

## The Importance of Tobacco Control in New Jersey

Amy Schmelzer, MS, MPH • Reader Submitted •  
June 7, 2010

Tobacco use continues to take a terrible toll in the state of New Jersey. Over 13,000 residents die each year of tobacco-related illnesses. These deaths are preventable, but only if people can stop smoking. The good news is that over 70 percent of tobacco users say they want to quit and many make attempts each year. The bad news is that, without assistance, less than 5 percent of those attempts are successful. Smoking is more than just a "bad habit." It's a relapsing chronic disease that needs to be treated aggressively so more lives can be saved.

New Jersey's Comprehensive Tobacco Control Program (CTCP) funds treatment options to NJ residents at no cost. There are currently 7 Quit Centers, like the one at UMDNJ's School of Public Health in New Brunswick, that provide face-to-face treatment to smokers attempting to quit. Getting help at one of the Quit Centers is cost-effective, saving the state thousands of dollars each year in medical expenses per successful quitter, and boasts a much higher percentage of successful quit attempts than quitting cold turkey.

In addition, the state funds a free Quit Line telephone counseling service and an internet based support site called Quit Net. CTCP also focuses efforts on youth prevention in a program called REBEL-Reaching Everyone by Exposing Lies. Amy Schmelzer, Coordinator of Middlesex County's Community Partnerships for a Tobacco-Free NJ, strongly supports the services provided by the CTCP. She says, "This money is well spent and will save NJ the burden of treating tobacco-related illnesses. Prevention programs are vital to tobacco control in the state especially since over 80% of current tobacco users start before the age of 18."

Community Partnerships for a Tobacco-Free NJ is funded by the NJ Department of Health and Senior Services Comprehensive Tobacco Control Program.

Advertisement



**Mom Dilemma #36:**  
Your daughter insists on wearing her princess costume to the grocery store. Allow it or not?

YES, at least she's dressed!

NO, I have some rules!

momslike.me.com  
where Local moms meet

Print Powered By  FormatDynamics™