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Public Health District

News Release

Nebraska Tobacco Quitline Offering Additional Free Quit Medication

The Nebraska Tobacco Quitline is offering additional free quit medication through June 30, 2024, to Nebraskans trying to quit tobacco.

The Quitline is offering participants quit medication containing a one-time shipment of a two-week supply of nicotine patches and an additional two-week supply of their choice between gum or lozenges, for a total of a four-week supply of quit medication for free. Using two types of quit medication, also known as combination therapy, can increase the chance of successfully quitting tobacco products. To qualify for the special quit medication offer, participants must be an adult living in Nebraska, register with the Nebraska Tobacco Quitline by calling 1-800-QUIT-NOW: 1-800-784-8669, or visit QuitNow.ne.gov and complete at least one free counseling session. The Quitline can help Nebraskans quit any type of tobacco product, including e-cigarettes and smokeless tobacco products, such as chew.

The offer is available through June 30, 2024, or while supplies last. After June 30, participants can receive a two-week supply of one type of quit medication of their choice after completing their first counseling session. For more information or to see if you qualify, talk to a counselor today.

The Nebraska Tobacco Quitline is available 24 hours a day, seven days a week, and offers free tobacco cessation coaching and nicotine patches, gum, or lozenges at no cost to the participant, regardless of insurance coverage. Participants can connect with Quitline by calling 1-800-QUIT-NOW: 1-800-784-8669 or visit QuitNow.ne.gov.

“There are so many benefits to quitting tobacco, but this FREE opportunity provides even more incentive,” said Melissa Haas, Panhandle Public Health District’s Environmental Health Coordinator. “Panhandle Public Health District is here to support all Panhandle residents in their cessation efforts.”

The Behavioral Risk Factor Surveillance System (BRFSS) shows that 19% of adult (18 and up) Panhandle residents use tobacco products. The SHARP (Student Health and Risk Prevention Surveillance System) states that 12.3% of Panhandle 12th grade students self-report using tobacco. The Nebraska Department of Education (NDE) states that 23% of all Nebraska high school students use some kind of tobacco in the past year and nearly half tried to quit. It is

more important than ever to provide options for adults and students to quit using tobacco products.

The 2020 Surgeon General's Report found that using FDA-approved nicotine replacement therapy can increase your chances of successfully quitting. The CDC states combining short-acting (e.g., nicotine gum or lozenge) and long-acting (i.e., nicotine patch) forms of nicotine replacement therapy increases the likelihood of quitting tobacco products, including cigarettes and vape products, compared with using single forms of nicotine replacement therapy. People *can* and *do* quit.

For free help quitting or staying tobacco-free, call 1-800-QUIT-NOW: 1-800-784-8669 or visit [QuitNow.ne.gov](https://quitnow.ne.gov). Quitline services are available in over 200 languages, and Spanish-speaking residents can call 1-855-DÉJELO-YA: 1-855-335-3569. The Nebraska Tobacco Quitline is a free service offered by Tobacco Free Nebraska, a program through the Nebraska Department of Health and Human Services.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.