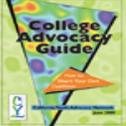


DPH TOBACCO PREVENTION AND CONTROL PROGRAM
EDUCATIONAL MATERIALS

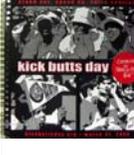


*The State of Connecticut Tobacco Program
Lending Library*

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TITLE		Request
Curriculum Material		
	The Bringing Everyone Along Resource Guide has been developed to assist an array of health professionals including tobacco dependence treatment program directors, mental health and substance use treatment program directors, and primary care providers to adapt tobacco cessation services to the unique needs of tobacco users with mental illness and substance use disorders. The Guide aims to be a practical resource based on existing research, insights and advice obtained through key informant surveys of professionals, and the interpretation and recommendations of an Expert Advisory Committee.	
	Break Away from the Pack... The American Cancer Society series 'Break Away from the Pack' has been shown to double a smoker's chances of quitting successfully. These self-help materials are made available to people when they join the American Cancer Society Quitline. Book one of the three pack series focus on preparation.	
	Break Away from the Pack... The American Cancer Society series 'Break Away from the Pack' has been shown to double a smoker's chances of quitting successfully. These self-help materials are made available to people when they join the American Cancer Society Quitline. Book two of the three pack series focus on action.	
	Break Away from the Pack... The American Cancer Society series 'Break Away from the Pack' has been shown to double a smoker's chances of quitting successfully. These self-help materials are made available to people when they join the American Cancer Society Quitline. Book three of the three pack series focus on maintenance.	
	Building Consumer Demand for Tobacco Cessation Products and Services Increasing consumer demand for tobacco cessation products and services represents an extraordinary opportunity. With bold thinking, innovation, and new approaches that start with the consumer perspective, substantial reductions in smoking prevalence can be achieved. This toolkit contains all of the key resources from NTCC's Consumer Demand Initiative. The initiative focuses on strategies to build consumer demand for proven cessation treatments, programs and services	
	College Advocacy Guide Information in this packet is based on the California Youth Advocacy Network's 1998-99 college [tobacco control] advocacy pilot project. It is a step-by-step guide for creating and maintaining student led advocacy coalitions, as well as changing policies and community norms through grass roots efforts.	
	Community Action Kit, Protecting children from exposure to secondhand smoke This toolkit includes materials from many national and local organizations, including the American Lung Association and the American Academy of Pediatrics. A number of products and ideas each with its own "blueprint" to help you get results. Specific projects are identified and the project's purpose, methods of achieving the goal, evaluation mechanisms, and detailed action steps are discussed.	
	Communities of Excellence Plus A <i>Community of Excellence</i> is a community in which no tobacco use is the norm. <i>Communities of Excellence Plus (CX Plus)</i> is a comprehensive three phase program designed to maximize the strength of resources available within a state by focusing on the local level. CX Plus provides local tobacco control advocates with the tools, techniques, and support	
	The Connecticut Comprehensive Cancer Control Plan is an emerging model for integrating and coordinating a range of activities to reduce the burden of cancer and assist individuals throughout the course of the disease. The Connecticut Cancer Partnership is a broad and diverse coalition of more than 200 groups and individuals, representing key stakeholders in cancer prevention and control in Connecticut. The Partnership is responsible for coordinating a statewide comprehensive approach to cancer prevention and control, through the development, implementation, and evaluation of a statewide Connecticut Comprehensive Cancer Control Plan.	

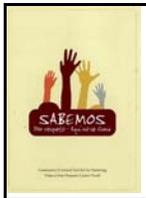
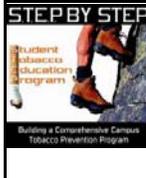
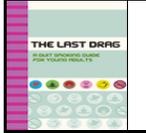
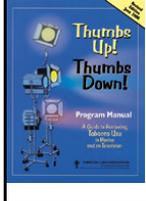
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	<p>Enhancing Cultural and Community Competence for Tobacco Control for Asian Americans and Pacific Islanders. This toolkit is designed to assist in the initial assessment of institutional cultural and community competency and to encourage agencies to engage in the on-going process of developing cultural competence while working with Asian American and Pacific Islander communities.</p>	
	<p>Fresh Air for Little Noses Comprehensive guide provides information on developing and supporting smoke-free policies at preschool and childcare centers. Includes lessons on secondhand smoke, its impact on children, asthma management and resources to help smokers quit smoking.</p>	
	<p>The Got a Minute? campaign is designed to help less-involved parents become more involved with their preteens, a behavior that appears to act as a protective factor against the lure of tobacco. The campaign also attempts to help parents support cessation attempts and understand more about youth tobacco use.</p>	
	<p>How to Run a Culturally Competent LGBT Smoking Treatment Group: Lesbians, gays, bisexuals, and transgender people have been disproportionately impacted by tobacco. Recent full probability studies show smoking rates almost 50% higher than the general population for LGBT men and almost 200% higher for LGBT women. There is a clear need for cessation services for these groups but the persistently high rates of smoking demonstrate that generic cessation models are not as effective with these populations. Culturally tailoring a cessation model for LGBTs is a first line strategy for providing effective services for these populations.</p>	
	<p>How We Can Protect Our Children From Secondhand Smoke These brochures will educate those who care for children (birth to 11 years of age) on the health dangers of secondhand smoke (SHS). The goal is to deliver culturally relevant information to various populations that will motivate them to reduce SHS exposure to children by making their homes and cars smoke-free.</p>	
	<p>Introduction to Program Evaluation for Comprehensive Tobacco Control Programs Published in 2001, this "how to" guide for planning and implementing evaluation activities will help state tobacco control program managers and staff in the planning, design, implementation, and use of practical and comprehensive evaluations of tobacco control efforts.</p>	
	<p>Kick Butts Day Kick Butts Day is a day thousands of kids in every state and around the world will stand out, speak up and seize control in the fight against Big Tobacco. This venue allows kids to let the tobacco companies know that they resent being targeted by cigarette advertising, as well as expressing to State leaders that they should be doing more to protect them.</p>	
	<p>Kids ACT! Kids Act to control tobacco, a guide for middle school teachers A school-based tobacco control advocacy program for middle school students (grades 6-8) that is based on a four-step advocacy model. Kids ACT! Is designed to help teachers guide students through learning activities to help them build knowledge and skills to act to promote tobacco-free environments at home, in school and in their communities.</p>	
	<p>Local Program Evaluation planning guide This manual is an evaluation user guide with clear-cut step-by-step instructions using sample evaluation plans. Provided are both a "model" sample plan as well as a list of "alternates" sample plans for the study design. The goal in preparing this manual was simply to provide a "way" or "style" for evaluating local tobacco control program interventions.</p>	
	<p>Making Tobacco Relevant for Asian American and Pacific Islander Communities This kit is designed to aid those working in tobacco prevention and control within the Asian American and Pacific Islander community. The goals are to increase awareness of Asian American and Pacific Islander tobacco issues, to provide methods for making tobacco issues relevant to diverse communities and to motivate advocates to address tobacco control issues in the Asian American and Pacific Islander community.</p>	

