



Dear Sir or Madam,

You're invited to join the Tennessee Department of Health and partners across the state in celebrating the 8th annual *Tennessee Quit Week*, February 19 – February 24, 2023. This year's theme is **"It's Quittin' Time in Tennessee"**. The goal is to inspire Tennesseans to live healthier lives by taking advantage of the state's free resource, the Tennessee Tobacco QuitLine to quit using tobacco.

Tobacco use is still the number one preventable cause of death and disease in the United States and in Tennessee. Yet, one in five Americans still smoke. Tobacco use is a risk factor for heart disease, stroke, diabetes, cancer, and other common chronic diseases. The good news is that many tobacco users say they want to quit, and more than half try to quit each year. As a faith leader, we know you have several competing messages to present to your members. We hope the importance of quitting tobacco will be one of them. The faith community can be a powerful force in reducing the toll tobacco takes on the health of its members.

Quitting is hard, but there is help! Tennesseans who are ready to quit can call the Tennessee Tobacco QuitLine at **1-800-QUIT-NOW**, text **"QUIT"** to **615-795-0600**, or access web-based services at **www.tnquitline.com** for free coaching and nicotine patches (if eligible). These effective services are free to Tennesseans and can double a tobacco user's chance of quitting successfully.

If you are interested in an opportunity to partner with us during *Tennessee Quit Week* and other opportunities to reduce tobacco, use in your community, please contact [local health department rep]. We look forward to partnering with you to create a tobacco-free Tennessee!

Respectfully,

[Local Health Department Representative]

XXX-XXX-XXXX

yourname@youragency.gov

