

# NEWS RELEASE

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For immediate release

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## **Mother's Day is a Time to Honor Moms Who Have Quit Smoking: *And to Encourage Those Who Are Thinking About Quitting***

**(Hemingford)** – Mother's Day is a day to celebrate Moms and all they do. Among the many things that Moms do, they often lead their families by example. If you know a Mom that has quit smoking, take the time to congratulate her this Mother's Day.

Other Moms continue to struggle with tobacco addiction. In fact, according to the 2010 Nebraska Behavioral Risk Factor Surveillance System, 16.2% of Nebraska women smoke.

“One of the best things that Moms who smoke can do for their health – and the health of their families – is to quit smoking,” said Tabi Prochazka, Tobacco Free in the Panhandle Coordinator, with the Panhandle Prevention Coalition. “Nebraska has a lot of great support available for those ready to quit. The Nebraska Tobacco Quitline – 1-800-784-8669 – is a free, confidential service that's available 24/7. There are also many resources available on the Quitline's Website: [QuitNow.ne.gov](http://QuitNow.ne.gov),” added Prochazka.

Women who smoke are at risk for heart attacks, strokes, cancers, emphysema and other life-threatening illnesses. And, exposure to cigarette smoke during childhood can prolong and worsen a number of medical conditions including pneumonia, asthma, and ear infections.

As a parent, there are several ways that Moms can keep their children from smoking.

- Maintain a totally smoke-free home and car (even if you smoke).
- Educate your children about the dangers of smoking and tobacco use.
- Make sure your kids' school has a strong and well-enforced no-tobacco policy for kids and staff.

For more information on tobacco prevention in the panhandle, call 866-701-7173 ext 107 or visit [www.pphd.org/tfn.html](http://www.pphd.org/tfn.html).

*Tobacco Free in the Panhandle is a collaborative effort that focuses on keeping youth from starting to use tobacco, reducing access to tobacco products, and increasing awareness about the dangers of secondhand smoke. It's funded by the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the tobacco master settlement agreement.*