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	<p>Maximum Youth Involvement: The Complete Game Plan for Community Change This planning manual for youth/adult collaboration on advocacy projects compares various models to figure out what level of youth involvement makes sense for you and identifies essential organizational supports. It also has an extensive appendix of reproducible handouts and worksheets plus an action handbook.</p>	
	<p>Media & Internet Advocacy Guide A detailed guide to working with newspapers, television, radio, and the internet. Step-by-step instructions for pitching stories, writing news releases, conducting petition drives, and more. Includes sample releases, op-ed pieces, and letters to the editor.</p>	
	<p>MediaSharp: Analyzing Tobacco and Alcohol Messages (VHS) The MediaSharp kit includes an entertaining 7-minute classroom video and a teacher's guide loaded with activities. The MediaSharp Leader's Guide is available on the CDC's Smoking & Tobacco Use Web site in a portable document format (PDF). If you print the Leader's Guide you will have the entire kit.</p>	
	<p>Moving Toward Health, Achieving parity through tobacco control for all communities This educational toolkit is designed to provide guidance to individuals, community-based organizations, coalitions, health departments, local, state and national organizations on how to work toward parity in tobacco control.</p>	
	<p>The American Lung Association's Not On Tobacco (N-O-T) offers schools and community groups a unique, proven program for helping these teens quit. It is a voluntary, 10-session, gender-sensitive program that uses a total health approach to help addicted teenage smokers who want to quit, or just cut back. N-O-T is based on preliminary research and evaluation and was developed specifically for teenagers, not adapted from adult programs.</p>	
	<p>Preemption Survival Kit: Protecting and Restoring Local Control The goal of the "Preemption Survival Kit" is to provide states fighting preemption bills or attempting to repeal preemption bills with a tool kit of materials that can be used with legislators and the media, as well as materials to help organize grassroots activities.</p>	
	<p>2012 SGR - A Report of the Surgeon General: Preventing Tobacco Use Among Youth and Young Adults: We CAN Make the Next Generation Tobacco-Free (Consumer Guide - English) The booklet discusses in plain language the major content of this new report on tobacco use among youth and young adults. It is designed to help parents, teachers, policy makers, health care professionals, and other concerned adults understand the importance of the report and how they can take a stand to protect young people from the devastating effects of tobacco use.</p>	
	<p>Quitline Operations: A Practical Guide to Promising Approaches This guide is intended for use by anyone who is responsible for some aspect of making quitline services available to tobacco users - primarily those who fund quitlines, those who deliver the service, those who promote quitlines and those who conduct research to bring us closer to best practices - and each chapter is dedicated to a specific operations-related topic.</p>	
	<p>Quitting Tobacco Second Edition with CD. Based on the latest research in nicotine addiction! <i>Quitting Tobacco</i> helps youth become tobacco-free with tried and true cessation methodology. Based on the stages of change continuum, it includes background information and strategies for the facilitator along with specific activities and worksheets for youth. A new CD makes it easy for the facilitator to print as many activity sheets, pamphlets, and posters as needed.</p>	
	<p>Reaching Higher Ground: A Guide For Preventing, Preparing For, And Transforming Conflict For Tobacco Control Coalitions provides practical advice for ways of working in coalitions and partnerships that resolve real problems while strengthening relationships. The tools and strategies described in this book can make any collaborative undertaking more successful by approaching problems and people in ways that impart dignity and respect.</p>	

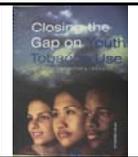
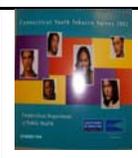
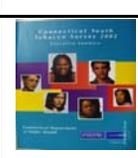
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	<p>Sabemos: Por respeto—Aquí no se fuma: Community Outreach Tool Kit Sabemos is a community outreach toolkit for parenting tobacco-free Hispanic/Latino youth (ages 14 years and younger). The campaign is designed to help community leaders heighten awareness among Hispanic/Latino parents who have recently arrived in the United States (less than two years) about secondhand smoke and how it can affect them and their children. Second, the campaign educates and empowers Hispanic/Latino parents on practical steps they can take to achieve smoke-free environments for their children. The toolkit includes a cultural overview, tip sheet, bilingual insert, cover letter, sticker, static cling, and an interactive CD-ROM</p>	
	<p>S.T.E.P. by STEP This Program is designed to give campuses a comprehensive, month-by-month guide to tobacco control for the college population. The program has two components: Monthly Calendar and Resource Manual. Resources for programming, stakeholder identification, creating your campus resource sheet, and training and educating your campus about the importance of tobacco control are included. The sample letters are provided to assist you in contacting campus departments to join and support your work in tobacco control. The letters can be downloaded and adapted to fit your campus.</p>	
	<p>Smoke Screeners Smoke Screeners is an educational program that helps teach media literacy skills to young people, empowering them to make informed decisions about smoking and chewing tobacco by improving their ability to critically analyze the messages about tobacco use that they see in movies and on television.</p>	
	<p>Spit Tobacco Kills: Extreme Danger of Chewing and Dipping Tobacco Calling chewing and dipping tobacco "smokeless" makes this deadly substance sound as if it is safer than smoking. This documentary-style program shows viewers that the nasty habit of dipping or chewing tobacco actually kills young people. Along with powerful testimonials from athletes, Spit Tobacco Kills follows the case of 27 year-old Rick Bender, a former user of smokeless tobacco whose cancer of the neck has left his face permanently disfigured. The video also focuses on discussions with kids who are addicted to spit tobacco. Hard-hitting and honest, this program aims to convince viewers that tobacco is deadly, no matter how you use it.</p>	
	<p>Sustaining Success: Educating Key Audiences about Tobacco Prevention This toolkit was developed to help state and local tobacco control program managers and advocates educate the public, the media and policymakers about their tobacco control programs and activities.</p>	
	<p>Talking About Health Is Academic: A Guide to Coordinated School Health Programs discuss and implement activities to improve the health of students. Six individual modules contain a step-by-step narrative script with supporting overhead and handout masters for presenters and facilitators to help their audiences understand and apply actions in the book. Use the modules as written, or adapt them to suit your goals. Mix and match materials or supplement them with your own.</p>	
	<p>Tobacco free! Sorority guide to the perfect program A manual for college and university student designed to give the materials needed to effectively advocate for tobacco-free campuses. This manual explains Smoke-Free New England's Smoke-Free College and University objectives, outlines strategies for advocacy and provides materials for educating faculty, staff, and students about the need for strong, effective tobacco policies.</p>	
	<p>The Tobacco-Free Sports Playbook <i>The Tobacco-Free Sports Playbook</i> is filled with examples of successful tobacco-free policies, media campaigns, and education programs that we hope will encourage you to think about the many creative and effective ways you can incorporate sports into your tobacco-free activities.</p>	
	<p>The Last Drag: Quit Smoking Guide for Young Adults Colorful and energetic cessation handbook highlights the specific challenges faced by LGBT youth. Step-by-step guide outlines how to create a quit plan, coping strategies, tips to survive the social scene, and more. Can be used individually or as part of a cessation group.</p>	
	<p>Thumbs Up! Thumb Down! This prevention-oriented video confronts teens and pre-teens with this vexing question: why do so many students take up smoking when they know that cigarettes kill? Tobacco education has succeeded in making youngsters understand that tobacco is an addictive, cancer-causing drug, but somehow that hasn't been sufficient to get teens to avoid experimentation. The video includes a smoking susceptibility test, which helps teens realize who among them is at greatest risk for smoking. Includes a Teacher's Resource Book of follow-up student activities.</p>	

