

November 8, 2018

For Immediate Release

Contact: Crystal Lakey, Health Educator – 308-882-4269 or Myra Stoney 308-345-4223

Husk the Habit: Break the Addiction & Be Smoke-Free!

McCook, NE – Did you know the number of former smokers in the United States has been higher than the number of current smokers since 2002? Are you ready to join the group of former smokers? Quitting can be intimidating, but with free resources like the Nebraska Tobacco Quitline, it can be so much easier.

Southwest Nebraska Public Health Department (SWNPHD), the Nebraska Tobacco Quitline and other partners across the state are working together to ***Husk the Habit*** and connect tobacco users who are ready to quit with the resources to give them the best shot at success.

"It is never too late to quit. Quitting brings immediate advantages to not just tobacco users, but their families as well," states Crystal Lakey, LPN and Health Educator at SWNPHD.

The following methods are proven effective for tobacco users who want help to quit:

- Discuss tobacco cessation with a doctor
- Individual, group or telephone counseling
- Nicotine replacement therapy—either over-the-counter or prescription
- Prescription, non-nicotine medications

The Nebraska Tobacco Quitline is currently offering a free two-week supply of nicotine replacement therapy to all qualified callers. Counseling and medication are both effective for treating nicotine dependence, but using them together has been shown to increase the success rate.

"By calling the Quitline, tobacco-users have a whole team of support on their side," explains Crystal Lakey of SWNPHD. You can get the tools you need to be successful by calling 1-800-QUIT-NOW, talking with your healthcare provider, and building that support network.

For help quitting, the Nebraska Tobacco Quitline is available at 1-800-QUIT-NOW (1-800-784-8669), and for Spanish services at 1-855-355-3569. Translation services are also available in more than 170 languages. For additional resources and to learn more about the free NRT promotion visit www.QuitNow.ne.gov.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties. You can follow us on Facebook and Twitter or view the website at www.swhealth.ne.gov. Call (308) 345-4223 McCook or (308) 882-4269 Imperial or stop by the office at 404 West 10th Street in McCook; 501 Broadway, south door in Imperial.