

# News



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## ***Commit to Quit Program Aims to Snuff Out Tobacco Use in Connecticut*** *CT Department of Public Health launches cessation support services for tobacco users*

**HARTFORD, CT** – The harmful effects smoking on health and wellbeing are well known; however, despite the alarming statistics, the number of smokers world-wide still continues to increase. In an effort to help Connecticut residents quit their tobacco use, the Connecticut Department of Public Health (DPH) is launching a new cessation program called Commit to Quit. The program’s simple, streamlined process allows smokers to quit on their own terms and provides support services that make breaking this addiction for good a true possibility.

“We are committed to providing the residents of Connecticut with the tools they need to quit their tobacco use through our cessation program,” said DPH Commissioner Dr. Raul Pino. “The goal of Commit to Quit is to help create a future where tobacco use is not the leading cause of preventable death.”

According to the DPH Tobacco Control Program, an estimated 549,000 Connecticut residents, or 19.9% of adults age 18 or older use tobacco. Those with lower income levels and those with lower educational attainment are more likely to use tobacco. Research shows that 83% of adult smokers have tried to quit in the past without support and failed; however, tobacco users that use cessation programs like Commit to Quit are nearly twice as likely to quit for good.

Commit to Quit is a cost-free, customizable cessation program that provides online and telephone support. The program also includes:

- Two weeks of nicotine replacement therapy (NRT) products at no cost
- One-on-one assistance from a quit coach when needed
- Access to a private online community with others trying to quit
- A quit guide workbook that walks you through the steps to quit
- Lifetime membership – even if participants have trouble quitting, they will not be kicked out

Because quitting tobacco is not a ‘one size fits all’ experience, the Commit to Quit program provides personalization through experienced quit coaches who will help program participants figure out the right quit path for themselves. There are also face-to-face cessation programs available.

For more information about Connecticut cessation programs and Commit to Quit, including a video PSA and other promotional materials, visit [www.CommitToQuitCT.com](http://www.CommitToQuitCT.com).

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### **About Commit to Quit**

Commit to Quit is funded through the Connecticut Department of Public Health. Our goal is to provide the tools to help people quit their tobacco use and to avoid the many health consequences of tobacco use.