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	<p>Why? The Psychological Triggers of Tobacco This prevention-oriented video confronts teens and pre-teens with this vexing question: why do so many students take up smoking when they know that cigarettes kill? Tobacco education has succeeded in making youngsters understand that tobacco is an addictive, cancer-causing drug, but somehow that hasn't been sufficient to get teens to avoid experimentation. The video includes a smoking susceptibility test, which helps teens realize who among them is at greatest risk for smoking. Includes a Teacher's Resource Book of follow-up student activities.</p>	
	<p>Youth Advocacy Guide Based on a California statewide assessment of Tobacco Control Projects, this resource is filled with practical strategies for working with youth—including recruitment, youth activities, and planning for advocacy training and summits.</p>	
	<p>Youth Media Network In this guide you'll find projects of varying complexity with one thing in common—they're driven by student interest and involvement. A total of 12 lessons guide middle and high school students in finding the latest anti-tobacco information and resources. Then students apply this information in a variety of effective, motivational activities. Write a public service announcement that discourages other teens from smoking. Create a photo essay about the dangers of chew, dip, or cigars. Organize a neighborhood cleanup campaign to highlight the environmental impact of cigarettes.</p>	
Display Items		
	<p>Blue three piece Display Board This board comes empty with no materials attached. This board can be designed to fit the specifics for what ever you need in Tobacco prevention advocacy.</p>	
	<p>The Consequences of Tobacco Use 3D Display This display features hand painted, 3-D models that show the diseases and conditions that can result from smoking: cancer, heart disease, emphysema, and more. The carrying case can be set up in seconds and measures 28" x 27" when opened.</p>	
	<p>Life Or Death Lungs Model Set These life-like lungs provide a shocking, graphic view of the damage smoking causes. The healthy lung is pink and free of abnormalities. In contrast, the diseased lung is black, has a large grayish-white cancerous mass, and is covered with spongy bubbles caused by emphysema. Sure to make a lasting impression.</p>	
	<p>Quit Smoking For Life Folding Display Informative and motivational, this folding display encourages viewers to quit smoking and provides tips and strategies to become smoke-free. Also addresses reasons to quit and concerns about weight gain. Ideal for use with the <i>Quit Smoking for Life</i> booklet. 58" x 22 ½" opened.</p>	
	<p>Smoker's Foul Mouth Display "Put out that #@?! cigarette!" cries this tart-tongued teacher. "Foul" certainly needs his mouth washed out with soap. Unfortunately, all the soap in the world won't scrub away smoking-related conditions such as gum disease, tooth decay, and lip cancer. At least he's bilingual—that is he has two tongues: One depicts leukoplakia and cancer while the other portrays "hairy tongue."</p>	
	<p>Smoker's Tar in a Jar Demonstrates the amount of tar in tobacco smoke and helps to explain to smokers what causes cancer, bronchitis and emphysema.</p>	
	<p>The Tarminator Designed to deliver the same "punch" as our other smoking machines without using cigarettes, The Tarminator is perfect for demonstrations in which using an actual cigarette is impractical or not permitted. The user starts by pumping clean water through The Tarminator's filter unit, demonstrating how unpolluted air leaves no deposits on the lungs. For comparison, a special tar mixture is then pumped through the unit, staining The Tarminator's filter a dull brown. The stains reveal how lung tissue absorbs the tiny particles in cigarette smoke. After the demonstration, the stained filter can be passed around for closer examination. Comes with 50 filters, tar mixture, and instructions.</p>	
	<p>Tobacco Ingredients Display The toxic chemicals found in tobacco smoke are more easily remembered by associating them with common- and grossly unappealing- substances. This eye-catching, Plexiglas, 3-D display resembles a cigarette yet allows viewers to see what is really inside tobacco smoke. Comes with a two-sided tent card that can be used with adults or children.</p>	
	<p>Youth "Don't get burned" Display Teen-oriented graphics and language help young viewers understand that smoking can have negative-and immediate- effects on their health and appearance. This sturdy folding display identifies the risks of tobacco use and explains that cigarette "alternatives" such as clove cigarettes and smokeless tobacco are not safe choices, either. 58" x 22 ½" opened.</p>	

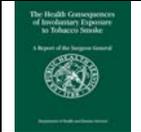
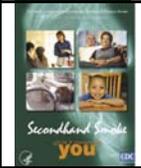
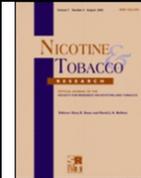
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Reference Material	
	The 2005 Connecticut School Health Survey is a comprehensive survey that consists of two components: the Youth Tobacco Component (YTC) and the Youth Behavior Component. The YTC of the survey provides valuable data to guide and evaluate youth tobacco prevention efforts and cessation programs within our state; it asks questions on tobacco use prevalence, initiation, access, cessation, knowledge and attitudes, school-related tobacco issues, mass media influences, and environmental tobacco smoke
	The 2006 Connecticut Adult Tobacco Survey is a telephone-based survey that was co-administered with the Connecticut Behavioral Risk Factor Surveillance System Survey (BRFSS). The BRFSS collects self-reported information on health-risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury.
	The 2007 Connecticut School Health Survey (CSHS) is a comprehensive survey that consists of two components: the Youth Tobacco Component (YTC) and the Youth Behavior Component (YBC). The YBC collects data that are used to measure progress toward achieving 15 national health objectives for the US Department of Health and Human Services <i>Healthy People 2010 (HP 2010)</i> and 3 of the 10 leading health indicators, to assess trends in health-risk behaviors among high school students, and to evaluate the impact of broad school and community interventions.
	A Hidden Epidemic: Tobacco Use and Mental Illness The publication seeks to call attention to the issue of the high prevalence of tobacco use and nicotine dependence among people with mental illnesses and to highlight barriers to effective tobacco-cessation efforts to help people with mental illnesses quit. This publication also features examples of five projects that demonstrate how organizations across America are addressing tobacco-related disparities faced by people with mental illnesses
	A Practical Guide to Working with Health-Care Systems on Tobacco-Use Treatment A Practical Guide to Working with Health-Care Systems on Tobacco-Use Treatment was designed with two goals in mind: (1) to increase public health professionals' comfort with and skill in establishing collaborative relationships with leaders of health-care systems and (2) to facilitate the creation of long-term partnerships that promote effective, system wide tobacco-use treatment. The Guide provides useful information and practical advice that not only will facilitate public health professionals' understanding of health-care systems but also enhance their ability to forge and maintain effective relationships with leaders of health-care systems.
	Closing the Gap on Youth Tobacco Use This report is a collection of findings based on five years of research from the University of California Transdisciplinary Tobacco Use Research Center. The goal of the report is to share scientific data about the ways young people can become vulnerable to tobacco and the factors that contribute to tobacco dependence.
	Connecticut Youth Tobacco survey 2000 The Connecticut Youth Tobacco Survey (CYTS) is the first ever-comprehensive survey of tobacco use, access, cessation, knowledge and attitudes, and exposure among Connecticut youth. CTYS provides valuable baseline data to guide and evaluate youth tobacco use prevention efforts and cessation programs within our state.
	The Connecticut Youth Tobacco Survey (CYTS) was conducted in the spring of 2002. Anonymous responses from a representative sample of 5,875 Connecticut public and private school students in grade 6-12 were weighted and analyzed for this report. The survey contained 7 major content areas: demographics, tobacco use prevalence, age of initiation, access to tobacco, school, knowledge and attitudes, mass media influences, and environmental tobacco smoke. The student responses were weighted based on probability of selection and to reflect the Connecticut school population. Responses were analyzed by school type (middle school or high school), gender, race/ethnicity, and grade. Due to the limited sample size and low prevalence for some measures, reliable estimates are not available for each measure by subgroup.
	The Connecticut Youth Tobacco Survey 2002 Executive Summary Anonymous responses from a representative sample of 5,875 Connecticut public and private school students in grade 6-12 were weighted and analyzed for this report. The survey contained 7 major content areas: demographics, tobacco use prevalence, age of initiation, access to tobacco, school, knowledge and attitudes, mass media influences, and environmental tobacco smoke.
	The Connecticut Tobacco Use Prevention Control Plan The state's Tobacco Use Prevention and Control Program plan framework is based on the recommended CDC strategies. The essential ingredients of successful initiatives include: adequate and sustained funding, an evidence-based action plan, sound guiding principles, broad participation, and systematic channels of coordination and communication. Information addressed under each of the nine strategies includes the Plan goals addressed by the strategy, proposed activities, cost, the outcomes expected, and the intermediate objectives to be measured to make sure the program is on track.

