

2.4 Tobacco Use Policy Success Stories



Tobacco Prevention and Control Resources Education, Awareness, and Policy Materials

Action on Smoking and Health

www.ash.org

This site contains large amounts of information for anyone concerned with smoking, including smoking statistics, smoking risks, tips on quitting, and other useful information.

Agency for Healthcare Research and Quality

www.ahecpr.gov

This site provides a connection to clinical information and preventive services for consumers and patients regarding their health, including how that could be affected by smoking and ways to quit, and also presents fact sheets, data and surveys, and answers to many frequently asked questions.

American Cancer Society

www.cancer.org

This site is dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

American Heart Association

www.americanheart.org

A Web site educating people who do not realize that cardiovascular disease (CVD) is the number one killer in the United States, for both men and women.

The American Lung Association of Maine

www.mainelung.org

This site provides information about the statewide health organization supported by the people of Maine. It is a partnership of volunteers, staff, and some of the State's leading experts in lung diseases. See the organization's Web site for Maine-specific information and data about tobacco prevention and use.

American Nonsmokers Rights

www.no-smoke.org

This site acts as a resource for all those wishing to ban the use of tobacco products, posting information about current and upcoming events and programs, as well as recent news and research related to tobacco control.



Best Practices for Comprehensive Tobacco Control Programs

www.cdc.gov/tobacco/bestprac.html

This site, posted by the CDC, acts as a Tobacco Information and Prevention Source (TIPS), offering such information as Surgeon General's Reports, research, data and reports, tips on quitting, educational materials, insights to current campaigns and events, guidelines to current tobacco control programs, and much more.

Campaign for Tobacco-Free Kids

www.tobaccofreekids.org

This site provides reports on how tobacco campaigns are still targeting kids, ways that kids are taking a stand against tobacco, and provides information regarding the latest research and facts about tobacco products, as well as special reports and more.

GPO Access: U.S. Government Subscriptions Catalog

<http://bookstore.gpo.gov/subscriptions/subject.html#T>

This site can be used to sign up for a one-year subscription to the Bureau of Alcohol, Tobacco, and Firearms Bulletin which announces new laws, regulations, codes, and rulings/changes related to alcohol, tobacco, and firearms.

Maine Tobacco Laws

http://mainelung.org/learn_with_us/advocacy/laws_brochure.htm

Information courtesy of the American Lung Association of Maine.

Stop Teenage Addiction to Tobacco

www.stat.org

This site offers "Popular Links" to frequently used sites regarding current substance abuse programs and information about teen drug abuse, teen smoking, tobacco, cigarettes, smoking risks, and much more.

Reducing Tobacco Use: A Report of the Surgeon General

www.cdc.gov/tobacco/sgr_tobacco_use.html

This address takes you to a CDC Tobacco Information and Prevention Source (TIPS) page posting a report by the Surgeon General involving the reduction of tobacco use and links to other related areas.

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Tobacco Prevention and Control (continued)

Partnership For A Tobacco-Free Maine

www.tobaccofreemaine.org

The Partnership For A Tobacco-Free Maine (PTM) is the Maine Bureau of Health program responsible for tobacco prevention and control throughout Maine. Its mission is to reduce death and disability from tobacco use among Maine citizens by creating an environment supportive of a tobacco-free life. The Web site offers educational information and resources about preventing tobacco use, about resources available to those who want to quit, and the latest information and updates about Maine's tobacco laws.

Tobacco Treatment Programs

Center for Tobacco Cessation

http://ctcinfo.org/pubs_press/newsletters.asp

This site offers a number of different electronic newsletter publications covering different topics as they relate to tobacco cessation.

Maine Tobacco HelpLine



1-800-207-1230

The Maine Tobacco HelpLine offers telephone counseling to anyone who wants to stop using tobacco. The service is free and confidential, and studies show it works. A trained counselor will give you the support and guidance you need to quit. Through several phone sessions, you will develop a personal quit plan and learn how to stay tobacco-free.

QuitNet—A Free Resource to Quitting Smoking

www.quitnet.org

This site acts as a resource for anyone wishing to quit smoking, providing support from QuitNet community members, offering the opportunity to ask questions of expert counselors, as well as the opportunity to create your own Quit Plan using science-based guidelines.