



Local Public Health Partners Encourage North Dakotans to Improve Their Health During Quit Week

North Dakotans are encouraged to take a fresh look at quitting during Quit Week, happening June 7-13, 2026, as Wells County District Health Unit joins partners across the state to support individuals who are ready to quit smoking, vapes, chew, or nicotine pouches. Now in its seventh year, this statewide effort brings together Tobacco Free North Dakota, North Dakota Health and Human Services, and Wells County District Health Unit] to help more residents move toward becoming tobacco-free.

Quit Week offers a dedicated time for individuals to set a quit date and connect with support that can make a real difference. Whether someone is ready to quit or just beginning to think about it, resources are available through NDQuits, healthcare providers, pharmacists, and at Wells County District Health Unit locations. Free services include personalized coaching, quit planning, and nicotine replacement therapy – such as patches, gum, or lozenges – for those who qualify.

“Taking that first step can feel overwhelming, but support is available,” said Jordan Beckley, Prevention Coordinator with Wells County District Health Unit. “Quit Week is a great time to start, and every attempt brings you closer to becoming tobacco-free.”

Commercial tobacco use remains the leading cause of preventable death in North Dakota, contributing to approximately 1,000 deaths each year and more than \$379 million in healthcare costs. Products like cigarettes, vapes, chew, and nicotine pouches are linked to serious health conditions, including cancer, heart disease, stroke, diabetes, and chronic lung disease.

About 12.3% of North Dakota adults currently smoke, highlighting the ongoing need for community support and prevention efforts. Through partnerships between Wells County District Health Unit, Tobacco Free North Dakota, and NDQuits, more North Dakotans are finding the support they need to move beyond nicotine addiction and build healthier lives.

To learn more or start your quit journey, visit NDQuits at hhs.nd.gov/ndquits or call 1-800-QUIT-NOW.