



# Health and Human Services **MEDIA RELEASE**



**FOR IMMEDIATE RELEASE**

Dec. 29, 2016

## **TOBACCO FREE FLORIDA AND DOH-SARASOTA'S TOBACCO PREVENTION PROGRAM ENCOURAGE TOBACCO USERS TO KEEP THEIR RESOLUTION TO QUIT SMOKING**

SARASOTA, FL – **WHOWHAT:** In observance of the New Year, Tobacco Free Florida and the Florida Department of Health in Sarasota County (DOH-Sarasota) Tobacco Prevention Program encourage tobacco users to use the start of 2017 to make a quit plan and stay quit.

Tobacco Free Florida's Quit Your Way program offers Floridians free and proven-effective resources to help them quit smoking.

Tobacco users who utilize Tobacco Free Florida's services are five to 11 times more likely to quit than those who try on their own. Over the past 10 years, Tobacco Free Florida has directly helped more than 159,000 Floridians quit tobacco.

**WHY:** DOH-Sarasota's Tobacco Prevention Program and Tobacco Free Florida educate Floridians on the various ways to quit and support them through the process – when considering resolutions and year-round. For more information about Quit Your Way, please visit [www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway).

**WHEN:** Now-February

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health, please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

Sarasota County prohibits discrimination in all services, programs or activities.  
View the complete policy at [www.scgov.net/ADA/Pages/default.aspx](http://www.scgov.net/ADA/Pages/default.aspx)

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### **MEDIA NOTES:**

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