

Local:

1. Tobacco Prevention and Control Coalition (TPCC)

TPCC strives to reduce the total tobacco use by residents in Wichita County by utilizing an evidence based approach looking at: Health disparities, side effects, healthcare costs to name a few.

Contact Kim Donahue at (940)761-7995

2. United Regional Health Care System

United Regional provides a smoking cessation class: Ready, Set, Quit! Smoking Cessation Course

Contact Call-A-Nurse at (940)764-8570

State:1. www.longlivetexans.com

A go-to resource for you, your family and your community for wellness information including tobacco-free living. The website provides a wide variety of resources for individuals, community organizations, and workplaces.

2. <http://www.dshs.state.tx.us/tobacco/>

The mission of the Texas Department of State Health Services (DSHS) Tobacco and Prevention Control is to reduce the health effects and economic toll tobacco has placed on the citizens of Texas. Website provides a variety of information on tobacco dangers, smoke-free ordinances and services.

3. www.yesquit.org or 1(877)YES QUIT

The Texas Department of State Health Services and the American Cancer Society hosts a free Quitline service and web-based tobacco cessation program.

National:1. <http://www.lung.org/stop-smoking/>

The American Lung Association's Stop Smoking website provides valuable information on the dangers of smoking, how to quit and workplace wellness.

Facebook: <https://www.facebook.com/lungusa>, Twitter: [@LungAssociation](https://twitter.com/LungAssociation)

2. <http://www.acsworkplacesolutions.com/freshstart.asp>

The American Cancer Society's Freshstart program is designed to help employees plan a successful quit attempt.

Facebook: <https://www.facebook.com/AmericanCancerSociety>, Twitter: @AmericanCancer,

3. <http://www.becomeanex.org/>

A free quit smoking program based on personal experiences from ex-smokers as well as the latest scientific research from experts at the Mayo Clinic.

Twitter: @LegacyForHealth, Facebook: <https://www.facebook.com/legacy>

4. <http://women.smokefree.gov/>

An online resource intended to help you or someone you care about quit smoking which provides information of interest for women.

Twitter: @SmokefreeWomen, Facebook: <https://www.facebook.com/smokefree.women>

5. <http://teen.smokefree.gov/default.aspx>

Smoke Free Teens is a website designed by the National Cancer Institute to help teens take control of their health.

Twitter: @SmokefreeTeen, Facebook: <https://www.facebook.com/SmokefreeTeen>,

6. 50 Years of Tobacco Control (Surgeon General):
http://rwjf.org/maketobaccohistory?cid=xtw_pubhealth

A report chronicling the past 50 years of tobacco control.