



RESOURCES FOR QUITTING SMOKING

In light of the numerous inquiries we receive from individuals looking to quit using tobacco, from concerned parents seeking advice on how to help their children quit, to individuals and organizations concerned about the harms of tobacco use and who want to help, we have assembled a list of resources that should help you in your efforts to become tobacco free. Please note that this is not a comprehensive list of all available quit smoking resources and this listing does not provide information for resources in specific communities, although some of the links can put you in touch with providers and services in your area. Finally, this listing of services, information and products is meant to be informative and does not constitute an endorsement of these resources or products.

Resources for Smokers Who Want To Quit and for People Who Want To Help

Centers for Disease Control and Prevention:

- Smokefree.gov - <http://www.smokefree.gov/>
- How to Quit, Useful Resources to Quit Smoking - <http://www.cdc.gov/tobacco/how2quit.htm>
- You Can Quit Smoking - http://www.cdc.gov/tobacco/quit_smoking/you_can_quit/index.htm
- I Quit: What To Do When You're Sick of Smoking, Chewing or Dipping - http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/iquit/index.htm

National Cancer Institute:

- Smokefree.gov - <http://www.smokefree.gov/>
- Smoker's Risk Website - <http://smokefree.gov/smokersrisk/>
- Quitting Smoking: Why To Quit and How To Get Help - <http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>
- Spit Tobacco: A Guide for Quitting - <http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/SpitTobacco/QuittingGuide/>
- Guia para Dejar de Fumar (Spanish-language guide to quitting smoking) - http://dccps.nci.nih.gov/TCRB/No_FumarC.pdf

Agency for Healthcare Research and Quality:

- Help for Smokers and Other Tobacco Users - <http://www.ahrq.gov/consumer/tobacco/lowlit.htm>
- Ayuda para fumadores u otros consumidores de tabaco (Spanish-language) - <http://www.ahrq.gov/consumer/tobacco/lowlitsp.htm>
- Quit Smoking: Consumer Interactive Tool - <http://pda.ahrq.gov/consumer/qscit/qscit.htm>

National Women's Health Information Center:

- Independence from Smoking: A Breath of Fresh Air! - <http://www.4woman.gov/quitsmoking/>

National Institute On Aging:

- Smoking: It's Never Too Late to Stop - <http://www.niapublications.org/agepages/smoking.asp>

U.S. Surgeon General:

- Tobacco Cessation Guideline - <http://www.surgeongeneral.gov/tobacco/default.htm>

National Partnership for Smoke-free Families:

- Providing Help to Smokers - <http://www.helppregnant smokersquit.org/channels/smokers.aspx>

National Partnership to Help Pregnant Smokers Quit:

- You Can Quit Smoking - <http://www.helppregnant smokersquit.org/assets/documents/tearsheet.pdf>

March of Dimes:

- Pregnancy and Newborn Health Education Center - http://www.marchofdimes.com/pnhec/159_155.asp

Quitnet.com:

- Helping Smokers Quit - http://www.quitnet.com/q_corp/helpingsmokers.html

National Spit Tobacco Education Program:

- The Cessation Process, Seven Steps to Recovery - <http://www.nstep.org/QuittingSpitTobacco.htm>

American Legacy Foundation:

- Become an EX - <http://www.becomeanex.org/>
- You Can Quit Smoking: A 5-Day Plan To Get Ready - <http://women.americanlegacy.org/includes/pdfs/quitplan.pdf>
- Great Start Program: <http://www.americanlegacy.org/greatstart/html/home.html>

American Heart Association:

- How Can I Quit Smoking? - <http://www.americanheart.org/downloadable/heart/110288043796734%20HowCanIQuitSmoking.pdf>
- How Can I Handle The Stress Of Not Smoking? - <http://www.americanheart.org/downloadable/heart/110288071677933%20HandleStressNotSmoking.pdf>

American Cancer Society:

- Complete Guide to Quitting - http://www.cancer.org/docroot/subsite/greatamericans/content/Guide_to_Quitting_Smoking.asp
- Help for Cravings and Tough Situations - http://www.cancer.org/docroot/PED/content/PED_10_13X_Tips_After_Quitting.asp

American Lung Association:

- Quitting Smoking - <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33567>
- Freedom From Smoking - <http://www.lungusa.org/site/apps/kb/home/login.asp?c=dvLUK9O0E&b=38973>
- Smoking and Pregnancy - <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33573>

Mayo Clinic:

- Quit Smoking Center - <http://www.mayoclinic.com/health/quit-smoking/QS99999>
- Skills To Help You Cope with Stopping Tobacco Use - <http://www.mayoclinic.org/stopsmoking/ coping.html>
- Smoking cessation: Take it one step at a time - <http://www.mayoclinic.com/health/smoking-cessation/SK00055>

