



Public Health
Prevent. Promote. Protect.

HOCKING COUNTY HEALTH **DEPARTMENT**

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NEW PROGRAM TO HELP PREGNANT WOMAN QUIT SMOKING

The Hocking County Health Department is now offering a program to help pregnant women quit smoking and stay quit. It is known the harm tobacco use causes to the mother and unborn child. This program is research-based and proven to help our pregnant women quit smoking and stay quit.

Laurie Adams, *BABY & ME – Tobacco Free Program* Executive Director, provided the technical support and training to the Hocking County Health Department and certified a staff member to enroll women into the program. “The Hocking County Health Department is a perfect fit for the program,” she states. “They provide services to a large number of prenatal women and they support their patients’ quit attempts. Women who enroll in the program are helped to quit smoking and when they stay quit after the baby is born they receive FREE diapers for 6 months. The researched program is an effective cessation method and we are thrilled to be working with the Hocking County Health Department to help pregnant women in their community. The greatest gift a woman can give her baby is a tobacco-free pregnancy and a tobacco-free home. We look forward to working with the Hocking County Health Department.”

The mission of the Hocking County Health Department is to serve and educate the citizens of Hocking County with public health programs that prevent disease, promote healthy lifestyles and protect the environment. We are pleased to provide the *BABY & Me- Tobacco Free Program* our clients.

Adult smoking rates in Hocking County are above the national and state average. Smoking during pregnancy is known to cause birth defects, premature births, underweight babies and sudden infant death syndrome (SIDS), to name a few. Quitting smoking greatly reduces the health risks to the mother and baby.

The *BABY & ME – Tobacco Free Program* will enroll at least 14 participants. For more information on the program or how to enroll contact the Hocking County Health Department at 740-385-3030 or go to www.babyandmetobaccofree.com.