

NEWS RELEASE

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For Immediate Release

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SWNPHD Supports Nebraska Tobacco Quitline

Southwest Nebraska Public Health Department (SWNPHD) encourages current tobacco users to make a plan to quit tobacco and utilize a special offer from the Nebraska Tobacco Quitline. This new opportunity for tobacco users will have the Quitline mail directly to callers, a no-cost, two-week supply of nicotine gum, patches or lozenges to any Nebraska resident over the age of 18 who is ready to quit tobacco.

In order to take advantage of this no-cost offer, tobacco users must enroll in the Nebraska Tobacco Quit Line, complete one coaching session with a trained Quit Coach and be medically eligible to receive the medication. Call **1-800-QUIT-NOW (784-8669)** to access the Nebraska Tobacco Quit Line. This offer is available through January 31, 2017, while supplies last.

“In our health district 21% of residents are smoking and 8% are using smokeless tobacco,” shares Myra Stoney, SWNPHD Executive Director. “We would like to see these numbers reduced to meet the Healthy People 2020 goals of 12% or less smoking and smokeless tobacco use down to 0.3%.”

Between 2009 and 2013, 6,113 Nebraska residents were diagnosed with lung cancer, while 4,491 Nebraskans died from it. According to the US Department of Health and Human Services an estimated 20 million persons have died because of smoking, which is the leading preventable cause of disease, disability and death in the United States.

For assistance in signing up on the Quitline, contact Southwest Nebraska Public Health Department at 308-345-4223. SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby’s. Additional information can be found on our web site www.swhealth.ne.gov. You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth.

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