Telephone Quitlines

- National Hotline: 1-800-QUIT-NOW (784-8669)
- National Cancer Institute: 1-877-44U-QUIT (448-7848)
- American Cancer Society: 800-ACS-2345 (228-2345)
- American Legacy Foundation: 866-66-START (667-8278) [for pregnant smokers]
- American Lung Association: 800-LUNG-USA (586-4872)
- Listing of State-Based Quitlines: <http://www.naquitline.org/>

State-Based Resources

- Arkansas - <http://www.stampoutsmoking.com/>
- California - <http://www.californiasmokershelpline.org/> and 1-800-NO-BUTTS (662-8887)
- Colorado - <http://www.cdphe.state.co.us/pp/tobacco/cessation.html>
- Connecticut - <http://www.infoline.org/InformationLibrary/Documents/StateSmokingQuitlines.asp> and <http://www.infoline.org/referweb/MatchList.aspx?k.:0.;N:0:smoking%20cessation:ExactPhrase:Smoking%20Cessation>

- Delaware - <http://www.dhss.delaware.gov/dhss/dph/dpc/quitline.html>
- Florida - <http://www.doh.state.fl.us/Tobacco/quitline.html>
- Idaho - http://www.healthandwelfare.idaho.gov/portal/alias_Rainbow/lang_en-US/tabID_3539/DesktopDefault.aspx and <http://www.idahoquitnet.com/>
- Illinois – <http://www.idph.state.il.us/TobaccoWebSite/quitsmoking.htm>
- Indiana - <http://www.whitelies.tv/quit.asp> and http://www.in.gov/itpc/files/research_62.pdf
- Iowa - <http://www.public-health.uiowa.edu/itrc/quitline/default.htm>
- Kansas - <http://www.kdhe.state.ks.us/tobacco/cessation.html>
- Maine - <http://www.tobaccofreemaine.org/resourcestoquit.html>
- Maryland - <http://www.mdquit.org/index.php/programs-and-materials/> and <http://www.smokingstopshere.com/>
- Massachusetts - <http://www.trytostop.org/> and <http://www.mass.gov/?pageID=eohhs2constituent&L=2&L0=Home&L1=Consumer&sid=Eeohhs2>
- Michigan - http://www.michigan.gov/mdch/0,1607,7-132-2940_3182_22973-16771--,00.html and <http://www.michigancancer.org/WhatWeDo/tob-providerstoolkit.cfm>
- Nebraska - <http://www.dhhs.ne.gov/tfn/ces/>
- Nevada - http://health.nv.gov/index.php?option=com_content&task=view&id=259&Itemid=407
- New Jersey - <http://www.state.nj.us/health/as/ctcp/helping.htm>
- New Mexico - <http://www.health.state.nm.us/thestink/sections/gethelp.shtml>
- New York - <http://www.nysmokefree.com/>
- Oregon - <http://www.oregonquitline.org/>
- Pennsylvania - <http://www.determinedtoquit.com/> and <http://www.dsf.health.state.pa.us/health/cwp/browse.asp?a=174&bc=0&c=35485&healthRNavradA4C0=#> and <http://www.dsf.health.state.pa.us/health/cwp/view.asp?A=174&Q=246088>
- Rhode Island - <http://www.health.ri.gov/tobacco/cessation.php>
- South Carolina - <http://www.scdhec.net/health/chcdp/tobacco/quitforkeeps.htm>
- Texas - <http://www.dshs.state.tx.us/tobacco/default.shtm> (see “Want to Quit?” button on left column)
- Utah - <http://www.tobaccofreeutah.org/quit-1.html> and <http://www.tobaccofreeutah.org/end.html>
- Vermont - http://healthvermont.gov/prevent/tobacco/quit_smoking.aspx and http://healthvermont.gov/prevent/tobacco/quit_at_work.aspx
- Virginia - <http://www.smokefreevirginia.org>
- Washington - <http://www.doh.wa.gov/tobacco/quit/quit.htm>
- West Virginia - <http://ynotquit.workbetter.net/>
- Wisconsin - <http://dhfs.wisconsin.gov/tobacco/TobaccoAddTreatment.htm> and <http://www.ctri.wisc.edu/quitline.html>
- Wyoming - <http://www.tobaccofreewyoming.net/> and <http://wy.quitnet.com/> and http://www.throughwithchew.com/twc/quit_help.asp?nbid=14