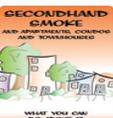
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	<p>SGR 2006: Children and Second hand Smoke Exposure. Excerpts from The Health Consequences of Involuntary Exposure to Tobacco Smoke, A Report of the Surgeon General "This report contains excerpts from the 2006 Surgeon General's report The Health Consequences of Involuntary Exposure to Tobacco Smoke that focus on children (e.g., prevalence of exposure, reproductive and developmental effects, respiratory effects, home smoking rules, smoking restrictions in day care centers and schools)."</p>	
	<p>Chronic Disease and Health Promotion, Adapted from the MMWR Tobacco Topics 1990-1993 Reports in the United States during the period of 1990-1993 on adult prevalence and cessation, youth initiation and prevalence, tobacco attributable morbidity and mortality, policy and intervention.</p>	
	<p>Exposure to Pro-tobacco Messages among Teens and Young Adults The purpose for this report is to summarize awareness of and receptivity to pro-tobacco marketing influences from three national samples of teens and young adults following the MSA. The report addresses 4 key research questions. 1) How frequently are young teens (age 12 to 14), older teens (aged 15 to 17), and young adults (age 18 to 24) exposed to pro-tobacco marketing? 2) How frequently are teens and young adults exposed to smoking portrayals in television and films? 3) Have reports of exposure to pro-tobacco marketing among teens and young adults changed between winter 1999-2000, fall 2000, and spring 2001? 4) How does exposure to pro-tobacco marketing differ by race/ethnicity, gender and smoking status?</p>	
	<p>Fresh Start Family Describe major health risks of maternal smoking and its impact on prenatal and postpartum complications, fetal development, neonatal health and the effects of environmental tobacco smoke (ETS) on children. Describe the process of behavior change as it relates to smoking cessation, demonstrate how to give clear and direct recommendations to women to quit smoking, and understand how to assess a smoker's position along the "quitting spectrum." Identify the basic program materials and how they can be used, integrated and implemented into a variety of health care delivery and provider settings.</p>	
	<p>The Guide to Community Preventive Services: Systematic Reviews and Evidence-Based Recommendations (the Guide) will evaluate and make recommendations on population-based and public health interventions. This paper provides an overview of the Guide's process to systematically review evidence and translate that evidence into recommendations.</p>	
	<p>2004 SGR - The Health Consequences of Smoking: A Report of the Surgeon General This report on the health effects of smoking provides a startling picture of the damage to health caused by tobacco use. Smoking injures almost every organ in the body; tragically, such injury often leads to incurable disease and death. This report also addresses changes in the cigarette and whether these changes present increased risks to smokers. The comprehensive review process that is the foundation of this series of reports has found new causal associations of smoking with disease.</p>	
	<p>2004 SGR - The Health Consequences of Smoking: A Report of the Surgeon General. Executive Summary The 2004 Surgeon General's Report on the health effects of smoking provides a startling picture of the health damage caused by tobacco use. Smoking injures almost every organ in the body; tragically, such injury often leads to incurable disease and death. This executive summary provides an overview of the full report and highlights the conclusions and findings.</p>	
	<p>2004 SGR - The Health Consequences of Smoking: What It Means to You This four-color, easy-to-read summary of the Health Consequences of Smoking: A Report of the Surgeon General (2004) was developed for the public. This document explains what the report says and what it means to you. Smoking harms nearly every organ of the body, causing many diseases, reducing the health of smokers in general, and often leading to incurable disease and death.</p>	
	<p>2006 SGR - The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General - (Reference CD and reference book) CD-ROM version of the 2006 Surgeon General's Report updating the scientific evidence on exposure, health consequences, and control approaches regarding secondhand smoke.</p>	
	<p>2006 SGR - The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, Executive Summary (2006) This executive summary summarizes the 2006 Surgeon General's Report updating the scientific evidence on exposure, health consequences, and control approaches regarding secondhand smoke.</p>	

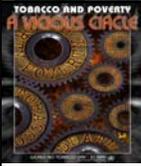
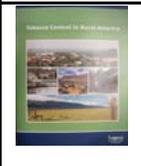
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	<p>2006 SGR - The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, Full Report (2006) This 2006 Surgeon General's Report updates the scientific evidence on exposure, health consequences, and control approaches regarding secondhand smoke.</p>	
	<p>2006 SGR - The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Secondhand Smoke. What It Means to You (2006) A summary brochure of the 2006 Surgeon General's Report updating the scientific evidence on exposure, health consequences, and control approaches regarding secondhand smoke. This document is designed for the general public.</p>	
	<p>The report, <i>Investment in Tobacco Control: State Highlights, 2001</i>, is a tool for states to use in developing tobacco control programs. It provides current state-based information on the prevalence of tobacco use, the health impact and costs associated with tobacco use, tobacco control funding, and tobacco excise tax levels for all 50 states and the District of Columbia. It is the third State Highlights report released by CDC and the first one to provide a compilation of states' investments in tobacco control.</p>	
	<p>Making Your Workplace Smokefree: A Decision Maker's Guide This manual provides worksite decision makers with information on how to design, implement, and evaluate environmental tobacco smoke policies and related activities.</p>	
	<p>Nicotine and Tobacco Research, Harm Reduction Nicotine and Tobacco Research is a peer-reviewed journal devoted exclusively to nicotine and tobacco research. It aims to provide a forum for empirical findings, critical reviews, and conceptual papers on the many aspects of nicotine and tobacco, including research from the biobehavioral, neurobiologic, molecular biologic, epidemiological, prevention, and treatment arenas.</p>	
	<p>Non-Profit Corporate Ethics Tobacco company donations can impair a non-profit's mission. Void tobacco funding and protect your agency's reputation and ethics. Fact sheets provide information and action steps to create a tobacco-free funding policy. Includes a sign to promote the commitment to tobacco-free funding.</p>	
	<p>The National Association of Chronic Disease Directors (NACDD) is committed to identifying and promoting innovative models for chronic disease prevention and health promotion programs. Each CDC funded chronic disease program has stories describing the unique effort to reduce chronic disease risk factors, disability and death. Your stories will educate decision-makers about chronic disease –in face-to-face meetings, on the web, and in print. Our goal is to have at least one success story for every CDC-funded program in every state.</p>	
	<p>Overview of Findings from the 2004 National Survey on Drug Use and Health This report presents the first information from the 2004 National Survey on Drug Use and Health. This survey, formerly called the National Household Survey on Drug Abuse, is a project of the Substance Abuse and Mental Health Services Administration. This survey was initiated in 1971 and is the primary source of information on the use of illicit drugs, alcohol, and tobacco by the civilian, noninstitutionalized population of the United States aged 12 years old or older. The survey interviews approximately 67,500 persons each year.</p>	
	<p>Pathways to Freedom, Winning the fight against tobacco This updated (2003) edition of <i>Pathways to Freedom</i> addresses issues specific to African Americans, such as targeted advertising campaigns and historical, cultural, and socioeconomic influences. It also offers proven strategies for anyone who wants to quit, how friends and family can help, and how the community and its leaders can promote the value of gaining freedom from tobacco</p>	
	<p>Policy and Environmental Change, New Directions for Public Health This report presents a snapshot of how health agencies and States are grappling to influence policies that matter most for health. It shows that early efforts are being made, but much more can be done; it highlights the need within the public health community for case studies of successes on how to work at the level of the systems of our society.</p>	
	<p>This Executive Summary of Policy and Environmental Change: <i>New Directions for Public Health</i> provides an overview of the purpose, scope, and methods of the project, highlights of findings, and specific recommendations for initial actions toward capacity building.</p>	

