

Facts about Tobacco Use

- Men who smoke increase their risk of death from lung cancer by more than 22 times and form bronchitis and emphysema nearly 10 times.
- Women who smoke increase their risk of dying from lung cancer by nearly 12 times and the risk of dying from bronchitis and emphysema nearly 10 times.
- Smoking triples the risk of dying from heart disease among middle aged men and women.

Quitting smoking is one of the most important things you will ever do.

Smoking or using tobacco causes major health problems:

- Lung Cancer
- Emphysema
- Heart Disease
- Stroke
- Cancer of the Mouth
- Stomach Ulcers
- Cancer of the Larynx and Throat

Over 430,000 people die prematurely each year from smoking related diseases. This is more than alcohol, cocaine, crack, heroin, homicide, suicide, car crashes, fires, and AIDS COMBINED.



The Northwest Arkansas Tobacco Free Coalition (NWATFC) has been the recipient of a grant through Initiated Act One - Arkansas' Master Tobacco Settlement.

Initiated Act One was approved by Arkansas voters in 2000. It laid out plans for spending Arkansas' portion of tobacco-industry settlement funds and programs that seek to reduce tobacco use. The coalition serves Washington County residents by working toward:

- Elimination of exposure to second-hand smoke.
- Reducing tobacco advertising and promotion targeted at youth.
- Reducing youth access to tobacco products.
- Linking people to cessation programs to help them stop smoking.

The Northwest Arkansas Tobacco Free Coalition and our community partners believe the key to reducing the tobacco burden in Arkansas is through local efforts.

Therefore it is our hope that together we can make an impression on this paramount social and health issue. Join us as we map out the future for a healthier community.

Northwest Arkansas Tobacco Free Coalition

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Springdale, AR 72764

Phone: 479-872-5350

Email: nwatfc@jtlshop.jonesnet.org

Local Programs To Help You Quit Smoking

Northwest Arkansas Smoking Cessation Resource Guide

**Local Programs To
Help You Quit
Smoking**



**Arkansas Department of Health
Tobacco Prevention and Education**

**1-866-NOW-QUIT
1-866-669-7848**

<http://sosquitline.pnms.com/index.asp>

Stamp Out Smoking - Quitline

The Quitline offers counseling and treatment. Participants that meet income guidelines may receive aids such as nicotine patches or gum to help them quit smoking.

The calls are toll free. Hours of operation are:
7am to 7pm Mon-Fri, 10 am to 4 pm Sat.
Closed Sunday and holidays.

**Washington Regional Medical Center
Exercise Center**

**1100 North Woolsey
Fayetteville, AR
479-443-9955**

Six Steps to Being Tobacco Free

Is a six week program that helps you learn about what smoking means to you and then gives you tools to use to help yourself quit.

Classes are open to anyone
Cost is \$20 for members, \$25 for non members.

**Pat Walker Health Center
University of Arkansas**

**525 North Garland
Fayetteville, AR
479-575-2817**

Stop Smoking

Offers one-on-one smoking cessation behavior change counseling to UA students.

Staff physicians provide a physical examination and can prescribe medications to assist smokers in their effort to stop.

Please call for additional information.

VA Medical Center

**1100 North College Avenue
Fayetteville, AR
479-444-5048**

Stop Smoking Course

Open to Veterans' Administration Medical Center patients. Call for more information.

Jones Center for Families

**610 East Emma
Springdale, AR
479-750-6550**

Be Tobacco Free

This four session course uses the "Fresh Start" curriculum from the American Cancer Society.

New classes begin every month at no cost.
Special classes can be scheduled.

**Community Clinic at
St. Francis House**

**614 E. Emma Ave, Suite 300
Springdale, AR
479-751-7417**

Quit Now

Using American Cancer Society Materials, medication and nicotine replacements, you will learn how to cope with the stress of quitting tobacco. Open to lower income and uninsured persons. Classes available in Spanish.

Classes are once a week for four weeks.
Cost is \$5 per session.
New classes each week.

**Area Health Education Center
Arkansas Tobacco
Cessation Network**

**Northwest Medical Center
Suite 208
Springdale, AR
479-757-3216**

Stop Smoking Clinic

Groups meet one time per week, with follow up support groups. Assistance is offered to obtain medication to help stop smoking.

The program is open to any person in the community who wants to stop smoking, dipping or chewing tobacco.

Group meets one time per week for six weeks. Open to the public at no cost.