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## **TOBACCO FREE FLORIDA OFFERS FREE NICOTINE REPLACEMENT THERAPY**

*Signing Up Can Help Double Your Chances of Quitting*



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**Tallahassee, Fla.**—The Florida Department of Health has a message for tobacco users: Make 2016 your year to quit! With the help of Tobacco Free Florida, you can double your chances of quitting.<sup>1</sup> Floridians can make a quit plan, set a quit date and enjoy a healthier start to the New Year.

“Since 2007, more than 137,000 Floridians have successfully quit smoking using one of Tobacco Free Florida’s cessation resources,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “We are committed to helping every Floridian who is struggling to quit tobacco break the addiction through our comprehensive services.”

There are plenty of reasons to quit smoking. The average pack-a-day smoker in Florida can save more than \$2,000 for the 2016 holiday season if they quit smoking on New Year’s Day. Not to mention, quitting smoking can add up to 10 years to life expectancy.<sup>2</sup> The health benefits of quitting smoking begin almost immediately after the last cigarette and continue for years if they quit for good.

Quitting smoking can be difficult. In fact, most people try several times before they finally quit. Those who have attempted to quit but relapsed are encouraged to try again.<sup>3,4</sup> Having a comprehensive quit plan can increase your chances of success.

Tobacco Free Florida can help you create a personalized quit plan and offers free nicotine replacement therapy, like the patch or a combination of the patch and nicotine gum, while supplies last and if medically appropriate. Tobacco Free Florida’s resources are free and easy to access:

- **CALL:** Call Tobacco Free Florida at 1-877-U-CAN-NOW to speak with a Quit Coach® who will help you assess your addiction and help you create a personalized quit plan.
- **CLICK:** Tobacco Free Florida’s online cessation tool can be accessed at [tobaccofreeflorida.com/webcoach](http://tobaccofreeflorida.com/webcoach).
- **COME IN:** In person help is available with the help of Area Health Education Centers, find one near you at [tobaccofreeflorida.com/ahec](http://tobaccofreeflorida.com/ahec).

For more information, please visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com).

### **About Tobacco Free Florida**

The department’s Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida’s tobacco settlement fund. Tobacco users interested in quitting are encouraged to use one of the state’s three ways to quit. Since 2007, more than 137,700

Floridians have successfully quit, using one of these free services. To learn more about Tobacco Free Florida and the state's free quit resources, visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com) or follow the campaign on Facebook at [www.facebook.com/TobaccoFreeFlorida](https://www.facebook.com/TobaccoFreeFlorida) or on Twitter at [www.twitter.com/tobaccofreefla](https://www.twitter.com/tobaccofreefla).

### **About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit [www.floridahealth.gov](http://www.floridahealth.gov).

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<sup>1</sup> Fiore MC, Jaen CR, Baker TB, et al. Treating tobacco use and dependence: 2008 update. Clinical practice guideline. Rockville, MD: US Department of Health and Human Services, Public Health Service; 2008. Available at [http://www.surgeongeneral.gov/tobacco/treating\\_tobacco\\_use08.pdf](http://www.surgeongeneral.gov/tobacco/treating_tobacco_use08.pdf).

<sup>2</sup> Jha P, Ramasundarahettige C, Landsman V, Rostron B, Thun M, Anderson RN, McAfee T, Peto R. 21st Century Hazards of Smoking and Benefits of Cessation in the United States. *New England Journal of Medicine*, 2013;368(4):341–50 [accessed 2014 Nov 26].

<sup>3</sup> U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010

<sup>4</sup> U.S. Department of Health and Human Services. Reducing Tobacco Use: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2000