



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Quitline provides free help for quitting tobacco

FOR IMMEDIATE RELEASE

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With the 25 cent per package tax increase on cigarettes in Alabama, now is a perfect time to stop using tobacco. The Alabama Department of Public Health urges all tobacco users to break the addiction by calling the Alabama Tobacco Quitline for free help to quit.

Tobacco use in the state of Alabama is responsible for more than \$1.88 billion in health care costs every year, which is a tax burden of \$841 per household annually. Each year 8,600 Alabamians die from their own smoking. One in 4 heart disease deaths, nearly 1 in 3 cancer deaths, and 8 in 10 deaths from chronic obstructive pulmonary disease are caused by tobacco use. More than 16 million Americans are living with diseases caused by tobacco.

For any Alabama resident who is ready to quit tobacco, the Quitline offers two methods of assistance: the toll-free Quitline (1-800-784-8669) and online coaching services. Each operate seven days a week from 6 a.m. to midnight.

Since April 2005, thousands of Alabamians have called the Quitline to help themselves or family members learn how to be tobacco free. The program helps tobacco users quit by providing information, a quit plan, coaching and nicotine patches, all at no cost. Information and coaching sessions are confidential.

For those preferring electronic services, the website QuitNowAlabama.com, mobile apps and text messaging are also available.

Individuals enrolled in the coaching program can receive a minimum supply of two weeks of nicotine patches, if medically eligible, and up to a maximum of eight weeks of patches, while supplies last.

If you, a friend or family member are ready to quit smoking or chewing tobacco, the Quitline is here to help. All services are free to Alabama residents.

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