



SOUTHWEST PUBLIC HEALTH DISTRICT

1109 North Jackson Street
Albany, Georgia 31701-2022
(229) 430-4599 Fax (229) 430-5143 Emergency 888-430-4590
www.southwestgeorgiapublichealth.org

December 18, 2008
For Immediate Release

Carolyn Maschke, Public Information Officer
229-430-1969; 229-357-0257; cwmaschke@dhr.state.ga.us

Georgia Tobacco Quit Line offers free help to those who want to kick the habit

SYLVESTER, GA – Even though smoking rates have declined nationally in recent years, tobacco use remains the leading cause of preventable death.

Fortunately, a free counseling service is available for Georgians who want to quit, says Southwest Health District Health Promotion Coordinator David Cooper.

“Individuals who want to kick the habit are encouraged to use the Georgia Tobacco Quit Line,” Cooper said. The service, which was established in 2001, provides cessation services and resources to Georgians seeking to quit all tobacco products

“This is the time of year when many of us begin thinking about New Year resolutions, and deciding to stop using tobacco products is one of the healthiest decisions you can make,” Cooper said. “Each year in Georgia, more than 10,000 people die from tobacco-related diseases including cancer, heart disease and emphysema.”

Nationally, smoking accounts for an estimated 438,000 premature deaths, including 38,000 deaths among nonsmokers as a result of secondhand smoke, he said. Among infants and children, conditions caused by secondhand smoke such as ear and respiratory problems, low birth weight and sudden infant death syndrome (SIDS) increase nonsmokers’ smoking-related illness costs.

“The Quit Line offers services to tobacco users aged 13 years and older, including the hearing impaired and Spanish-speaking callers,” said Cooper. “Public Health reminds current smokers and tobacco users it is never too late to quit, and doing so could save lives and dollars.”

For more information about how to quit smoking, please contact the Georgia Tobacco Quit Line at 877-270-STOP in English, 877-2NO-FUME in Spanish and 877-777-6534 for the hearing impaired.

###

Baker	Calhoun	Colquitt	Decatur	Dougherty	Early	Grady
Lee	Miller	Mitchell	Seminole	Terrell	Thomas	Worth