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panhandle WORKSITE WELLNESS COUNCIL
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Promoting Resources to Help Nebraskans Quit Tobacco During Quit Tobacco Week

Quitting tobacco can be difficult, but no one has to do it alone. During Quit Tobacco Week, November 15–21, 2026, Panhandle Public Health District (PPHD), Tobacco Free Nebraska, the Nebraska Tobacco Quitline, and partners across the state are encouraging Nebraskans who use tobacco or nicotine products to take a step toward quitting.

Quit Tobacco Week brings communities together to support people who are thinking about quitting, those actively working to quit, and those who have already quit. The week also provides an opportunity to connect people with free resources that can make quitting easier.

In Nebraska, tobacco and nicotine use continues to impact thousands of residents. In 2024, 12.2% of Nebraska adults smoked cigarettes, 8.2% used e-cigarettes, and 4.9% used smokeless tobacco products. More than two-thirds of adults who smoked said they wanted to quit.

“Quitting tobacco is a journey, and it may take more than one attempt,” said Jessica Rocha, Community Wellness & Prevention Coordinator with Panhandle Public Health District. “Each attempt is an opportunity to learn what works for you. Whether you are ready to quit today or are just starting to think about it, support is available to help you take that next step.”

Free support is available
The Nebraska Tobacco Quitline provides free support for Nebraskans who want to quit smoking, vaping, or using other tobacco products. People can call 1-800-QUIT-NOW (1-800-784-8669) to connect with a quit coach. Free Quitline services are available 24/7 in more than 200 languages, and qualified callers may receive free nicotine replacement therapy mailed directly to their homes.

People interested in quitting can also consider support from:

- The Nebraska Tobacco Quitline: 1-800-QUIT-NOW
- A doctor or health care provider

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- Individual, group, telephone, or web-based counseling
- FDA-approved quit medications
- Friends, family members, coworkers, and others who can provide encouragement

Combining counseling with FDA-approved quit medication can double a person's chance of successfully quitting tobacco, according to information provided by Nebraska DHHS.

“Having support can make a difference,” Rocha said. “You don't have to figure everything out on your own. The Quitline can help you develop a plan that works for you and provide encouragement along the way.”

Make Quit Tobacco Week your time to start

Quit Tobacco Week doesn't have to mean quitting all at once. It can simply be a time to take the next step. That might mean calling the Quitline, talking with your health care provider, identifying your reasons for quitting, making your home tobacco-free, or supporting someone you care about who is working to quit.

PPHD also has quit kits, Nebraska Tobacco Quitline information, and tobacco-free signage available for Panhandle communities, organizations, and worksites. Quit kits include items and resources designed to support people during their quitting journey.

To request further information on the Nebraska Tobacco Quitline or other quitting resources, please visit pphd.ne.gov or call 308-299-8913.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

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