

# GRANT COUNTY

County Courthouse  
P.O. Box 37  
Ephrata, WA 98823  
(509) 754-6060



# HEALTH DISTRICT

1038 W. Ivy Avenue  
Moses Lake, WA 98837  
(509) 766-7960

May 17, 2007

Dear Healthcare Providers,

The Washington State Department of Health has provided me with new tobacco cessation materials for use with prenatal clients. I am leaving these items with you so you can distribute them to your clients. These flyers, stress balls and prenatal vitamin pill boxes are for the new Quit for You Quit for Two campaign.

Quit for You Quit for Two aims to curb the current rate among pregnant smokers in Washington State, which is 10.2 percent. That's more than 8,000 babies born annually with their health at risk.

***Studies show that a brief counseling intervention from a health care provider is an effective way to approach pregnant smokers. DOH already sent materials to First Steps and Tribal Health Clinics.***

**In Grant County our rate of prenatal smoking has recently decreased from 10.1 percent to 9.4 percent. I would like to thank all of you for this great work!**

If you are interested in more information about Quit for You Quit for Two please go to <http://www.quitline.com>. This web site has downloadable materials for health care providers to use with your patients.

Sincerely,

Alana Tebow RN,  
Health Educator  
Tobacco Prevention Coordinator