

Jackson County Department of Public Health

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HEALTH DEPARTMENT OFFERS TOBACCO TREATMENT

If you or someone you love has tried to quit using tobacco products unsuccessfully, you are certainly not alone. Research shows that on average, a person will experience at least 7 quit attempts before staying quit. To combat the highly addictive nicotine, a strong approach is needed. Individuals who seek behavioral counseling and safely use one or more pharmacotherapies are more likely to be successful and to stay quit. The Jackson County Department of Public Health employs a Tobacco Treatment Specialist, trained through Duke and UNC Chapel Hill. One-on-one and/or group counseling is available at no cost. For more information, please contact Janelle Messer, Health Education Supervisor, at 828-587-8238 or janellemesser@jacksonnc.org.

In Jackson County and across North Carolina, tobacco use contributes to the top 3 leading causes of preventable death and disease, contributing to cancer, diseases of the heart, and chronic lower respiratory disease such as COPD, asthma, and lung diseases. Research shows that the majority of people who use tobacco products want to quit and have made attempts to quit.

Recently, major tobacco companies who were convicted by the US Department of Justice of racketeering are admitting that both smoking and secondhand smoke cause adverse health effects, there is no health benefit from smoking “light” cigarettes, and that cigarettes were manipulated and designed to be made more addictive to consumers. According to the issued statements, “When you smoke, the nicotine actually changes the brain – that’s why quitting is so hard.” To learn more about the corrective statements, visit www.tobaccofreekids.org.

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