



# News Release

**For immediate release:** February 25, 2015

(15-029)

Contacts: [Marqise Allen](#), Communications Office  
[Kelly Stowe](#), Communications Office

360-236-4072

360-236-4022

## Smartphone app aims to help people quit tobacco

**OLYMPIA** — The state Department of Health is offering a smartphone app to help Washingtonians kick their tobacco habits, and the first 1,900 app downloads are free.

SmartQuit follows a unique program created at Fred Hutchinson Cancer Research Center to help people become tobacco-free. A study conducted by the Seattle cancer research center found that SmartQuit users were two-to-three times more likely to kick their nicotine addiction than those who tried to quit on their own. The program's strategy is to teach participants to accept and master their cravings, rather than ignore or replace those urges.

“Quitting tobacco is one of the best things a person can do for their health,” said Joella Pyatt, cessation coordinator at the Department of Health, “and we want to give people the tools they need to succeed. Tobacco related illnesses are still one of the top killers in our state.”

The agency is offering 1,900 free downloads through funding from the Centers for Disease Control and Prevention. People must [complete an online survey](#) before receiving a code that provides access to a version of the app that is unique to the state health department. The app can be purchased for \$49.99 after the free codes are given out, and will be available in the iTunes and Android app stores.

The [Department of Health website](#) ([www.doh.wa.gov](http://www.doh.wa.gov)) is your source for *a healthy dose of information*. Also, [find us on Facebook](#) and [follow us on Twitter](#).

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