FDA-Approved Smoking Cessation Products

- *Nicotine Gum* (commercially available as generic or store-branded nicotine polacrilex gum, Equate, or Nicorette – see <http://www.nicorette.com/default.aspx>). It is available as an over-the-counter product.
- *Nicotine Patch* (commercially available as Nicoderm CQ – see <http://www.nicodermcq.com/>). It is available both over-the-counter and as a prescription medication.
- *Nicotine Inhaler* (commercially available as Nicotrol Inhaler – see <http://www.nicotrol.com/>). It is available only as a prescription medication.
- *Nicotine Nasal Spray* (commercially available as Nicotrol NS – see <http://www.nicotrol.com/>). It is available only as a prescription medication.
- *Nicotine Lozenge* (commercially available as Commit – see <http://www.commitlozenge.com/>). It is available as an over-the-counter medication.
- *Bupropion SR* (commercially available as Zyban – see http://us.gsk.com/products/assets/us_zyban.pdf). It is available only as a prescription medication.
- *Varenicline* (commercially available as Chantix – see <http://www.chantix.com/>). It is available only as a prescription medication.

Pharmaceutical Company Cessation Resources

- GlaxoSmithKline's Way 2 Quit - <http://www.way2quit.com/>
- GlaxoSmithKline's Committed Quitters - <http://www.committedquitters.com/>
- Pfizer's My Time to Quit - <http://mytimetoquit.com/>

Resources for Health Care Professionals, Insurers, and Employers

CDC:

- Coverage for Tobacco Use Cessation Treatments - http://www.cdc.gov/tobacco/quit_smoking/cessation/coverage/index.htm
- A Practical Guide to Working with Health-Care Systems on Tobacco-Use Treatment - http://www.cdc.gov/tobacco/quit_smoking/cessation/00_pdfs/Toolkit.pdf
- Youth Tobacco Cessation: A Guide for Making Informed Decisions - http://www.cdc.gov/tobacco/quit_smoking/cessation/YouthTobacco.htm

Professional Assisted Cessation Therapy:

- Employers' Smoking Cessation Guide: Practical Approaches to a Costly Workplace Problem, 2nd Edition - <http://www.endsmoking.org/resources/employersguide/pdf/employersguide.pdf>
- Reimbursement for Smoking Cessation Therapy: A Healthcare Practitioner's Guide - <http://www.endsmoking.org/resources/reimbursementguide/pdf/reimbursementguide-3rd-edition.pdf>

George Washington University, Center for Health Services Research and Policy:

- Sample Purchasing Specifications Related to Tobacco-Use Prevalence and Cessation - <http://www.gwumc.edu/sphhs/healthpolicy/chsrp/newsps/tobacco/smokingspecs.pdf>

Next Generation California Tobacco Control Alliance:

- Health Care Providers' Tool Kit for Delivering Smoking Cessation Services - http://www.tobaccofreealliance.org/pdfs/NGAToolkit_FINAL_FORWEB.pdf

Medline Plus Health Information Center (U.S. National Library of Medicine and National Institutes of Health):

- Smoking Cessation - <http://www.nlm.nih.gov/medlineplus/smokingcessation.html>

Agency for Healthcare Research and Quality:

- Helping Smokers Quit: A Guide for Clinicians - <http://www.ahrq.gov/clinic/tobacco/clinhlpsmkst.pdf>
- Helping Smokers Quit: A Guide for Nurses - <http://www.ahrq.gov/about/nursing/hlpsmkst.pdf>

Evidence-Based Reviews of What Works and What Does Not Work

U.S. Public Health Service:

- Treating Tobacco Use and Dependence: 2008 Update—Clinical Practice Guideline - <http://www.surgeongeneral.gov/tobacco/>

The Community Guide:

- The Guide to Community Preventive Services: Tobacco Use Prevention and Control - <http://www.thecommunityguide.org/tobacco/default.htm>

Society for Research on Nicotine and Tobacco and the World Health Organization:

- Database and Educational Resource for Treatment of Tobacco Dependence - <http://www.treattobacco.net/home/home.cfm>

The Cochrane Library:

- <http://www.update-software.com/publications/cochrane/>

International Resources

Health Canada, Quitting - <http://www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/>

United Kingdom. Action on Smoking and Health/UK: http://www.newash.org.uk/ash_vfdp5x10.htm

Pan American Health Organization. Quit Tips for Individuals - <http://www.paho.org/English/HPP/HPM/TOH/wntd-factsheet3.htm>

Australia. Quitter's Page - <http://www.quitnow.info.au/internet/quitnow/publishing.nsf/Content/quitters-lp>

World Bank. Tobacco Quitlines - <http://siteresources.worldbank.org/INTPHAAG/Resources/AAGTobaccoQuitlines.pdf>

Campaign for Tobacco-Free Kids, October 30, 2008 / Ann Boonn

More information and resources on tobacco cessation are available at
<http://www.tobaccofreekids.org/research/factsheets/index.php?CategoryID=25>.