

*It's
because
we care!*

EMMONS COUNTY PUBLIC HEALTH

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News Release

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None

Ditch the Dip During Through with Chew Week, February 21-27

[LINTON, ND] – Ditch the dip with help from Emmons County Public Health (ECPH) during Through With Chew Week February 21-27. Smokeless tobacco users are encouraged to make the Great American Spit Out on February 25 their designated quit date. Setting a quit date greatly improves a tobacco user's chance at success.

ECPH has the tools and resources for smokeless tobacco users who want to quit tobacco. ECPH is educating the community about how smokeless tobacco can cause harm and encourage young people never to start using these products.

In 2019, nearly 12% of North Dakota adult males reported using smokeless tobacco in the last 30 days. Both adult and high school-aged males currently use smokeless tobacco more than six times the females' rate. ECPH recognizes the most effective way to quit tobacco is to make a quit plan. Our office assists those wanting to quit tobacco by providing educational materials and tobacco cessation resources. In addition, the statewide tobacco cessation program, NDQuits, offers free support and coaching through phone and web programs.

ECPH is here to provide those who use smokeless tobacco products with the information they need to quit successfully," said Bev Voller, RN-Tobacco Treatment Specialist with ECPH. "Our goal during Through With Chew Week is to educate North Dakotans on the dangers of smokeless tobacco, which includes cancers of the mouth, esophagus, and pancreas, as well as many other health problems like heart disease."

Emmons County has 3 tobacco treatment specialist (TTS), LeAnne Hulm, Pharmacist at Thrifty Drug in Linton; Alice Schatz, Physician Assistance at Linton Clinics & Hospital, and Bev Voller, RN at ECPH. A TTS receives specialized training about tobacco-related health conditions, cessation medications, and behavioral counseling. Through behavioral counseling, the TTS helps you develop a quit plan that breaks routines to

avoid triggers and prepare for cravings to make your quit attempt more successful. They can recommend cessation medications to reduce withdrawal symptoms and cravings. Receiving counseling and using cessation medications more than double your rate of success.

Reducing the rate of smokeless tobacco use is a top priority for ECPH because it reduces the risk of cancer, heart disease, birth defects, and even death. Events like Through With Chew Week and the Great American Spit Out give us the perfect opportunity to raise awareness and take action against tobacco use, the leading cause of preventable death and disease in North Dakota.

For help with quitting smokeless tobacco, visit <https://ndquits.health.nd.gov/> or contact Bev Voller, RN at ECPH at 701-254-4027. You can also schedule an appointment with any of the TTS

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