



## **New Jersey Quitline, New Jersey QuitNet<sup>®</sup>, and New Jersey Quitcenters**

Tobacco use is the single most preventable cause of death and disease in New Jersey. The State's cessation services are a part of its Comprehensive Tobacco Control Program, which works to significantly reduce the impact of tobacco use among New Jersey residents.

New Jersey Quitline (1-866-NJ-STOPS), New Jersey QuitNet<sup>®</sup> ([www.nj.quitnet.com](http://www.nj.quitnet.com)), and New Jersey Quitcenters are tobacco cessation services provided by the New Jersey Department of Health and Senior Services (DHSS) to help State residents successfully quit using tobacco.

### **New Jersey Quitline**

NJ Quitline is a free counseling and referral service available six days a week in 26 languages.

NJ Quitline counselors work with registrants to develop an individualized treatment plan, including ongoing support and follow-up.

NJ Quitline has proved successful; 30 percent of registered users reported they were tobacco free after six months, a result well above the national success rate of 10 to 12 percent for structured cessation programs.

### **New Jersey QuitNet<sup>®</sup>**

NJ QuitNet<sup>®</sup> is a free online information, counseling, and referral service that offers a variety of resources to help people quit tobacco, including a quitting calendar, quitting tools and strategies, a directory of local treatment programs, support group referrals, and counseling. NJ QuitNet<sup>®</sup> users have access to peer support groups and trained counselors 24 hours a day, seven days a week.

NJ QuitNet<sup>®</sup> is based on a technological innovation introduced in 1995 at Boston University, which has become an internationally accepted Web-based tobacco cessation program. New Jersey was the first state to utilize this technology, which has been customized for its residents. Four additional states have since adopted this technology, which is now being studied by several national organizations in the United States.

Nearly 250,000 unique visitors have logged onto NJ QuitNet<sup>®</sup> as of October 2004.

### **New Jersey Quitcenters:**

NJ Quitcenters are clinics that provide face-to-face counseling services. A list of NJ Quitcenter locations is available at [www.nj.quitnet.com](http://www.nj.quitnet.com) or by calling 1-866-NJ-STOPS.

NJ Quitcenters offer convenient, effective, professional counseling in a group or individual setting that provides a customized approach to quitting. Visitors also can receive up-to-date consultation on the use of prescription or over-the-counter medication. Services are available on a sliding fee scale based on income. Over-the-counter patches and gum are available at a discount as part of the counseling procedure.