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	<p>This report on Preventing Tobacco Use Among Young People provides a more detailed look at adolescence, the time of life when most tobacco users begin, develop, and establish their behavior. Because regular use soon results in addiction to nicotine, this behavior may persist through adulthood, significantly increasing, through the extended years of use, the risk of long-term, severe health consequences.</p>	
	<p>Pushing Smoke: How the U.S. Tobacco industry moves its product from leaf to lip This report boldly outlines the growing, manufacture, distribution, and sales process for the domestic United States tobacco industry. It highlights lesser known yet prevalent industry practices, including those currently in litigation</p>	
	<p>Quitline Operations: A Practical Guide to Promising Approaches This guide is intended for use by anyone who is responsible for some aspect of making quitline services available to tobacco users - primarily those who fund quitlines, those who deliver the service, those who promote quitlines and those who conduct research to bring us closer to best practices - and each chapter is dedicated to a specific operations-related topic.</p>	
	<p>Reducing Hookah Use, A Public Health Challenge for the 21st century An in-depth review of the literature on hookah issues including research, media articles, websites and other information sources from the Middle East, the U.S., and other countries. A small survey of local and national tobacco control advocates, officials, and health educators working on campuses, in public health departments, and other settings in Colorado, California, Nevada, New York, and other States across the country to learn about their needs, experiences, and actions taken to reduce hookah use.</p>	
	<p>Reducing Tobacco Use: A Report of the Surgeon General (2000) This 2000 report on smoking and health by the Surgeon General is the first to offer a composite review of the various methods used to reduce and prevent tobacco use. This report evaluates each of the five major approaches to reducing tobacco use: educational, clinical, regulatory, economic, and comprehensive.</p>	
	<p>Reducing Tobacco Use: A Report of the Surgeon General, Executive Summary (2000) The 2000 report on smoking and health by the Surgeon General is the first to offer a composite review of various methods used to reduce and prevent tobacco use. This report evaluates each of the five major approaches to reducing tobacco use: educational, clinical, regulatory, economic, and comprehensive. The executive summary version of the 2000 report is a technical publication that includes excerpts from the complete report.</p>	
	<p>Results from the 2004 National Survey on Drug Use and Health: National Findings This report presents the first information from the 2004 National Survey on Drug Use and Health. This survey, formerly called the National Household Survey on Drug Abuse, is a project of the Substance Abuse and Mental Health Services Administration. This survey was initiated in 1971 and is the primary source of information on the use of illicit drugs, alcohol, and tobacco by the civilian, noninstitutionalized population of the United States aged 12 years old or older. The survey interviews approximately 67,500 persons each year.</p>	
	<p>Secondhand Smoke and Apartments, Condos and Townhouses Written specifically for residents of apartments and multi-housing units, this booklet describes how to prevent tobacco smoke from traveling from one unit to another. Includes sections on organizing tenants, advocating for smoke-free policies, legal rights and options of nonsmokers, and a resource list.</p>	
	<p>Smoking Risk, Perception, & Policy rebut the tobacco companies' claim that beginning smokers understand the risks and expose the ways in which cigarette ads dupe the young into downplaying its dangers. Exploring the risks smokers face, their regret at taking up the habit, the nature of their addiction, the effects of advertising, and some smokers' timely and compelling account is must reading for those troubled by the fact that smoking accounts for the premature death of one half of its regular users.</p>	
	<p>Surveillance and Evaluation Data Resources for Comprehensive Tobacco Control Programs Published in 2001, this compilation of data sources for tobacco control programs is useful for tobacco control programs that are conducting surveillance or evaluation. Data sources are organized under major categories— National and state surveys and tools, registries and vital statistics, and topic-specific tools.</p>	
	<p>Sustainability Beyond Dollars: Organizations Achieving Long-Term Success in Community-Based Tobacco Control intended to broaden the discussion on sustainability beyond funding and examine how a host of factors beyond financial resources can enhance or impede the odds of sustainability for a tobacco control and prevention program. By featuring promising program activities of five of Legacy's past grantees as case examples, this publication galvanizes a broader paradigm of sustainability and presents key strategies and planning tools to sustain an effective tobacco control program beyond its typical start-up phase.</p>	

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	<p>Telephone Quitlines: A Resource for Development, Implementation, and Evaluation This document was written in response to a growing interest in telephone-based tobacco cessation services commonly known as quitlines. It helps state health departments, health care organizations, and employers contract for and monitor telephone-based tobacco cessation services. It also helps states, health care organizations, and quitline operators enhance existing quitline services and inform those interested in learning more about population-based approaches to tobacco cessation.</p>	
	<p>Think About Your Future (Magazine) Dramatic and direct, this comic book, created by and for youth, is written in the 'zine style. Featuring a group of multicultural characters it conveys the clear message - smoking is not cool. Great for culturally diverse youth.</p>	
	<p>Tobacco and Poverty a Vicious Circle Tobacco and poverty: a vicious circle. The contribution of tobacco to premature death and disease is well documented. However, little attention has been paid to the link between tobacco and poverty. Tobacco tends to be consumed by those who are poorer. In turn, it contributes to poverty through loss of income, loss of productivity, disease and death. Together, tobacco and poverty form a vicious circle from which it is often difficult to escape.</p>	
	<p>Tobacco Control, An International Journal An international peer review journal for health professionals and others in tobacco control.</p>	
	<p>Tobacco Control in Low SES Populations This latest Legacy publication seeks to shine a spotlight on the issues of concentrated, high prevalence of tobacco use and limited access to and use of effective prevention and cessation resources in low SES populations. It explores evidence-based and promising practices to address these tobacco-related disparities. This publication also features examples of five different projects that demonstrate how organizations are addressing the issue of tobacco use in low SES populations.</p>	
	<p>Tobacco Control in Rural America is the seventh in Legacy's series of dissemination publications and is intended to highlight the issue of tobacco-related disparities facing rural areas in the United States. This publication examines the unique challenges to tobacco control and prevention efforts in these areas and ways in which organizations can overcome them. It includes examples of promising strategies implemented by some of our grantees to demonstrate how organizations are addressing the issue of tobacco use in rural communities across America.</p>	
	<p>Tobacco Industry Sponsorship in the United States 1995-1999 The specific aim of this research project was to collect, organize, and summarize information on the nature and extent of tobacco company sponsorship of events, activities, and organizations in the United States during a five-year period (1995-1999). To the best of our knowledge, this is the first attempt to systematically identify all tobacco corporate sponsorships occurring within a specific time period.</p>	
	<p>Tobacco Use Among U.S. Racial/Ethnic Minority Groups: A Report of the Surgeon General (1998) This 1998 report is the first in the 34-year history of Surgeon General's studies on tobacco and health to focus on tobacco use among ethnic and racial minorities.</p>	
	<p>Treating Tobacco Use and Dependence: Clinical Practice Guideline 2008 Update This publication is an update of the previous Guideline (published in 2000) and contains recommendations and evidence based on scientific review and meta-analyses. This Guideline update represents the extensive deliberations, review of current scientific literature, and findings from a multidisciplinary, private-sector expert panel composed of members of various professional groups (and consumers) involved extensively with smoking cessation issues.</p>	
	<p>Treating Tobacco Use and Dependence - Quick Reference Guide for Clinicians This quick-reference guide summarizes treatment strategies outlined in the Public Health Service-sponsored clinical practice guideline, Treating Tobacco Use Dependence. The guide is intended to help clinicians identify and assess tobacco users and implement effective tobacco dependence interventions.</p>	

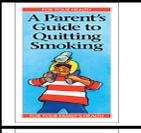
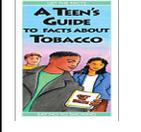
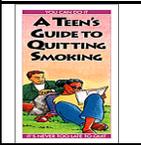
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	<p>Using Multiple Strategies in Tobacco Use Prevention Education This report focuses the extent to which four types of prevention education strategies measured in the 2000 National Youth Tobacco Survey are being implemented in schools. It assess whether students believe that tobacco use prevention education programs contribute to their decision not to smoke. The report also compares attitudes and beliefs about smoking among those students who receive fewer smoking prevention education strategies to those who receive more. Furthermore, it determines association between smoking status and receipt of multiple prevention education strategies.</p>	
	<p>Usted puede dejar de fumar: Guia del consumidor This booklet provides helpful information for people who want to quit smoking. The booklet explains the best ways to quit and how to quit for good. All the information in this booklet is based on scientific research about what will give the smoker the best chances of quitting.</p>	
	<p>Women and Smoking: A Report of the Surgeon General (2001) This report provides a composite overview of smoking and health issues between woman and girls in the United States. The report summarizes tobacco use patterns among women, factors associated with starting and continuing to smoke, the health consequences of smoking, tobacco marketing targeted at women, and cessation and prevention interventions.</p>	
	<p>You Can Quit Smoking: A Consumer Guide This booklet provides helpful information for people who want to quit smoking. The booklet explains the best ways to quit and how to quit for good. All the information in this booklet is based on scientific research about what will give the smoker the best chances of quitting.</p>	
	<p>Youth Tobacco Cessation — A Guide for Making Informed Decisions This document is intended to help organizations decide whether to undertake youth tobacco-use cessation as a specific tobacco control activity. The publication covers topics such as the quality of the evidence base for youth intervention, the importance of conducting a needs assessment for the population your organization serves, and the need to evaluate your chosen intervention.</p>	
Video Resources		
	<p>I Can't Breathe 20min Pam Laffin, a 31-year-old mother of two young girls, died from emphysema. In the program, Pam tells why she started smoking and what it was like to learn she had emphysema, a smoking-related disease for which there is no cure. Despite her debilitating illness, Pam was committed to sharing her story so others might learn from her. The 20-minute video, coupled with a moderator's guide, is designed to help lead classroom discussions with students about the consequences of cigarette smoking. The program has been created specifically for young people aged 11 to 14 years. The product is a joint effort between the Massachusetts Department of Public Health and CDC's Office on Smoking and Health.</p>	
	<p>The Media Campaign Resource Center (MCRC) ad videos and catalogs to review the ads that are available for viewing gives you access to CDC-licensed advertisements developed by more than 25 state health departments, nonprofit health organizations, and federal agencies. The MCRC also offers guidance and technical assistance on how to use the materials.</p>	
	<p>"my mom's my hero... 'cause she took the pledge to smoke outside" 1.5min EPA, the Consumer Federation of America Foundation and the American Medical Association to raise awareness of the dangers of secondhand smoke and urge mothers to make their homes smoke-free created a national media campaign "My Mom's My Hero".</p>	
	<p>Patrick Reynolds, The Truth About Tobacco 20min Patrick Reynolds, grandson of tobacco company founder, RJ Reynolds, but the family brands, Camel and Winston killed his father and eldest brother. After turning away from his family's former business, Mr. Reynolds became one of the nation's best-known advocates against tobacco and smoking.</p>	
	<p>Secondhand Smoke: Triumphs and Tragedies 17min Modified version of video shown at the June 2006 press conference of U.S. Surgeon General Richard Carmona release of the 2006 Surgeon General's Report. A DVD that relays how secondhand smoke affects people in their daily lives 2008 from CDC.</p>	
	<p>Secrets Through the Smoke 55min Secrets Through The Smoke, an educational video for middle and high school students and non-profit health organizations, is a 55 minute video, directed by actor/director Jeremy London, (Party of Five, I'll Fly Away, Mall Rats) and hosted by Giselle Fernandez (Access Hollywood, Dancing with the Stars), will share Dr. Wigand's story and provide firsthand information about the tobacco industry's manipulation and obfuscation of the truth.</p>	

