



News Release

FOR IMMEDIATE RELEASE

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Department of Public Health

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QuitlineNC Program Helps Pregnant Women Quit Tobacco

FAYETTEVILLE – Mother’s Day is the perfect time to remind expectant families and women in their child-bearing years that QuitlineNC offers free help to quit smoking, so they can plan for a smoke-free baby and a healthy environment for babies and children.

According to the Centers for Disease Control and Prevention, smoking during pregnancy increases a woman’s risk of pregnancy complications or having the baby born too early or too small to be healthy. Babies with mothers who smoke during or after pregnancy are also at risk for Sudden Infant Death Syndrome (also known as SIDS or crib death).

QuitlineNC offers free telephone support to help anyone quit tobacco and has a special 10-call program for pregnant women. Women who stay with the program are more likely to quit and stay quit after the baby is born.

“Pregnancy can be a wonderful and busy and yet stressful time,” said Dr. Lan Tran-Phu, Medical Director of the Cumberland County Department of Public Health. “It is also an important time to make lifestyle changes that are good for a healthy baby – and for a healthy family, far into the future. QuitlineNC can offer the kind of help the expectant mother needs to quit and stay quit by providing practical, nonjudgmental support.”

Mother’s Day and every day, QuitlineNC is available 24 hours a day, seven days a week.

For free help from QuitlineNC, call 1-800-QUIT-NOW (1-800-784-8669) or, for Spanish speakers, 1-800-Dejelo-Ya (1-800-335-3569). For more information, visit www.QuitlineNC.com.

For additional information about the Cumberland County Department of Public Health, please call 910-433-3600 or visit with someone at the information desk. Comments are welcome and can be submitted on our website at www.co.cumberland.nc.us/health/comment_form.aspx. The Health Department is located at 1235 Ramsey St. in Fayetteville.

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