

Delaware General Health District
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NEWS RELEASE

OHIO TOBACCO QUIT LINE HELPS SMOKERS KICK THE HABIT

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FOR IMMEDIATE RELEASE

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DELAWARE, Oh., June 21, 2010 – The Delaware General Health District encourages smokers to try the Ohio Tobacco Quit Line service.

The Quit Line – 1-800-QUIT-NOW – helps smokers who have decided that the time has come to quit. The Quit Specialists on the Quit Line also can help former smokers seeking support to remain tobacco-free.

When you call the Quit Line, you are paired with an experienced Quit Specialist who will work with you to set a quit date and design a quit plan customized to your pattern of tobacco use. Smokers who use the Quit Line are five times more likely to successfully quit than smokers who do not. Quit Line support in conjunction with nicotine replacement therapy, such as transdermal nicotine skin patches – provided for free under many health insurance plans -- is one of the most effective ways to quit smoking

Quit Line services are free to all Ohioans, provided by the Ohio Department of Health's Healthy Ohio program. The public service aims to reduce the number of Ohioans becoming seriously ill and dying prematurely from lung cancer, heart disease, emphysema, and other serious illnesses caused by smoking.

“Nicotine is one of the most addictive substances there is, and we know quitting smoking is very difficult. The Quit Line is there to help,” said Linda Diamond of the Tobacco Free Delaware County coalition.

“We especially would like to see parents try to quit for the benefit of their children, who tend to follow footsteps of adults in their household,” Mrs. Diamond added.

About 16 percent of Delaware County adults were still smokers as of the most recent local health survey, conducted in 2006. A third of those smokers, mostly women, said they were ready to quit.

The 2006 survey showed the local smoking rate to be highest among 18- to 24-year-olds, and the City of Delaware had the highest rate in Delaware County. The survey also showed local smokers tended to have less education, income, and employment than nonsmokers, and that males and high school dropouts were least likely to quit.

Another local survey conducted by the Delaware General Health District in 2005 showed that about a third of youths in grades 6 through 9 had smokers living in their households, a factor which increases their chances of starting the habit.

According to the Ohio State Medical Association, persons who quit smoking see health benefits almost immediately:

- Your chance of having a heart attack decreases in one day, and is half that of a smoker within a year.
- Carbon monoxide and oxygen levels in your blood return to normal in 8 hours.
- Circulation and lung function improve within two weeks.
- Fatigue, sinus infections, coughing, and shortness of breath decrease in one to nine months.

The Tobacco Free Delaware County Coalition is partially funded by the Centers for Disease Control and Prevention, Tobacco-Use Prevention and Cessation Program through the Office of Healthy Ohio, Ohio Department of Health.