



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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## NEWS RELEASE

For Immediate Release:  
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### **Tobacco Users Can Call In or Log On for Free Help With New Year's Resolution**

BISMARCK, N.D. – The North Dakota Department of Health reminds North Dakota tobacco users that there are two free services available to help them fulfill a New Year's resolution of quitting tobacco. North Dakota residents can call in to the North Dakota Tobacco Quitline (1.800.QUIT.NOW) or log on to North Dakota QuitNet ([www.nd.quitnet.com](http://www.nd.quitnet.com)) for help with quitting.

“If you have a New Year's resolution to quit using tobacco, check out the tools available to help you,” said Michelle Walker, tobacco cessation director for the North Dakota Department of Health. “If you prefer to receive counseling and support on the phone, you can call the Quitline. Or, if you prefer to receive advice and support online, you can log on to QuitNet. The Quitline and QuitNet even can be used together, to get all the help you need with quitting tobacco. And both services offer free patches, gum or lozenges to qualified enrollees – a great boost to your quitting process.”

QuitNet enrollees will have:

- Access to online professional cessation counselors.
- Assistance in designing a personal quit plan.
- Support from other quitters all over the world 24 hours a day, seven days a week, every day of the year.
- QuitTips e-mail messages that will offer tips about staying quit.
- Free nicotine patches, gum or lozenges to help with the quitting process.

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*Visit the health department home page at [www.ndhealth.gov](http://www.ndhealth.gov).*

Quitline services include:

- Telephone counseling from trained counselors located in our region, at times that are convenient for you.
- Booklets that walk you through each step of the quitting process.
- Free nicotine patches, lozenges or gum for qualified enrollees.

“Quitting tobacco will lower your risk of numerous diseases, including cancer, heart disease, stroke and chronic lung conditions, like emphysema and asthma,” said Walker. “Quitting will also put more cash in your wallet. A pack-a-day smoker who quits could save more than \$1,500 in 2011. Getting help to beat tobacco will make you healthier and wealthier, and who can say no to that?”

For help achieving your goal of quitting tobacco, call the Quitline at 1.800.QUIT.NOW (1.800.784.8669) or log on to QuitNet at [www.nd.quitnet.com](http://www.nd.quitnet.com).

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*Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at [www.nddohpressroom.gov](http://www.nddohpressroom.gov).*