



Tobacco Quitline 60 Sec PSA

Did you know that smoking kills more than 8,600 people in Alabama each year – and it’s still the number one cause of preventable death and disease in the nation?

Alabama has one of the highest rates of smoking prevalence in the country, with more than one in five adults and nearly twelve percent of high school youth who are smokers. If you’re a tobacco user, I want to encourage you to take an important step towards a healthier life, by making your plan to quit!

The Alabama Department of Public Health has free tools to help you. Contact the Alabama Tobacco Quitline at QuitNowAlabama.com or by calling 1-800-QuitNow.

Information, referrals, and coaching are confidential, and individuals enrolled in the coaching program – who are medically eligible – can receive up to eight weeks of nicotine patches.

To take the first step towards living a tobacco-free life, visit QuitNowAlabama.com or call 1-800-QuitNow today.

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