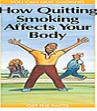
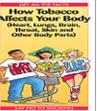
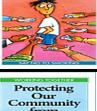
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	<p>Seven Deadly Myths 17min Hosted by cover model, entrepreneur, and smoking-cessation advocate Christy Turlington, this 17-minute video explores some of the common myths about smoking and empowers women to become or stay smoke-free. A facilitator's guide is also included with the video.</p>	
	<p>Scene Smoking: Cigarettes, Cinema and the Myth of Cool 60min This hour-long documentary on smoking in film and television features Hollywood insiders speaking out about artists' rights, social responsibility, and the First Amendment. The thoughtful and thought-provoking video is available with curriculum guides for high school and college classes.</p>	
	<p>Smoke Screen 20min For nearly a decade, Dave image helped to sell cigarettes. But after years in the business, the former "Winston Man" realized he was selling a lie. Are people influenced by brand images created by cigarette companies? Ex-cigarette super model Dave Goerlitz thinks so. Are kids targeted and affected by this "adult" advertising? Cigarette victim Dave Goerlitz knows so.</p>	
Post Cards, Business Cards		
	<p>Connecticut Quitline This business card sized pocket card provides the Quitline number and brief detail of services available</p>	
	<p>BecomeAnEX.org This business card sized pocket card is a great place to note your triggers that make you want to smoke and provides a website address for a plan to re-learn life without cigarettes.</p>	
	<p>Got Fresh Air A postcard featuring a bird wearing a gas mask to bring home the serious message that secondhand smoke is bad for all animals. Postcard gives facts about secondhand smoke and encourages pet owners and other animal lovers to stop smoking.</p>	
	<p>Got Fresh Air A postcard featuring a cat wearing a gas mask to bring home the serious message that secondhand smoke is bad for all animals. Postcard gives facts about secondhand smoke and encourages pet owners and other animal lovers to stop smoking.</p>	
	<p>Got Fresh Air A postcard featuring a dog wearing a gas mask to bring home the serious message that secondhand smoke is bad for all animals. Postcard gives facts about secondhand smoke and encourages pet owners and other animal lovers to stop smoking.</p>	
	<p>I miss my lung Bob A dramatic way to send a message about the health effects and dangers of smoking</p>	
	<p>Impotent This traditional tobacco industry use of the cowboy image boldly addresses the relationship between smoking and impotence.</p>	
	<p>Light Up, Pay Up Possessing tobacco under the age of 18 is against the law.</p>	
	<p>Quitting Helps You Heal Faster Your Hospital Visit Is a Great Time To Quit Smoking. This fact sheet in English and Spanish answer why should you quit now, how do you quit in the hospital, and offers helpful hints to stay quit</p>	

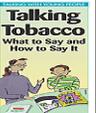
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	<p>Quitting Smoking; A Pocket Minder® Card Gives smokers the round-the-clock support they need to quit, in a convenient, go-anywhere format! This credit-card-sized guide helps people who have decided to quit smoking stay focused on their goal by keeping strategies for quitting, tips for coping with relapse, and other helpful advice close at hand. Coated for durability, it can be taken everywhere and referred to discreetly any time the urge to light up strikes.</p>	
	<p>Trick or Treat? Hip, attention-getting card provides facts about blunts and blunt wrappers (flavored tobacco leaves) and the shocking tobacco industry tactics used to market them to teens and young adults.</p>	
	<p>When did smoking become part of us? This postcard calls attention to the prevalence of tobacco use in the LGBT community.</p>	
	<p>You Can Quit Smoking – Pocket Card A pocket card with simple steps to help you quit smoking</p>	
Brochures		
	<p>50 Ways To Resist The Urge To Smoke Help smokers who are trying to quit get through cravings with this motivational pamphlet. Humorous yet practical, this pamphlet provides more than 50 immediate and inexpensive things to do instead of lighting up a cigarette--including exercise, social activities, working with your hands, and rewarding yourself for not smoking.</p>	
	<p>A Parent's Guide to Quitting Smoking This pamphlet provides parents who smoke with motivation and quit tips. It offers strong reasons for quitting, including your health, your children's health, saving money and the desire to be a good role model. It gives specific suggestions for how to get support from family and dealing with the stress of being a parent.</p>	
	<p>A Teen's Guide to Facts about Tobacco Persuade young people to say "no" to tobacco with this pamphlet, which offers an overview of tobacco and its dangers including nicotine addiction and other key health and social issues. Beside cigarettes, the pamphlet also covers smokeless tobacco, cigars, bidis, and herbal cigarettes and includes facts about health risks, addiction, cost, appearance and more.</p>	
	<p>A Teen's Guide To Quitting Smoking This pamphlet addresses the issues specific to teens who are trying to quit smoking, such as dealing with family, friends, stress and weight gain. This pamphlet acknowledges that quitting is tough, but sends a strong message of encouragement. It also helps teens overcome the obstacles that might make it harder for them to quit, and includes specific quit tips for teens.</p>	
	<p>Eight Ways to Say No to Smoking Each young person is different--and how he or she handles difficult situations (like saying "no" to tobacco) is unique. This pamphlet models eight different approaches to saying "no" to tobacco and encourages young people to decide which approach will work best for them.</p>	
	<p>BecomeAnEx. The EX Plan is a free quit smoking program that helps you re-learn your life without cigarettes. Before you actually stop smoking, we'll show you how to deal with the very things that trip up so many people when they try to quit smoking. So you'll be more prepared to quit and stay quit.</p>	
	<p>Get Into Your Kid's Head. Here's How. Getting more involved with your preteen or teen today will help you stay connected tomorrow. In addition, your involvement will help your child make better decisions. This brochure offers parents 10 specific methods for staying closer to their preteens or teens, such as scheduling weekly time and sharing meals. The brochure also suggests way to help teenagers quit smoking.</p>	
	<p>Help Your Teen Quit Smoking, A Guide for Parents What can parents do if their teens smoke? Here are specific ideas for parents to help their teens quit smoking. This pamphlet provides supportive suggestions to empower the parents, while emphasizing that the decision to quit needs to come from the teen.</p>	

