

For Immediate Release

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Ampla Health Care to Improve your Life launches a Smoke Free and Tobacco Free Campaign on February 14, 2013.

Ampla Health encourages tobacco users to create a comprehensive quit plan with the help of the Ampla Health Provider. A quit plan is the first step for a successful quit attempt. For those who use tobacco, the most important step you can take for a healthier and longer life is to quit. Tobacco users who quit can double their chances at success by using the state's free and convenient quit services.

"If you are resolving to quit tobacco for the New Year, there are resources available to help you," said Cindy Snelgrove, Clinical Director "Counseling and medication are very effective and greatly increase your chances of quitting and staying tobacco free for good."

Tobacco Free Ampla Health evidence-based resources include consultation from a trained Quit Coach as well as FDA-approved nicotine replacement therapy (NRT), when appropriate. This combined approach of counseling and NRT can double or triple a tobacco user's chance of quitting. Seven out of 10 adult smokers report that they want to quit completely. Those who have tried to quit but relapsed in the past should try again because most former smokers made several attempts before quitting permanently. Quitting tobacco is hard, but it is not impossible. In fact, there are more former smokers than current smokers in the state. However, not having a plan can make quitting more difficult. Tobacco Free Ampla Health offers three ways to quit:

CALL: Call the Ampla Health toll free **1-800-662-8887** to schedule an appointment with a Provider who will help you assess your addiction and help you create a personalized quit plan.

CLICK: visit <https://www.amplahealth.org/tabaccofree>

CALL your local County Health department for options to quit smoking:

- County of Butte (530) 538-6109
- County of Colusa (530) 458-0381
- County of Glenn (530) 865-6735
- County of Sutter (530) 822-7215
- County of Yuba (530) 749-6366

Join the Ampla Health campaign serving Butte, Colusa, Glenn, Tehama, Sutter and Yuba Counties. Ampla Health is a Tobacco free Smoke free Federally Qualified Health Center.