



SHELBY COUNTY HEALTH DEPARTMENT



MARK H. LUTTRELL, JR.
MAYOR

ALISA R. HAUSHALTER, DNP, RN, PHNA-BC
DIRECTOR

HELEN MORROW, MD, MPA
HEALTH OFFICER

Public Health
Prevent. Promote. Protect.

FOR IMMEDIATE RELEASE
February 5, 2018

CONTACT: Angela Acker
Mobile: (901) 500-5227

SHELBY COUNTY CELEBRATES 3rd ANNUAL TENNESSEE QUIT WEEK

Event Promotes Quitting Tobacco Use

Shelby County, Tenn. – February 5th- 9th is **Tennessee Quit Week**, and counties across the state are getting involved. “It’s Quittin’ Time in Tennessee” is an opportunity to celebrate Tennesseans who have quit using tobacco products and inspire more people to join them

“Tobacco use leads to many serious diseases. Our staff at the Shelby County Health Department can be a vital resource for those who want to stop or reduce their urge to smoke or chew tobacco,” said Shelby County Mayor Mark H. Luttrell, Jr.

Tennessee Quit Week is part of a statewide effort led by the Tennessee Department of Health to raise awareness of the **Tennessee Tobacco QuitLine** and other free resources available to help Tennesseans quit smoking and/or using other tobacco products. These proven, effective services can double a tobacco user’s chances of quitting.

“We are here to encourage, support and assist anyone trying to break the addiction to nicotine and move toward a life free from smoking, dipping and/or using other tobacco products,” said Shelby County Health Department Director Alisa Haushalter. “We know how hard it can be to kick the habit. Call or come see us, call the QuitLine, talk with your health care provider – do whatever it takes to learn about all of the options available that can help you succeed!”

Smokers can call the **Tennessee Tobacco QuitLine**, use a web-based program or attend in-person counseling services and may receive free FDA-approved nicotine replacement therapy. Call the Tennessee Tobacco QuitLine at **1-800-QUIT-NOW** (1-800-784-8669) to speak with a counselor who will help you assess your addiction and help you create a quit plan. For more information and resources including an online cessation tool, visit www.tnquitline.org.

Why Team Up to Quit?

- Patients who work with their health care professionals are ultimately more successful in attempts to quit tobacco use.
- Tobacco users who receive treatment report higher satisfaction with overall health care received compared to untreated tobacco users, according to the U.S. Public Health Service.
- Smokers who quit can add up to 10 years to their life expectancy.

###

Visit the Tennessee Department of Health online at <http://tn.gov/health>.

Connect with TDH on [Facebook](#) and Twitter [@TNDeptofHealth!](#)

Mission

To promote, protect and improve the health and environment of all Shelby County residents.

814 Jefferson Avenue ♦ Memphis, TN 38105 ♦ 901 222-9000 ♦ www.shelbytnhealth.com