

Resources



Tobacco Free Nebraska (TFN) is the state's comprehensive tobacco prevention program. The program has four primary goals: to help people quit, to eliminate exposure to secondhand smoke, to keep youth from starting, and to reach underserved populations. In order to meet these goals, there are several components of TFN including: school, community, and outreach programs; sponsoring the Nebraska Tobacco Quitline; youth empowerment; and media efforts to keep youth from starting to use tobacco and raise awareness about the health effects of secondhand smoke. Tobacco Free Nebraska is funded through the Centers for Disease Control and Prevention and the Tobacco Master Settlement Agreement.



Nebraska C.A.R.E.S. is the statewide comprehensive cancer control program. It is comprised of 175 groups and organizations represented by more than 300 individuals across Nebraska. The CARES mission is to reduce the burden from cancer in our state. CARES partners work together toward accomplishing six broad goals related to eliminating cancer disparities, reducing cancer risks, promoting screening and early detection, facilitating access to quality care and treatment, increasing understanding of cancer survivorship and improving cancer knowledge through education and training. Collaboration is key to any progress made by CARES partners. Nebraska C.A.R.E.S. is funded through a grant from the National Centers for Disease Control and Prevention: 55/CCU721962 and support from its partner organizations.

The following tobacco resources may assist in tobacco-free campus implementation.

For Tobacco Cessation Programs in Nebraska, visit the Tobacco Free Nebraska web site: www.dhhs.ne.gov/tfn/ces/tfnquit.htm

Tobacco Quitlines:

The Nebraska Tobacco Quitline 1-800-QUIT-NOW or 1-800-784-8669 can assist:

- Tobacco users in any stage of readiness to quit
- Pregnant smokers
- Smokeless tobacco users
- Former smokers seeking relapse prevention support
- Spanish-speaking smokers wanting counseling (in addition, third party counseling available in 140 other languages)

American Lung Association Quitline
1-800-Lung-USA or 1-800-586-4872

National Cancer Institute (NCI) Smoking Quitline
1-877-44U-QUIT or 1-877-448-7848
www.cancer.gov to access LiveHelp

For Tobacco-Free Campus mentor services contact:

Nebraska Hospital Association
3255 Salt Creek Circle, Suite 100
Lincoln, NE 68504-4761
Phone: 402-742-8140
www.nhanet.org

FOR ADDITIONAL INFORMATION:

Nebraska Department of Health
and Human Services
Tobacco Free Nebraska
301 Centennial Mall South
P.O. Box 95026
Lincoln, NE 68509-5026
Phone: 402-471-2101
www.dhhs.ne.gov/tfn

American Cancer Society High Plains Division
9850 Nicholas St., Suite 200
Omaha, NE 68114
Phone: 1-800-642-8116, or
402-393-5800
www.cancer.org

American Heart Association
10100 “J” St., Suite A
Omaha, NE 68127
Phone: 1-800-642-8400
www.americanheart.org

American Lung Association
7101 Newport Ave., South 303
Omaha, NE 68152
Phone: 1-800-548-8252
www.lungusa.org

American Medical Association
www.ama-assn.org

National Cancer Institute
Bethesda, MD 20892
1-800-4-CANCER
1-800-422-6237
www.cancer.gov

National Center for Tobacco-Free Kids
www.tobaccofreekids.org

Centers for Disease Control & Prevention
www.cdc.gov/tobacco

National Women's Health
Information Center
www.4woman.gov

American Psychological Association
www.apa.org

Addressing Tobacco in Managed Care
www.ahip.org

Agency for Healthcare Research
and Quality
www.ahrq.gov

American Academy of Family Physicians
www.aafp.org

Society for Research on Nicotine
and Tobacco
www.srnt.org

Tobacco Dependence Treatment
Research and Information
www.ctri.wisc.edu

For pregnant women:

American College of Obstetricians and
Gynecologists
www.acog.org

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- ³Centers for Disease Control and Prevention. Coverage for Tobacco Use Cessation Treatments. Available at http://www.cdc.gov/tobacco/quit_smoking/cessation/coverage/index.htm.
- ⁴MMWR 2005; Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses-U.S., 1997-2001. Vol. 54, No. 25, July 2005.
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- ⁷Silverstein, P: Smoking and wound healing. Pare presented at the Medical Leadership Conference, Effects of smoking: A global perspective, Washington DC, July 1991.
- ⁸Silverstein, P: Smoking and wound healing. Pare presented at the Medical Leadership Conference, Effects of smoking: A global perspective, Washington DC, July 1991.
- ⁹Centers for Disease Control and Prevention. Cigarette smoking among adults-United States, 2000. *MMWR* 2005;51:642-645.
- ¹⁰Centers for Disease Control and Prevention. Cigarette smoking among adults-United States, 2000. *MMWR* 2005;54:1121-1124.
- ¹¹Centers for Disease Control and Prevention. Cigarette smoking among adults-United States, 1994. *MMWR* 1996;45:588-590.

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