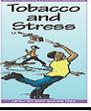
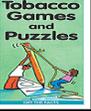
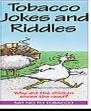
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	<p>Helping Connecticut. Connecticut Quitline You Want to Quit. We can Help. When you join our program we'll help you create an easy-to-follow Quitting Plan that will show you how to get ready, take action and then live the rest of your life tobacco-free.</p>	
	<p>How Quitting Smoking Affects Your Body Motivate smokers to quit with this overview of the positive changes that happen once a person stops smoking. This pamphlet takes the unique approach of acknowledging the immediate effects of withdrawal and providing tips for dealing with those symptoms, while emphasizing the overall physical benefits.</p>	
	<p>How Quitting Smoking Helps Your Heart Smoking is one of the biggest risk factors for developing heart disease. This persuasive pamphlet outlines the various ways that quitting smoking can greatly reduce the risk of heart disease and stroke. It also offers quit tips to help readers quit smoking for good.</p>	
	<p>How Tobacco Affects Your Body This pamphlet is full of well-known and unusual facts about tobacco's dangers to the human body. Because young people in the upper elementary and early high-school grades are body conscious, this pamphlet uses the facts of tobacco's effects on the body to get the tobacco prevention message across.</p>	
	<p>How to Help a Friend or Family Member quit Smoking This pamphlet provides good information for someone who is concerned about a friend or family member's smoking. It offers realistic suggestions for what a person can do to help, while reminding the reader that it is ultimately up to the smoker to decide when to quit.</p>	
	<p>How to Remain Smoke-Free Guide gives advice and tips to avoid relapse for LGBT and HIV positive former smokers.</p>	
	<p>How to Quit Smoking When You've Tried Before Encourage smokers who have tried to quit before to try again. This supportive, encouraging and practical pamphlet acknowledges that it takes many smokers more than one try to quit for good, and it offers great tips for building on what worked the last time and avoiding what didn't work.</p>	
	<p>How to Say No to Secondhand Smoke It's tough to ask smokers to smoke away from you. This pamphlet offers concrete suggestions for saying "no" to secondhand smoke at home, work and in public places and offers suggestions on setting up "smoking areas" outside and away from children. The pamphlet includes a "Thank You For Not Smoking" door hanger.</p>	
	<p>If You Live With a Smoker The suggestions in this pamphlet will help nonsmokers who live with smokers to protect their health and, ideally, keep their home free from smoke. It offers great tips for talking tactfully with the smoker and setting up a smoking area outside.</p>	
	<p>If You Live With a Smoker (Spanish) The suggestions in this pamphlet will help nonsmokers who live with smokers to protect their health and, ideally, keep their home free from smoke. It offers great tips for talking tactfully with the smoker and setting up a smoking area outside.</p>	
	<p>Look Who's Getting Burned! Multicultural photo-brochure features three young women discussing the targeting of women by the tobacco industry and the damaging effects of smoking.</p>	
	<p>Pressure to smoke, A Guide to Saying NO Pressure to smoke comes from lots of different places: movies, advertising, friends, family and ourselves. Help young people resist common pressures with this refusal skills pamphlet, which identifies the most common pressures and offers encouragement and suggestions for resisting.</p>	
	<p>Protecting Our Community from Secondhand Smoke Most communities have some kind of limits on where people can smoke, but often, much more can be done to reduce secondhand smoke in public places, on campuses, in the workplace and other environments where people congregate. Help educate readers about how they can become clean-air advocates and support community-based strategies to reduce environmental tobacco smoke.</p>	
	<p>Quit Smoking for One Day for Good Smokers who have quit will tell you--the first day is the hardest! And studies show that people who can make it through the first day without a cigarette have a much higher rate of long-term success. This pamphlet gives specific tips for the quit day, and encourages people to take quitting "one day at a time." It is a perfect promotional pamphlet for community-wide quit-smoking days.</p>	

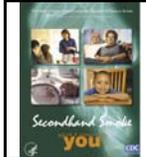
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	<p>Quit Smoking for You and Your Family Concern for the health of family members can be a strong motivator to quit smoking. Using a side-by-side English/Spanish format, this pamphlet explains the harmful effects of smoking on family members and offers practical cessation advice, giving readers both the knowledge and inspiration to quit smoking.</p>	
	<p>Quitting Smoking, Common Problems, Good Solutions This pamphlet provides information on getting through the initial period once you've quit smoking. It addresses everyday challenges to quitting smoking including cravings, anxiety, insomnia, depression, weight gain and more.</p>	
	<p>Quitting Smoking, Common Problems, Good Solutions This pamphlet provides information on getting through the initial period once you've quit smoking. It addresses everyday challenges to quitting smoking including cravings, anxiety, insomnia, depression, weight gain and more.</p>	
	<p>Quit! What to Do When You're Sick of Smoking, Chewing, or Dipping (Brochure) For young people, this text takes an age-appropriate approach to advising youth on successful methods of tobacco cessation. Cleverly illustrated and written, the booklet was originated by the Anne Arundel County Department of Health in Annapolis, Maryland.</p>	
	<p>Secondhand Smoke and Your Pets Did you know that dogs who live with smokers are three times more likely to get lung or nasal cancer than dogs who live with nonsmokers? Or that cats who live with smokers have more than double the risk of feline lymphoma? Secondhand smoke hurts all living creatures.</p>	
	<p>Secondhand Smoke Asthma, Cancer, and other Health Risks Show people that secondhand smoke isn't just an annoyance--it's a serious health risk! This pamphlet describes the health hazards associated with secondhand smoke and includes information on asthma, allergies, heart and lung disease, cancer and more. It also gives tips on how to protect yourself and your family from secondhand smoke.</p>	
	<p>Secondhand Smoke Asthma, Cancer, and other Health Risks (Spanish) Show people that secondhand smoke isn't just an annoyance--it's a serious health risk! This pamphlet describes the health hazards associated with secondhand smoke and includes information on asthma, allergies, heart and lung disease, cancer and more. It also gives tips on how to protect yourself and your family from secondhand smoke.</p>	
	<p>Smoke-Free Cars: A guide for parents and other drivers Simply opening a window is not enough to prevent secondhand smoke exposure when someone is smoking inside a car. Here's an excellent resource to help protect children and other vehicle passengers from secondhand smoke. Filled with practical tips on how to keep a car smoke-free.</p>	
	<p>Smoke-Free Housing This helpful title offers plenty of suggestions about how to avoid secondhand smoke in multi-unit housing and advocate for a smoke-free building. It discusses the benefits of smoke-free buildings for tenants and landlords and encourages people to speak up and take steps to promote a smoke-free housing policy.</p>	
	<p>Smoking, Five Best Reasons to Never Start Appeal to upper elementary-age children's sense of good and bad and right and wrong with these five persuasive reasons to say "no" to smoking. The reasons include health risks, secondhand smoke health risks, addiction, cost and appearance. This pamphlet is simple, straightforward and compelling and kids love the illustrations and the tone.</p>	
	<p>Social Smoking This pamphlet defines "social smoking" (a habit in which people do not necessarily smoke every day) and outlines the health hazards. This pamphlet gives young people the message that even occasional smoking can cause health problems--and lead to addiction.</p>	
	<p>Talking Tobacco, What to say and how to say it Give parents and caregivers these tips for talking with kids about tobacco and smoking. This pamphlet helps adults empower kids to make tobacco-free choices by providing basic information for parents and other adults to talk with kids about tobacco—and persuade them not to use it.</p>	
	<p>The Health Consequences of Secondhand Smoke This pamphlet lists 20 negative health consequences caused by exposure to secondhand smoke. This direct approach encourages both smokers and nonsmokers to be aware of the health risks and take action. It offers practical tips for preventing exposure to secondhand smoke.</p>	

