



State of New Hampshire

DEPARTMENT OF HEALTH AND HUMAN SERVICES

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NICHOLAS A. TOUMPAS
COMMISSIONER

November 14, 2012

Dear Fellow State Employees:

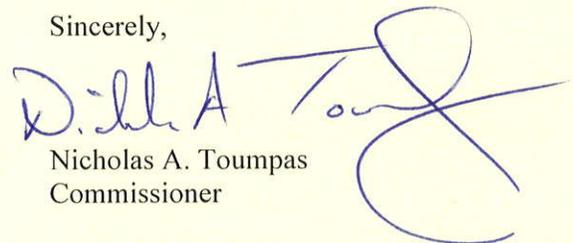
If you or someone you know needs help quitting tobacco, join thousands of people across the country in making November 15th the day you make a plan to quit for good, during the American Cancer Society Great American Smokeout. Quitting is hard, but you can increase your chances of success if you get help. Successfully quitting is a matter of planning and commitment, not luck. Decide now on your own plan. Some options include telephonic/group/or individual counseling, using medication, going to Nicotine Anonymous meetings, and using self-help books, pamphlets or social media. For the best chance at success, your plan should include one or more of these options.

There is no one right way to quit. Quitting tobacco is a lot like losing weight—it takes a strong commitment over a long period of time. Smokers may wish there was a magic bullet – a pill or method that would make quitting painless and easy but, unfortunately, there is nothing like that on the market. Medications can help reduce withdrawal symptoms but they are most effective when used as part of a plan that addresses both the physical and psychological components of quitting smoking such as peer support, changing routine and avoiding smoking triggers. It takes the average person 7 to 10 quit attempts to quit for good.

Tobacco use remains the single largest preventable cause of disease and premature death in the United States yet an estimated 45 million Americans still smoke. However, almost half of these smokers have tried to quit for at least one day in the past year. We all know that smoking causes a range of health problems but have you thought about the impact on your wallet? In 2009 the Federal Tobacco Tax Increase added 62 cents to the price of each pack of cigarettes. That tax increase and the current economy may be just the extra motivation you need to finally quit for good. According to the Campaign for Tobacco Free Kids, a pack-a-day smoker, on average, will spend \$1,808 on cigarettes each year. Beyond the extra savings on cigarettes, quitting smoking could also save you the cost of breath mints, cough drops and cleaning expenses for your clothes, home and car. And on top of these savings, you and your family will benefit even more over time. You can avoid many costs from doctor visits and medicines for the diseases and other health issues caused by smoking or by exposure to secondhand smoke.

The State Employee Wellness Program can help you learn about the resources and support that can increase your chances of quitting successfully. To learn about the available benefits and counseling options call 1-603-271-4103 or visit http://admin.state.nh.us/wellness/docs/tobacco_flier.pdf.

Sincerely,



Nicholas A. Toumpas
Commissioner