

Resources for Tobacco Prevention

(NOTE: URLs are not provided in this document but will be available in the PDF version)

[Smokefree.gov](#)

A Web site dedicated to helping you quit smoking.

[1-800-QUIT-NOW](#)

A free, phone-based service with educational materials and coaches that can help you quit smoking or chewing tobacco.

[Help for Smokers and Other Tobacco Users](#)

A booklet that tells you about ways you can quit.

[I QUIT! What to Do When You're Sick of Smoking, Chewing, or Dipping](#)

A booklet that will help you quit all tobacco products.

[Pathways to Freedom: Winning the Fight Against Tobacco](#)

A guide that addresses tobacco issues specific to African Americans.

[Quit Tobacco—Make Everyone Proud](#)

ATOD-sponsored Web site for military personnel and their families.

[Questions and Answers About Smoking Cessation](#)

A fact sheet from the National Cancer Institute.

[Quit Smoking](#)

Tools and guides to help you quit smoking.

[Quit Tips](#)

Five tips to help you quit.

[Tobacco Cessation—You Can Quit Smoking Now!](#)

The latest information to help you quit from the Surgeon General's Web site.

[You Can Quit Smoking](#)

A consumer guide to help you become tobacco free.

Resources	
Media: Counter-advertising and media advocacy general resources	<ul style="list-style-type: none">• APHA Media Advocacy toolkit (PDF)• CDC's Media Campaign Resource Center: how to develop an effective counter-marketing campaign• National Networks for Tobacco Control and Prevention.

	<ul style="list-style-type: none"> Tools for Countering the Tobacco Industry Americans for Nonsmokers' Rights. Going Smoke-free Toolkit for Implementing Smoke-Free Laws
Smoke-free housing resources	<ul style="list-style-type: none"> Smoke-Free Washington Americans for Nonsmokers' Rights (ANR) Tobacco Control Legal Consortium (TCLC). Infiltration of Secondhand Smoke into Condominiums, Apartments, and Other Multi-Unit Dwellings 2009 (PDF) U.S. Environmental Protection Agency's (EPA) Smoke-free Homes and Cars Program
Smoke-free parks and public areas resources	<ul style="list-style-type: none"> Americans for Nonsmokers' Rights. Going Smoke free in your Community Earth Resource Foundation's (California) Smoke-free Beaches project Tobacco-Free Parks: For a Health Community. Implementation Resources
Access: Usage banks (tobacco free campuses) Smoke-free colleges and universities resources	<ul style="list-style-type: none"> Tobacco Technical Assistance Consortium (TTAC) College Tobacco Prevention Resource (CTPR) Americans for Non-Smokers Rights' (ANR) Colleges and Universities Tobacco-Free U American Cancer Society. Smoke-Free College Campus Initiative
Review and improve school tobacco-free policies	<ul style="list-style-type: none"> CDC. Guidelines for School Health Programs to Prevent Tobacco Use and Addiction (PDF) CDC's National Center for Chronic Disease Prevention and Health Promotion, Healthy Youth! Health Topics: Tobacco Use National School Boards Association (NSBA). National Consortium for Tobacco Use Prevention through Schools
Access: Restrict Sales	<ul style="list-style-type: none"> New York's Responsible Tobacco Retailer project New York's Tobacco-Free Grocery project California's Tobacco-Free Pharmacies project, Prescription for Change
Point of purchase/promotion: Labeling, signage, and placement to discourage	<ul style="list-style-type: none"> Limiting Exposure to Retail Tobacco Health Policy Guide: Evidence-based Policies to Improve the Public's Health. Advertising

