

News from the Wyoming Department of Health

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Wyoming Quit Tobacco Program Updated to Improve Service

WWW.QUITWYO.ORG is Program's New Web Address

Wyoming residents ready to stop smoking or using smokeless tobacco can get effective, generous help from the Wyoming Department of Health (WDH) and its recently updated Wyoming Quit Tobacco Program.

Residents who want to enroll or learn more about their options can visit www.quitwyo.org, which is the program's new web address. Calling 1-800-QUIT-NOW is also available.

"It's been shown time and again that people who want to quit tobacco have a much higher chance for success if they have a plan with tools such as medication or nicotine replacement gum or patches, combined with some sort of coaching or similar support," said Kathi Wilson, Wyoming Quit Tobacco Program cessation coordinator with WDH.

Wyoming's program offers free nicotine replacement therapy for those who medically qualify and will also cover a significant portion of the costs for prescription medications meant to help individuals quit. Phone or online support is also available at no cost to Wyoming residents.

"Most people know that smoking or chewing is a poor choice for their health," Wilson said. "We want them to know that we will help them when they are ready to quit."

WDH now works with National Jewish Health, a Denver hospital known as a respiratory healthcare leader, to operate the Wyoming program.

"Our relationship with National Jewish has led to some updates in what we offer," Wilson said. Clients can receive their medications by mail rather than going to a pharmacy in person. A special program is offered for smokers or smokeless tobacco users who may be pregnant, as well as a program tailored for smokeless tobacco users.

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