



**CABINET FOR HEALTH AND FAMILY SERVICES  
OFFICE OF THE SECRETARY**

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**Statewide News Release**

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**Public Health Promotes Quit Now**

*52 Weeks of Health Campaign Spotlight: Quit Now Kentucky.*

**FRANKFORT, Ky.** (May 24, 2017) – As part of the 52 Weeks of Public Health campaign, the Kentucky Department for Public Health (DPH), within the Cabinet for Health and Family Services (CHFS), is promoting the impact of smoking and tobacco use across the state – and Kentucky’s free cessation program Quit Now.

According to the DPH Tobacco Prevention and Cessation Program, which manages Quit Now, the positive benefits of not using tobacco begin within 20 minutes after quitting. To reach the service, call 1-800-Quit Now to talk with a trained tobacco cessation coach about a personal quit plan.

Parental consent is not required to use the service, which can be accessed by calling, going online, or downloading the quit app. For more information, visit [www.QuitNowKentucky.org](http://www.QuitNowKentucky.org).

Throughout the planned 52 Weeks of Public Health promotion, DPH will spotlight a specific public health issue. Additional information about the campaign is available on the DPH website: <http://chfs.ky.gov/dph/default.htm> and is posted on the CHFS Facebook page: <https://www.facebook.com/kychfs> where Kentuckians are encouraged to like and share posts among their networks of friends.

For additional information, please see this video <https://www.youtube.com/watch?v=Rw758JBobFI>.

**-30-**

*The Cabinet for Health and Family Services is home to most of the state’s human services and healthcare programs, including the Department for Medicaid Services, the Department for Community Based Services, the Department for Public Health, and the Department for Behavioral Health, Developmental and Intellectual Disabilities. CHFS is one of the largest agencies in state government, with nearly 8,000 full- and part-time employees located across the Commonwealth focused on improving the lives and health of Kentuckians.*