charge to callers for services and callers have unlimited access to a quit coach through the QuitLine. Hours are Monday through Friday, 7 a.m. to 10 p.m.; Saturday 9 a.m. to 6 p.m. and Sunday 10 a.m. to 4 p.m. Central Time.

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This press release can be accessed online at <http://news.tennesseeanytime.org/taxonomy/term/30>.