



## **Kick the New Year Off Right by Kicking the Habit**

If quitting smoking has been at the top of your New Year's resolution list for the past several years and you haven't been able to make it happen yet, don't give up.

Help is only a phone call or a click away for any Mississippian who wants to stop smoking. The Mississippi Tobacco Quitline offers cessation services for those who want to jump start their journey to living a cigarette-free life.

"Any Mississippian can call the Tobacco Quitline to receive telephone and online counseling at no cost," said Patsy Ross, director of the Mississippi Tobacco-Free Coalition of Choctaw, Montgomery and Webster counties. "Smokers may also be eligible to receive free nicotine replacement therapies, such as the patch or gum."

Experts agree that getting professional help can make a huge difference for those trying to quit smoking.

"Nicotine is an incredibly addictive drug and the cravings and withdrawal symptoms can overpower even the strongest will," said Roy Hart, Director of the Office of Tobacco Control at the Mississippi State Department of Health (MSDH). "Those who seek and receive professional help are twice as likely to quit for good."

Nearly 509,000 Mississippi adults smoke cigarettes and 4,200 Mississippi kids under the age of 18 become smokers each year. About 4,700 Mississippi adults die from smoking each year and 69,000 Mississippi kids under the age of 18 will die prematurely from smoking.

"The New Year is a great time to plan to quit and you can succeed by understanding that quitting isn't easy, making a plan to quit and getting professional help," said Luby.

Mississippians can call 1-800-QUITNOW or visit [www.QuitlineMS.com](http://www.QuitlineMS.com) to take advantage of the services offered by the Mississippi Tobacco Quitline.

For more information about tobacco cessation, call The Tobacco-Free Coalition of Choctaw, Montgomery and Webster Counties at 662.466.0023 or visit [www.TobaccoFreeMS.org](http://www.TobaccoFreeMS.org).