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DON'T GIVE UP ON BEING TOBACCO FREE

Tobacco Free Florida is Encouraging Those Who Relapsed to Try Again



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TALLAHASSEE, FLA. – Many people make New Year’s resolutions to accomplish personal goals, but some resolutions do not always go according to plan. In fact, by the second week of February, about four out of five resolutions fail.¹ Quitting smoking is no different. For many smokers, it can take several attempts to quit for good.²

The Florida Department of Health’s Tobacco Free Florida program wants you to know that slip-ups and relapses are common among people trying to quit smoking.³ A slip is one or two cigarettes after you quit. A relapse means going back to smoking regularly.⁴ While most slips or relapses occur within the first three months after quitting, they can happen anytime.⁵

“Each time you make a quit attempt, you learn more about what will work for you,” said Florida State Surgeon General, Scott A. Rivkees, M.D. “Keep trying, ask your healthcare provider for help and remember you can quit. In fact, today there are more former smokers in Florida than current smokers.”⁶

Tobacco Free Florida’s Quit Your Way program offers free [Phone Quit](#), [Group Quit](#) and [Web Quit](#) services, in addition to individual tools like text support, a Quit Guide and helpful emails. Free nicotine replacement therapy – nicotine patches, gum or lozenges – are available to tobacco users who are 18 or older, if medically appropriate.

“Quitting smoking is difficult and, for many, can require several attempts before quitting for good,” said Bureau Chief of Tobacco Free Florida, Laura Corbin. “If you had a slip up or relapse, don’t get discouraged. Creating a quit plan and using proven-effective resources, like Tobacco Free Florida, can increase your chances of quitting smoking for good.”^{7,8,9}

For more information, please visit tobaccofreeflorida.com/quityourway.

About Tobacco Free Florida

The department’s Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida’s tobacco settlement fund. Since the program began in 2007, more than 234,000 Floridians have successfully quit using one of Tobacco Free Florida’s free tools and services. There are now approximately 451,000 fewer adult smokers in Florida than there was 10 years ago, and the state has saved \$17.7 billion in health care costs. To learn more about Tobacco Free Florida’s Quit Your Way services, visit www.tobaccofreeflorida.com or follow the campaign on Facebook at www.facebook.com/TobaccoFreeFlorida or on Twitter at www.twitter.com/tobaccofreefla.

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¹ Joseph Luciani. “Why 80 Percent of New Year’s Resolutions Fail.” U.S. News & World Report. 29 Dec. 2015.

<https://health.usnews.com/health-news/blogs/eat-run/articles/2015-12-29/why-80-percent-of-new-years-resolutions-fail>

² “Slips Happen.” Stay Smokefree for Good. Smokefree.gov, smokefree.gov/stay-smokefree-good/stick-with-it/slips-happen.

³ "Tips for Slips." Smokefree.gov, 2018, smokefree.gov/stay-smokefree-good/stick-with-it/tips-for-slips.

⁴ "Slips & Relapses." Smokefree.gov, 2018, smokefree.gov/stay-smokefree-good/stick-with-it/slips-relapses

⁵ "Slips Happen." Stay Smokefree for Good. Smokefree.gov, smokefree.gov/stay-smokefree-good/stick-with-it/slips-happen.

⁶ Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Prevalence and Trends Data, 2017. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.

⁷ US Public Health Service. Treating tobacco use and dependence: 2008 update. Clinical practice guideline. Rockville, MD: US Department of Health and Human Services, US Public Health Service; 2008. <http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/index.html>

⁸ US Public Health Service. Treating tobacco use and dependence: 2008 update. Clinical practice guideline. Rockville, MD: US Department of Health and Human Services, US Public Health Service; 2008. <http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/index.html>

⁹ Patnode CD, Henderson JT, Thompson JH, Senger CA, Fortmann SP, Whitlock EP. Behavioral counseling and pharmacotherapy interventions for tobacco cessation in adults, including pregnant women: a review of reviews for the U.S. Preventive Services Task Force. *Ann Intern Med* 2015;163:608–21