



WISEWOMAN

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**Success Story 1** Vermont *Ladies First* Program Helps Long-Time Smoker Stop for Good

**Location** Burlington, Vermont

**Focus** Empower women to improve their heart health by quitting smoking and making healthy changes in their diet.

**Strategy** *Ladies First* staff members encouraged Brenda to quit smoking, helped her find ways to cope with nicotine cravings, and worked with her to set healthy goals for losing weight.

**Early Successes** Encouragement from Vermont WISEWOMAN *Ladies First* staff helps women to stay focused on the benefits of quitting smoking and making healthy choices. *Ladies First* staff members empowered Brenda by helping her set achievable goals and letting her know they cared about her success. This support gave her the confidence she needed to quit smoking and improve her diet.

Brenda's commitment to giving up smoking and making healthy changes will set a powerful example for her 16-year-old daughter and her co-workers. Brenda has been smoke-free since April 2004.

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For program contact information, see Vermont in Appendix C or visit <http://www.cdc.gov/wisewoman>.

