

Resources for Tobacco Prevention and Cessation

“Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives.” Report of the U.S. Surgeon General (1990)

Local Resources:

Health Enhancement /Division of Student Affairs/NIU 753-9755

Health Enhancement, the health promotion and disease prevention office of the Division of Student Affairs, offers smoking cessation services to students:

- FREE Quit Kits (Evans Field House and outreach sites)
- Xtreme Air Program—individual smoking cessation coaching program

Employee Wellness and Assistance (EWAP), NIU 753-9191

EWAP offers the American Cancer Society’s Fresh Start Program to interested students. A group of approximately six students meet four times over a two- or four-week period to quit smoking.

DeKalb County Health Department 2550 N. Annie Glidden Road, DeKalb 758-6673

Handouts and resources on tobacco and smoking cessation.

Kishwaukee Community Hospital 626 Bethany Road, DeKalb 756-1521

Smoking cessation classes meet periodically. Call for more information.

National Resources:

National Institutes of Health – 1-301-496-4000

American Heart Association—320 Greenville Avenue Dallas, TX 75231 (214)750-5300

American Lung Association—1740 Broadway New York, NY 10019 (212)245-8000

Office on Smoking and Health U.S. Department of Health and Human Services

5600 Fishers Lane Park Building, Room 110 Rockville, MD 20857

Web Resources:

www.hoptechno.com/book43.htm How To Quit Smoking...And Quit for Keeps, U.S. Department of Health and Human Services Public Health Service National Institutes of Health.

www.Quitnet.com. QuitNet: Quit All Together! Information on creating a quit plan, answers to questions from expert counselors, and getting support from the QuitNet community.

<http://health.nih.gov> U.S. Department of Health and Human Services, National Institutes of Health, Health Information Index—search for information on tobacco.

<http://www.drugabuse.gov/drugpages/nicotine.html> National Institute on Drug Abuse (NIDA) Drugs of Abuse/Related Topics: Smoking /Nicotine. Provides brief description, effects and

statistics and trends related to tobacco/nicotine. Also provides links to NIDA's featured publications and other resources on nicotine and smoking.

<http://www.surgeongeneral.gov/library/reports.htm> . Reports of the Surgeon General, Office of the Surgeon General, U.S. Public Health Service, U. S. Department of Health and Human Services.

<http://www.cdc.gov/tobacco/sgr/index.htm> Surgeon General's Reports and information about smoking.

<http://www3.niu.edu/lgbt/links.htm#health> . LGBT Internet Resource Guide, Links to Internet Resources for the LGBT Community, Resources for the Lesbian, Gay, Bisexual, Transgender and Ally Community, Northern Illinois University.

Books:

Institute of Medicine. (1994). Growing Up Tobacco Free. Washington, D.C.: National Academy Press.

National Cancer Institute. *Population Based Smoking Cessation: Proceedings of a Conference on What Works to Influence Cessation in the General Population*. Smoking and Tobacco Control Monograph No. 12. Bethesda, MD: U.S. Dept. of Health and Human Services, November 2000.

Fiore, MC, Bailey, WC, Cohen, SJ, et al. *Treating Tobacco Use and Dependence*. Clinical Practice Guideline. Rockville, MD: U.S. Dept. of Health and Human Services. Public Health Service. June 2000.

Self-Assessment

<http://www.warrenshepell.com/seasonalstrategies/smo-assess.pdf>

Take this self-assessment to determine if you're ready to quit. Each statement is a feeling that people use to launch a successful quit attempt.