

Resolve to Quit Smoking in 2012

*Stick to your New Year's Resolution with Help from
The Collier County Health Department and Tobacco Free Florida*

Collier: If resolutions were as easy to keep as they are to make, there would be much fewer cigarette smokers in Collier County.

Seven out of 10 adult smokers report that they want to quit completely. Last year, about half of them made an attempt to quit. Yet, few (6.2 percent) were successful.

As 2012 approaches, the Collier County Health Department and Tobacco Free Florida are encouraging smokers to use the program's free and convenient quit resources to start the year smoke-free and increase their chances of staying smoke-free for good. Evidence-based cessation counseling and FDA-approved nicotine replacement therapies (NRTS) provided by the program can double to triple your chances of successfully quitting.

Nicotine is one of the most addictive chemicals. The current design and contents of cigarettes make them more attractive and addictive than ever before. Today, cigarettes deliver nicotine more quickly from the lungs to the heart and brain. Poor preparation and a quit plan that's not entirely right for you can make quitting even harder. While quitting is difficult, it is not impossible. In fact, there are more former smokers in Florida than current smokers.

"Each year many Collier County residents make a quit attempt," said Dr. Joan Colfer, Director of the Collier County Health Department. "While quitting cold turkey may work for some, there are several free resources that are available. Utilizing tobacco cessation services such as the Florida Quitline or the Quit Smoking Now classes can greatly increase your chances of staying tobacco-free."

Tobacco use is the leading preventable cause of disease and premature death in the U.S. Cigarette use results in an estimated 28,600 deaths in Florida each year. Despite the known dangers of smoking, more than 2.5 million Floridians, or 17.1 percent of the adult population, are current cigarette smokers.

Free Quit Resources

Tobacco Free Florida offers a number of free and convenient resources to help Floridians quit using tobacco.

- Phone: Call the Florida Quitline at 1-877-U-CAN-NOW to speak with a Quit Coach who will help you assess your addiction and help you create a personalized quit plan.
- Online: Enroll in the Web Coach®, which will help you create your own web-based quit plan that's right for you, visit <https://www.quitnow.net/florida>.
- In-person: Sign up for Quit Smoking Now group classes at your local Area Health Education Center (AHEC) by calling 1-877-819-2357.