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TOBACCO FREE FLORIDA HAS FREE HELP SMOKERS NEED TO STICK TO NEW YEARS RESOLUTION TO QUIT SMOKING



Mid-February is when most resolutions meet their end, but quitting smoking is too important to wait another year

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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 tobacco is no different, and quitting for good may require several attempts.^{2,3} Tobacco Free Florida is encouraging those who have had unsuccessful quit attempts to try again using the program's free and proven-effective quit tools and services.

Slip-ups and relapses are common among people trying to quit smoking.⁴ A slip is having one or two cigarettes after you quit. A relapse means going back to smoking regularly.⁵ While most slips or relapses occur within the first three months after quitting, they can happen anytime.⁶

"Smokers can and do quit smoking. In fact, there are more former smokers in Florida than there are current smokers," said Laura Corbin, Bureau Chief of Tobacco Free Florida. "The past year has shown us how important it is to protect our overall health, and quitting smoking is one of the best things you can do for yourself and for your loved ones. We encourage those who have had a slip-up to try again with free help from Tobacco Free Florida."

Creating a quit plan and using proven-effective resources, like Tobacco Free Florida, can significantly increase your chances of quitting for good.^{7,8,9} Quit smoking medications, such as nicotine replacement therapy, help reduce withdrawal symptoms and cigarette cravings. These medications can also double your chances of quitting for good.¹⁰ Counseling and medication are also both effective to help you quit smoking and using them together is more effective than using either one alone.¹¹

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. In February 2020, Tobacco Free Florida began offering its Group Quit tobacco cessation sessions online. These virtual sessions are led by a trained specialist that provides support and guidance to help you quit smoking. Group participants may receive free nicotine replacement therapy – nicotine patches, gum or lozenges – if tobacco users are 18 or older and medically appropriate.

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

About Tobacco Free Florida

The Florida Department of Health'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 254,000 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.¹² 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 U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. 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, 2010

³ U.S. Department of Health and Human Services. Reducing Tobacco Use: A Report of the Surgeon General. 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, 2000.

⁴ "Tips for Slips." Smokefree.gov, 2018, smokefree.gov/stay-smokefree-good/stick-with-it/tips-for-slips.

⁵ "Slips & Relapses." Smokefree.gov, 2018, smokefree.gov/stay-smokefree-good/stick-with-it/slips-relapses

⁶ "Slips Happen." Stay Smokefree for Good. Smokefree.gov, smokefree.gov/stay-smokefree-good/stick-with-it/slips-happen.

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

¹⁰ Centers for Disease Control and Prevention (CDC). Learn About Nicotine Replacement Therapy. (Dec. 2018).

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/explore-medications.html>

¹¹ Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update—Clinical Practice Guidelines. Rockville (MD): U.S. Department of Health and Human Services, Public Health Service, Agency for Healthcare Research and Quality, 2008.

¹² Mann, Nathan M, Nonnemaker, James M., Thompson, Jesse. "Smoking-Attributable Health Care Costs in Florida and Potential Health Care Cost Savings Associated with Reductions in Adult Smoking Prevalence." 2016.