



***It's Quitting Time* in North Dakota: Local Public Health Encourages Residents to Take the First Step Toward a Healthier Future**

Quit Week returns to North Dakota June 8–14, 2025, and Wells County District Health Unit is joining statewide partners in encouraging residents to take action to quit smoking, vapes, chew, or nicotine pouches. Now in its sixth year, this statewide initiative is a collaborative effort between Tobacco Free North Dakota, North Dakota Health and Human Services, and Wells County District Health Units to help North Dakotans begin their journey to become tobacco-free.

Throughout the week, individuals are encouraged to set a quit date and access the resources available to help them succeed. Whether you're trying to stop smoking, quit vapes, chew, or nicotine pouches, support is available through NDQuits, healthcare providers, pharmacists, and your local public health unit! Personalized coaching, quit planning, and free nicotine replacement therapy – such as patches, gum, or lozenges – are available for those who qualify through NDQuits.

Every quit attempt is a step toward better health. Quit Week is a reminder that no matter where you are in your journey, support is available! This is your chance to take back control and invest in a future that's tobacco-free!

Tobacco use remains the leading cause of preventable death in North Dakota, contributing to roughly 1,000 deaths each year and driving more than \$379 million in healthcare costs. Products like cigarettes, vapes, chew, and nicotine pouches can lead to serious health issues, including cancer, heart disease, stroke, diabetes, and chronic respiratory conditions.

Still, 15% of adults in North Dakota continue to smoke, underscoring the need for ongoing community efforts. With strong support from Wells County District Health Unit, Tobacco Free North Dakota and NDQuits, progress is being made to help individuals break free from nicotine addiction and move toward healthier lives.

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