



The Crier

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New Year's Resolution to Quit Smoking?



Help is Available
Quitline Iowa offers support, nicotine replacement to eligible Tama County residents

New Year resolutions are common this time of year. Some are easily broken; others are sincerely made, but hard to keep. The decision to eliminate tobacco from your life is a commitment that takes self-control and support. Tama County reminds residents who have made the healthy choice to quit smoking that help and support is

available through Quitline Iowa. The no-cost program is offering eight weeks of nicotine replacement therapy - patches, gum or lozenges - to eligible participants.

In Iowa, 18.1 percent of adults smoke. Tobacco is the leading cause of death for Iowans, taking the lives of more than 4,400 adults each year. The estimated annual Iowa health care costs directly associated with tobacco use now total \$1 billion. Globally, 6 million people die each year due to tobacco-related causes.

The benefits of stopping the use of tobacco are almost immediate, said Tama

County Tobacco Prevention Coordinator Kallie McCartney. "According to the American Cancer Society, within 20 minutes, your heart rate and blood pressure drop. Within 12 hours, the carbon monoxide level in your blood drops to normal.

Within two to three months, your circulation improves and your lung function increases. After one year of living tobacco free, the excess risk of coronary heart disease is half that of a continuing smoker's." Even so, nicotine is an addiction and breaking that addiction can be challenging. Quitline Iowa can

Benton County Mobile Food Pantry

If you are in need of food assistance, please consider taking advantage of this opportunity.

This is a monthly event and will take place on the 2nd

Saturday of each month.

When: Saturday, January 10, 2015

**10:00 a.m.—
11:00 a.m.**
(will close early if

supplies run out)

**Where: 4th Street
Diner/HACAP,
202 East 4th
Street, Vinton**

**Contact: Erin
Monaghan
(319) 241-1817**
