



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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## NEWS RELEASE

For Immediate Release:  
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### **QuitNet Celebrates Six Months of Helping North Dakotans Quit Tobacco**

BISMARCK, N.D. – QuitNet, the North Dakota Department of Health’s web-based tobacco cessation service, has been helping North Dakotans successfully quit tobacco for six months, according to Michelle Walker, tobacco cessation director for the North Dakota Department of Health.

Nearly 3,800 people have visited the QuitNet website ([www.nd.quitnet.com](http://www.nd.quitnet.com)) since it launched in early February 2010, and 670 new members have signed on for services. Those 670 members have visited the site more than 5,000 times. More than 20,000 QuitTips emails have been sent out from QuitNet to members, offering suggestions about the quitting process and encouragement for a successful quit attempt.

“We are very pleased by the success of the North Dakota QuitNet in its first six months,” Walker said. “People like the convenience and the immediacy of being able to get help quitting tobacco through this online service.”

North Dakota resident Michele Hancock has been using the site since March and feels it is a great help to the quitting process. “It inspires me to read about other people who have quit successfully,” Hancock said. “I would definitely recommend the service to other people. It’s easy to navigate and has good information about how to quit. Plus, it’s encouraging when you can visit with other people who are having the same challenges as you with quitting tobacco.”

When people sign up for QuitNet, they get:

- 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.

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

- QuitTips e-mail messages that will offer tips about staying quit.
- Free nicotine patches, gum or lozenges to help with the quitting process.

“We encourage anyone who is thinking about quitting tobacco to check out the site,” Walker said. “Professional counseling, free medication and coming together with others who are quitting – QuitNet offers all these options. Plus, the service is free and completely confidential.”

The Department of Health also continues to sponsor the North Dakota Tobacco Quitline, a free telephone-based service that helps tobacco users quit. QuitNet users can use the online service in conjunction with the Quitline’s services to get the combination of help that’s right for them.

North Dakota QuitNet is a service of the North Dakota Department of Health, Tobacco Prevention and Control Program funded by the North Dakota state legislature through funds received in the Master Settlement Agreement with the tobacco industry. Funding also is provided by the U.S. Centers for Disease Control and Prevention’s Office on Smoking and Health.

For more information, contact Michelle Walker at 701.328.2315 or visit the QuitNet site at [www.nd.quitnet.com](http://www.nd.quitnet.com).

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