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FOR IMMEDIATE RELEASE



## Kick off the New Year by Kicking Smokeless: Help Available from Free Research Programs

Many people quit tobacco as a New Year's resolution. Research shows that many can quit on their own. Others find that they are more successful when they enroll in a program to get help to quit. Fortunately, there are now two Quit Chew Projects:

- **Quit Chew Programs for young chewers.** Chewers and dippers aged 14 to 25 are invited to enroll in a Web-based tobacco cessation program designed just for them. The online programs are available at any time and offer step-by-step evidence-based approaches to quitting for good.
- **Quit Chew Programs for older chewers.** We also have a study looking at programs designed just for chewers and dippers aged 18 and over. We're testing various combinations of using quit-tobacco phone counseling and a Web program for quitting.
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- Visit ***MyLastDip.com*** to learn more and enroll. Both programs are supported by grants from the National Cancer Institute. All participants receive small compensation for completing surveys.

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