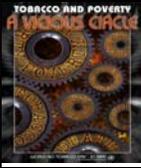
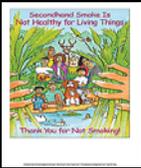
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	<p>The Health Consequences of Smoking A recent Surgeon General's report emphasized how smoking affects nearly every part of a smoker's body. This pamphlet highlights those findings and lists the potential health risks associated with smoking. It provides strong motivation for quitting now (or never starting!).</p>	
	<p>The Health Consequences of Spit Tobacco Spit tobacco can damage the mouth as much as smoking damages the lungs. This colorful title highlights 20 ways that spit tobacco, including dip, snuff, plug, chew or snus, can harm a user's health. Counter the mistaken belief that spit is a "safe" tobacco alternative with this fact-filled pamphlet, which includes encouragement for quitting and quit tips.</p>	
	<p>The Last Drag Quit Tips Provides numerous tips for LGBT and HIV positive adults on preparing to quit, quitting, coping with urges, and avoiding relapse.</p>	
	<p>Third-hand smoke Third-hand smoke refers to the toxins left behind by cigarette smoke on clothes, hair, furniture and other surfaces long after a cigarette has been extinguished. These toxins are especially harmful to babies and children. Help parents and caregivers understand the dangers of third-hand smoke and how to minimize exposure and risk with this helpful title.</p>	
	<p>Tobacco and Stress Smokers identify stress as one of the key obstacles to quitting and staying quit. This pamphlet addresses the connection between stress and smoking relapse and gives specific tips for how to deal with stress without using cigarettes. The lighthearted illustrations keep the reader engaged and illustrate key points.</p>	
	<p>Tobacco Games and Puzzles Reach elementary-age kids with this creative approach to tobacco prevention education. Kids love the fun word games in this pamphlet, which sends a strong anti-tobacco message for elementary-age children through games and puzzles. It reinforces that tobacco is bad for your body and helps kids learn refusal statements.</p>	
	<p>Tobacco Jokes and Riddles Kids love the jokes, riddles, and puzzles in this pamphlet, which combines humor with hard-hitting facts to teach young people that smoking is no joke. (Please note: The jokes and riddles in this pamphlet make fun of cigarettes and tobacco companies--not smokers!)</p>	
	<p>Tobacco Quiz "Creative." "Engaging." "Fun." These are the words that people use to describe this pamphlet. Kids love and respond to this pamphlet, while educators value the strong "Don't smoke" message. Information within the pamphlet includes facts about health risks and the use of advertising and refusal statements are modeled.</p>	
	<p>Tobacco Smoke and Your Pregnancy Give mothers-to-be essential information about how tobacco smoke can harm them and their babies with this easy-to-read bilingual English/Spanish title. It offers suggestions on how to avoid secondhand smoke in buildings and cars and urges pregnant women who smoke to quit.</p>	
	<p>Why Tobacco Companies Want You to Smoke This pamphlet outlines the manipulative tactics of tobacco companies—the use of advertising and the attempts to lure younger smokers. It also spells out the risks of tobacco and encourages kids to say “no” to smoking and tobacco.</p>	
	<p>X-Smoker Tips for Quitting This pamphlet offers great quitting tips for teen and young adult smokers. It addresses issues of stress, social pressure, weight gain and more and gives quit-smoking tips. It focuses on the process of quitting, including getting support, avoiding temptation and finding other ways to cope with stress.</p>	
Posters		
	<p>2004 SGR - The Benefits of Quitting This brightly colored poster displays the benefits of quitting compared with the harmful health consequences of smoking. Quitting smoking has immediate as well as long-term benefits, such as reducing risks for stroke, cancers, coronary heart disease, chronic obstructive pulmonary disease, ulcer, peripheral artery disease, and low birth weight in infants.</p>	

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	<p>2004 SGR - Within 20 Minutes of Quitting This glossy color poster features what happens within 20 minutes after smokers inhale that last cigarette. Their bodies begin a series of changes that continue for years. Among these health improvements are a drop in heart rate; improved circulation; and reduced risk for heart attack, lung cancer, and stroke.</p>	
	<p>2006 SGR - PROTECT YOURSELF from Secondhand Smoke This brightly colored poster features information on how secondhand smoke exposure affects nonsmokers' health. Exposure to secondhand smoke causes heart disease, lung cancer, and breathing problems for adults, and weaker lungs and sudden infant death syndrome in infants. "</p>	
	<p>2006 SGR - The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Secondhand Smoke. What It Means to You (2006) A summary brochure of the 2006 Surgeon General's Report updating the scientific evidence on exposure, health consequences, and control approaches regarding secondhand smoke. This document is designed for the general public.</p>	
	<p>2006 SGR - Secondhand Smoke Is Dangerous to Children This brightly colored poster featuring the image of an infant and includes information on how secondhand smoke exposure affects infants and children including causing sudden infant death syndrome, lung problems, ear infections, and more severe asthma.</p>	
	<p>2006 SGR - Secondhand Smoke Is Toxic This brightly colored poster features information on the health effects of some of the more than 4,000 chemicals contained in secondhand smoke, including cancer-causing chemicals like formaldehyde and benzene, toxic metals like arsenic and cadmium, and poisonous gases like carbon monoxide and hydrogen cyanide. This is a folded poster.</p>	
	<p>Cigarette Companies Are Making a Killing Off You This poster illustrates the tobacco industry's exploitation of smokers by showing the ultimate outcome of tobacco use - death.</p>	
	<p>Countdown to Quitting This poster features a four-week countdown (two weeks before quitting and two weeks after). Instructions include making a list of all the reasons you want to quit, getting rid of cigarettes, and steps on how to avoid temptation.</p>	
	<p>Get More Air This colorful poster shows five skateboarders in mid-air jumps. Text reads: "Get More Air: Choose Not to Smoke."</p>	
	<p>Get Your Kicks without tobacco This colorful poster shows young soccer players making a goal. Text reads: "Get Your Kicks without tobacco."</p>	
	<p>Good Dog! Say No to Tobacco This colorful and engaging tobacco prevention poster is a favorite of animal lovers and young people. It shows that even dogs are too smart to smoke! Text reads: "Good Dog! Say No to Tobacco."</p>	
	<p>I Don't Smoke... - Set of four posters These posters counter common excuses young adults give for smoking. Each poster includes an informative statistic that helps dispel the myth that social smoking is harmless. Provides California Smokers' Helpline information (can be trimmed by customer for out-of-state use).</p>	

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	<p>Impotent This traditional tobacco industry use of the cowboy image boldly addresses the relationship between smoking and impotence. Adapted from California Department of Health Services campaign.</p>	
	<p>I Won't Smoke Today Because... This colorful poster lists inspirational reasons why not to smoke.</p>	
	<p>Kissing a Smoker is Like Licking an Ashtray Graphic image of a teen licking an ashtray is a favorite among youth. Delivers powerful stomach-turning "no smoking" message.</p>	
	<p>Possessing tobacco under the age of 18 is against the law Youth Tobacco Possession Campaign</p>	
	<p>Tobacco and Poverty a Vicious Circle Tobacco and poverty: a vicious circle. The contribution of tobacco to premature death and disease is well documented. However, little attention has been paid to the link between tobacco and poverty. Tobacco tends to be consumed by those who are poorer. In turn, it contributes to poverty through loss of income, loss of productivity, disease and death. Together, tobacco and poverty form a vicious circle from which it is often difficult to escape.</p>	
	<p>Tobacco-Free School - Cardboard sign This eye-catching road sign is perfect for school buses and buildings. Durable coated cardstock.</p>	
	<p>The Tobacco Industry Is a Real Lady Killer Artfully designed, this poster invokes victimization of women to add power to the "no-smoking" message.</p>	
	<p>Tobacco Industry's Poster Child This poster shows the effects of smoking on a young girl's body.</p>	
	<p>Secondhand Smoke Is Not Healthy for Living Things. Thank You for Not Smoking! This colorful poster shows humans and animals of all types gathered next to a pond. Text reads: "Secondhand Smoke is Not Healthy for Living Things."</p>	
	<p>Smoking Causes More Problems Than You Can Imagine Dramatic images and a strong message promote awareness about the dangers of smoking. Includes information on the adverse effects of smoking on the African American community.</p>	
	<p>Sucked In Containers of the toxic chemicals burst out of a cigarette with the caption, "Here's what is hiding in cigarettes."</p>	

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Lending Library

Place your order by phone: (860) 509-8251 or fax: (860) 509-7854

If faxing, complete the information below and fax both pages (please print legibly)

SHIPPING LABEL

Date of Order: _____

Facility Name: _____

Address: _____

Attn: _____

Request Title: _____ Amount: ____ Page #: ____

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Lending Library

Agreement to Return Materials

I, _____ representing _____ take responsibility for returning all materials borrowed from DPH by _____. All materials will be returned in good condition. If materials are not returned or are returned but not in good condition, I will be responsible for replacing the materials at my agency's cost.

Materials Borrowed:

Signature

Name (printed)

Date

Telephone number

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