

News



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DPH: Make Your New Year Smoke Free

Free resources are available to quit tobacco

Hartford — The Connecticut Department of Public Health (DPH) is encouraging tobacco users to ring in the New Year by calling the Connecticut Quitline for free help at 1-800-QUIT-NOW.

Smoking is the number one cause of preventable death and disease in the United States. More than 440,000 adults in Connecticut are cigarette smokers, and every year in Connecticut, more than 4,700 people die from smoking-related diseases.

“Quitting tobacco lowers your risk for cancer, heart disease, stroke and other smoking-related diseases, and can add years to your life,” said DPH Acting Commissioner Dr. Raul Pino. “If you smoke or use tobacco products, make 2016 the year you quit and started feeling stronger and healthier.”

The Connecticut Quitline is a free service for Connecticut residents funded by the Connecticut Tobacco and Health Trust Fund and the U.S. Centers for Disease Control and Prevention (CDC). The Quitline provides tobacco use cessation counseling, quit medications, resources and support to those who want to be tobacco free. The Quitline is open seven days a week, 24 hours a day. Getting help is easy by calling 1-800-QUIT-NOW or 1-855-DEJELO-YA for Spanish. Connecticut residents can also register online at www.quitnow.net/connecticut or <https://www.quitnow.net/connecticutsp/> for Spanish.

At the Connecticut Quitline professionally trained Quit Coaches, many of whom are former smokers themselves, can:

- Prepare callers for their quit date
- Help callers design an individualized quit plan
- Offer techniques on handling social situations that may involve tobacco
- Assist callers with seeking support from friends and families
- Provide information regarding medication options to help with withdrawal symptoms

People who want to quit tobacco can also access information at www.becomeanex.org, a website sponsored by the National Alliance for Tobacco Cessation, of which Connecticut is a member.

Tobacco users seeking group or individual counseling in person can contact tobacco use cessation programs available in communities across the state. These programs are listed on the DPH Tobacco Program’s website at www.ct.gov/dph/tobacco. Many of the programs are free or low cost to the participant.

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