

Montana Tobacco Quit Rates: The Montana Quit Line helps users quit **ALL** types of tobacco

Among Montanans who called the Quit Line from 2014-2016:

49% of **SMOKELESS** tobacco users quit

45% of **CIGAR** smokers quit

35% of **CIGARETTE** smokers quit

26% of **E-CIGARETTE** smokers quit

Data source: Montana Quit Line data, National Jewish Health, Montana Outcomes Report

The Montana Tobacco Quit Line offers:

- FREE personalized quit plans
- FREE coaching sessions
- FREE nicotine replacement therapy (for 8 weeks)
- FREE Chantix (for 3 months)
- REDUCED COST Bupropion (for 3 months)
- A dedicated American Indian Tobacco Quit Line: **(1-855-372-0037)**
- A specific program for pregnant women

Call **1-800-QUIT-NOW** or visit **QuitNowMontana.com**

Resources

For more information about the Montana Tobacco Quit Line:

<http://dphhs.mt.gov/publichealth/mtupp/quitline.aspx>

For more information about the Montana Tobacco Use Prevention Program:

<http://dphhs.mt.gov/publichealth/mtupp>

MONTANA TOBACCO

QUIT LINE
1-800-QUIT-NOW