<p>Tobacco consumption</p>	<ul style="list-style-type: none"> • New York’s POW’R Against Tobacco Retail Tobacco Advertising Initiative • New York’s Capital District Tobacco-Free Coalition. Get Tobacco Ads out of Stores project • New Zealand Cancer Society’s Out of Sight – Out of Mind Project
<p>Change policies to promote cessation, decrease youth initiation, or prevent relapse</p>	<ul style="list-style-type: none"> • Americans for Nonsmokers’ Rights. Going Smoke-free Toolkit for Implementing Smoke-Free Laws • National Networks for Tobacco Control and Prevention. Tools for Advocating for Policy Change
<p>Make system change to promote cessation, decrease youth initiation, or prevent relapse</p>	<ul style="list-style-type: none"> • The Legacy Foundation. Promoting Systems Change in Community Driven Tobacco Control (PDF) • Health Policy Guide: Evidence-based Policies to Improve the Public’s Health: <ul style="list-style-type: none"> ○ Sponsorship ○ Tobacco Cessation Strategies ○ Youth Access • Designing Healthy Environments At Work: Tobacco policies regulating smoking • Investing in a Tobacco-free Future: How it Benefits Your Bottom Line & Community • Professional Assisted Cessation Therapy (PACT). Employers’ Smoking Cessation Guide: Practical Approaches to a Costly Workplace Problem (PDF) • National Networks for Tobacco Control and Prevention. Tools for Implementing Cessation • Professional Assisted Cessation Therapy (PACT). Reimbursement for Smoking Cessation Therapy: A Healthcare Practitioner’s Guide • The Partnership for Prevention. Working with Healthcare Delivery Systems to Improve the Delivery of Tobacco-Use Treatment to Patients: an Action Guide (PDF) • Youth Tobacco Cessation Collaborative. Programs and Services • University of California, San Francisco. Smoking Cessation Leadership Center’s tools and resources
<p>Make environmental change to promote cessation, decrease youth initiation, or prevent relapse</p>	<ul style="list-style-type: none"> • Missouri Department of Health and Senior Services. Community Health Improvement Resources. Evidence-based Tobacco Interventions: Environmental and Policy • Healthy Work Environment. Resource Guide • Also see: Access: Restrict Sales section and Point of

	Purchase/Promotion: Labeling, signage, placement to discourage tobacco consumption section above.
Collections of evidence-based tobacco interventions and programs (includes various MAPPS strategies)	<ul style="list-style-type: none"> • CDC's Community Health Resources • National Association of County and City Health Officials (NACCHO) Model Tobacco Programs • DHHS Substance Abuse & Mental Health Services Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP) • National Cancer Institute (NCI). Research-tested Intervention Programs (RTIPs) • Missouri Department of Health and Senior Services. Community Health Improvement Resources: Evidence-based Tobacco Interventions • National Networks for Tobacco Control and Prevention Strategies

Other organizations' list of tobacco resources:

- [DMHAS Tobacco Prevention and Enforcement Program](#) State of Connecticut enforcement program for tobacco compliance inspections
- [Connecticut Clearinghouse](#) Merchant education materials for CT tobacco retailers
- [DPH Tobacco Use Prevention and Control Program](#) Educates CT communities about the economic and health costs and consequences of tobacco use
- [TTAC e-resources](#)
- [National Association of Local Boards of Health \(NALBOH\)](#)
- [Join Together Search Engine](#) For articles dating as far back as 1993.
- [Tobaccopedia: The online tobacco encyclopedia](#) A full, rich database of sites from the International Union against Cancer. Nicely organized, rich collection of subjects.
- [Larry Breed's Online Guide To Tobacco Activism](#) (LATEST REVISION: 6/2/99) Get up to speed on the tobacco issue with this terrific, ever-fascinating guided tour of agricultural, business, health, and activist sites. For just the new info, go to the [Latest Larry Breed Update](#)
- [Smoking from All Sides Page](#)
Loring Holden's valiant attempt to provide links to everything--from whatever side--there is about tobacco on the net.
- 2003/02/08 [Tobacco FAQs](#) Nicely organized set of links from UCSF.
- [U MICH's Tobacco Research Network's Tobacco Websites](#)
- [Tobacco Links](#) Organized by subject area, from [Kickbutts.org](#)
- 9/2/99. Americans for Nonsmokers Rights has a particularly fine short-list of essential [Tobacco-oriented links](#). 2003/02/02 [Another nice shortlist of Tobacco Control Links](#) CDC
- [AG Tobacco Settlement Links](#)
- [The Legacy Foundation](#)
- [American Cancer Society](#)
Guide to quitting smoking.
- [American Heart Association](#)
1-800-AHA-USA1

- [American Legacy Foundation—Quit Plan](#)
A 5-day plan to get ready to quit.
- [American Lung Association](#)
1-800-LUNG-USA
- **Mobilized Against Tobacco for Connecticut's Health**
A CT statewide grassroots tobacco prevention coalition
Contact: lauramatchcoalitionct@gmail.com (860) 838-4379