

NDQuits

- NDQuits provides free, confidential cessation assistance to any North Dakota resident interested in quitting tobacco. For more information, smokers, smokeless tobacco users, family members of tobacco users and health-care professionals can visit www.ndhealth.gov/ndquits or call 1.800.QUIT.NOW (1.866.388.7848).

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- NDQuits offers assistance via several options – telephone, online and mobile.
- The toll-free number for NDQuits is 1.800.QUIT.NOW (1.866.388.7848). The toll-free TDD number is 1.800.842.4681.
- NDQuits quit coaches are employed by the University of North Dakota's Department of Family and Community Medicine in Grand Forks.
- Coaches will assess the caller's readiness to quit tobacco use and help them develop a plan, which could include setting a quit date, learning how to identify triggers and learning how to deal with withdrawal symptoms and cravings.

- NDQuits members have access to the following:
 - The ability to chat with other quitters online
 - 24/7/365 online encouragement and support
 - Online calculators that let you figure how many days you've extended your life or how much money you've saved
 - Supportive e-mail messages
 - Personalized text messages
- Health-care provider education and training on how to coach patients to quit using tobacco are available. NDQuits also provides educational materials for health-care professionals to share with patients, such as posters for waiting rooms, brochures, palm cards and wallet cards.
- NDQuits offers free medications, including nicotine patches, gum or lozenges to callers who enroll in the program and who are not eligible to receive nicotine replacement therapy (NRT) assistance under any other program or through their health insurance.
 - During 2016, 3,133 units of NRT were shipped to NDQuits members.
- NDQuits served 3,324 North Dakotans in 2016
- **NDQuits has an extremely high success rate. Seven months after enrolling, 36.2 percent of former tobacco users are still not using tobacco.**

For more information, contact:
Tobacco Prevention & Control Program
North Dakota Department of Health
600 E. Boulevard Ave., Dept. 301
Bismarck, N.D. 58505-0200
701.328.3398 or 800.280.5512 / www.ndhealth.gov/tobacco

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 NORTH DAKOTA
DEPARTMENT of HEALTH

