



**Public Health**  
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Frederick County Health Department

# News Release

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**FOR IMMEDIATE RELEASE:**

**NOVEMBER 14, 2018**

## **FREDERICK COUNTY HEALTH DEPARTMENT PROMOTES THE GREAT AMERICAN SMOKEOUT®**

**FREDERICK, MD** – The Frederick County Health Department (FCHD) is encouraging tobacco users to commit or recommit to healthy, smoke-free lives by participating in the American Cancer Society's 43rd Great American Smokeout® event on Thursday, November 15, 2018.

FCHD is showing its support for people who take those first steps toward making a plan to quit tobacco. As part of our tobacco cessation program, residents who are 18 and older may be eligible for free Nicotine Replacement Therapy (NRT). Using NRT not only improves quit outcomes, but also reduces the discomfort associated with quitting.

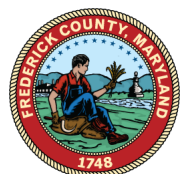
According to the 2017 Maryland Behavioral Risk Factor Surveillance System, there are about 26,000 current adult smokers in Frederick County. 40% of these smokers reported having a serious plan to quit in the next three months. Additionally, of those who are trying to quit, 60% stopped smoking for 1 day or longer.

**--more--**

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Quitting is hard. It takes commitment and starts with a plan, often takes more than one quit attempt, and requires a lot of support. Getting help through counseling and/or prescription medications can double or triple your chances of quitting successfully. Support is also important; smoking cessation programs can be a great help.

Maryland state residents can take advantage of the free NRT and other program benefits offered by the Maryland Tobacco Quitline. The Maryland Tobacco Quitline offers free, confidential coaching support for residents of Maryland 24 hours a day/7 days a week. Tobacco users can call 1-800-QUIT-NOW (1-800-784-8669) or visit [www.smokingstopshere.com](http://www.smokingstopshere.com) to enroll in the program.

Frederick County residents who want to quit can contact the Frederick County Health Department at 301-600-1755 to register for FREE smoking cessation services. Registered participants may be eligible to receive free NRT products. For more information on tobacco cessation services offered at FCHD please visit <http://health.frederickcountymd.gov/558/Tobacco-Prevention-and-Cessation-Program>.

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