

Tobacco Cessation Program

The Bay County Health Department reports there are three options available to stop smoking in Bay County.

American Lung Association "Freedom from Smoking"

This program is the most comprehensive program and deals with long-term issues.

- **Step-by-step process to teach the smoker to quit.**
- **Cover stress management, weight control and social situations.**
- **Follow up for a full month after participant's Quit Day.**
- **Professionally trained facilitators who understand smokers.**
- **Incentives provided for smokers to quit for good.**

Gulf Coast Medical Center offers the American Lung Association Freedom from Smoking classes taught by Debra Jennings R.N. She can be contacted at 850-747-3600.

Bay Medical Center offers Freedom from Smoking classes taught by Meredith Green. She can be contacted at 850-747-6525



Big Bend AHEC (Area Health Education Consortium) is offering a "Quit Smoking Now" program which includes six one hour sessions.

The goals of the program are to:

- Assist with reducing the daily amount of cigarettes smoked.
- Assist with ways to distract from and delay smoking a cigarette
- Assist with stress management techniques, barriers to quitting and relapse prevention.

Call Brigitta Nuccio 850-728-6602 for a schedule of upcoming classes.

We also continue to promote: *Florida "Quit for Life" line. Help for smokers who want to quit. Specialized help for adults and pregnant women. Toll-free 1-877-822-6669.*

Fifteen people from local businesses were trained to be Freedom from Smoking Facilitators on November 19-20, 2007. This training was underwritten by the Bay County Health Department. Businesses are demonstrating that they understand the cost of smoking to the workplace and are taking important strides for their employees to be tobacco-free.

For more information call the Bay County Health Department's Tobacco Prevention Specialist @ 850-872-4455 ext. 1136

