

## Sign up for “Quit Now Indiana” Stop Smoking Contest

Written by George Browning  
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This summer, the local tobacco control coalition for Washington County is promoting a statewide stop smoking contest known as “Quit Now Indiana”. This year’s theme seeks to encourage tobacco users to use the summer months to “train” for their next quit attempt.

“Quitting tobacco takes planning. Setting up a training plan to drink plenty of water, exercise, and eat healthy, are all tips to have a successful attempt to quit smoking”, says Rhonda Mills, Washington County Tobacco Prevention/Cessation Program Coordinator. “Also consult your quit coach at the Indiana Tobacco Quitline, 1-800-QUIT-NOW for training tips that meet your needs. Talk to your healthcare provider too – free consultation is available at the Washington County Health Department.”

The statewide contest is designed to encourage Hoosiers using tobacco products to make an attempt to quit now by offering them a chance to win cash prizes up to \$2,500 for remaining tobacco-free for 31 days. The promotional contest is part of a larger statewide campaign known as Quit Now Indiana, linking tobacco users to cessation resources. To be eligible to win, contestants must be 18 years or older, a legal resident of Indiana, a current tobacco user and stay tobacco free from October 1 through October 31, 2012. The registration period is now until September 30, 2012 (all entries must be received by midnight on September 30, 2012). Contest winners will be drawn at random and will be tested to make sure they are tobacco-free to be eligible to claim a prize(s).

The 2012 contest is supported by St. Vincent Health and MDWise Hoosier Alliance. Last year’s contest received over 4,500 entries representing every county in Indiana.

To sign up locally for the contest, people can visit any one of the following locations:

### EMPLOYERS:

GKN Sinter Metals  
Netshape Technologies  
Jean’s Extrusions  
Kimball International  
St. Vincent Salem Hospital  
Blue River Wood Products  
Peerless Gears  
Frank Miller Lumber  
Fabri Form  
Tele-Media

### OTHER LOCATIONS:

Anytime Fitness  
CARE Center  
CVS Pharmacy  
Dan Mar Pharmacy  
Salem Apothecary  
Salem Head Start  
Salem Public Library  
Salem Town Office – Water Dept.  
Washington County Health Department  
Washington County WIC Office  
Washington County YMCA

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The contest comes at an important time, as there are fewer places to smoke with the new statewide smoke free air law in Indiana. Hoosier tobacco users can get free help in quitting from the Indiana Tobacco Quitline, 1-800-QUIT-NOW.

“There has never been a better time to quit”, said Lindsey Brough R.N. Public Health Nurse. “Our local coalition is ready to help every Hoosier in our county who wants to quit, be successful.”

Local coalitions have been educating employers about the new state smoke free air law. The contest provides employers with a fun way to help their employees quit. The Quit Now Preferred Employer Network currently consists of more than 800 employers in Indiana committed to helping their employees quit tobacco use. Last year with the participation of the Preferred Network employers, the campaign reached more than 150 worksites with this great incentive to quit tobacco. Employers interested in participating in the Preferred Employer Network can request contest materials at [QuitNowIndiana.com](http://QuitNowIndiana.com) or for additional information, call (317) 234-1787.

Eligible Hoosiers can register online at [QuitNowIndiana.com](http://QuitNowIndiana.com) and [INShapeIndiana.org](http://INShapeIndiana.org) register at participating employers or at various Quit Now Indiana sign-up locations at community events, including county festivals and major events such as the 1-800-QUIT-NOW Concert Series at the Lawn at White River State Park in Indianapolis. To learn more about the resources available to you to quit smoking today, please visit the Quit Now Indiana website at [QuitNowIndiana.com](http://QuitNowIndiana.com).