

In 2014, the U.S. Surgeon General concluded that 480,000 Americans die each year from tobacco-caused death and disease.

Another 16 million are living with a tobacco-caused disease, such as chronic obstructive pulmonary disease (COPD), heart disease and diabetes.

**However, more than 51 million Americans have successfully quit smoking and former smokers now outnumber current smokers in the U.S.**



#### Additional resources:

**Local programs-** Community classes are offered in various locations on a minimum bi-annual basis. Assistance with prescription and over-the-counter cessation medications may be available for qualified individuals. Contact Katie Gassner at 724-662-1550 Ext. 147 or [Katie.Gassner@mcbhc.org](mailto:Katie.Gassner@mcbhc.org) for upcoming class information.

**1-800-Quit-Now (1-800-784-8669) PA Free Quitline** is a telephone based cessation service for ages 13 and older. Cigarette and smokeless tobacco use are addressed, as is tobacco use during pregnancy. Five sessions are scheduled however the participant is able to make unlimited calls in to the quitline. Available in multiple languages. Nicotine Replacement Products are available to qualified individuals as supplies permit.

<https://pa.quitlogix.org/> **QuitLogix** is an online component to the PA Free Quitline program listed above. QuitLogix connects those interested in quitting and in learning more about tobacco use not only to telephonic counseling via the Quitline, but also to a wide array of resources and tools to assist tobacco users during the quit process.

[NWPA.quitnet.com](http://NWPA.quitnet.com) **QuitNet** is an internet based cessation service for ages 13 and older, funded by the NWPA TCP. Cigarette and smokeless tobacco use are addressed, as is tobacco use during pregnancy. Available in English and Spanish. Nicotine patches, gum, or lozenges are provided to qualified individuals as supplies permit.

[www.determinedtoquit.com](http://www.determinedtoquit.com) **Determined to Quit** is an internet based social support system for persons quitting tobacco and their families. This site provides information about tobacco use, list resources for quitting tobacco, and has a section where people can send text messages to family and friends that are quitting.

[www.Mylastdip.com](http://www.Mylastdip.com) **My Last Dip** is an internet based smokeless tobacco cessation website targeted to persons aged 14 – 25.

[www.smokefree.gov](http://www.smokefree.gov) **Smokefree.Gov** is a website sponsored by the federal government. It provides information about the hazards of tobacco use, information about quitting, and is a resource for the community and healthcare providers.

quitSTART App **Free App** for cell phones available for text supports, alerts and reminders. See [www.smokefree.gov](http://www.smokefree.gov) for more information.

