

# Help available for people who want to quit smoking

California Smokers' Helpline is sending free nicotine patches to people in 34 counties in California who call 1-800-NO-BUTTS and enroll in the free telephone-based quitting program will receive a free two-week starter kit of patches, while supplies last.



All 34 counties picked have an adult smoking prevalence rate of 14 percent or higher, according to the 2008 California Tobacco Survey. In comparison, the 2010 statewide adult smoking rate is 11.9 percent.

This program is part of a nationwide effort called Communities Putting Prevention to Work, which aims to improve health and lower medical costs by preventing disease, such as those caused by tobacco use.

The free patches will be distributed on a first-come, first-served.

For more information, go online.

County	Adult Smoking Prevalence Rate	
Alpine	16.0%	
Amador	16.0%	
Butte	21.0%	
Calaveras	18.1%	
Colusa	16.0%	
Del Norte	16.0%	
El Dorado	16.8%	

Glenn	16.0%	
Humboldt	17.7%	
Imperial	16.1%	
Inyo	16.0%	
Kern	17.1%	
Kings	15.1%	
Lake	16.0%	
Lassen	16.0%	
Mariposa	14.3%	
Mendocino	14.7%	
Merced	17.7%	
Modoc	16.0%	
Mono	16.0%	
Napa	16.0%	
Nevada	16.0%	
Plumas	16.0%	
Sacramento	14.0%	
Sierra	16.0%	
Siskiyou	16.0%	
Solano	14.6%	
Sonoma	16.4%	
Stanislaus	14.9%	
Sutter	16.0%	
Tehama	22.8%	
Trinity	16.0%	
Tulare	16.0%	
Tuolumne	21.9%	

Source: *California Smokers' Helpline*