

Smoking Cessation Resource Guide

In keeping with our belief that “One Size Doesn’t Fit All” this guide is a list of comprehensive approaches that can be utilized in your decision to quit smoking. It consists of educational materials that help to inform individuals who are interested in smoking cessation initiatives as well as current smokers trying to quit. In addition, there are various technological applications listed that can be used as an effective tool to reduce smoking habits, along with cessation programs which are offered in the greater Philadelphia region.

Why Quit?

American Lung Association: On its website, the American Lung Association provides “10 of the Worst Diseases Smoking Causes”. <http://www.lung.org/our-initiatives/tobacco/reports-resources/sotc/by-the-numbers/10-worst-diseases-smoking-causes.html>

CDC Health Effects of Cigarette Smoking: Presents an extensive overview on the effects cigarette smoking has on health. This includes increased risks of cardiovascular and respiratory diseases. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/

American Cancer Society: Analyzes the health effects of smoking tobacco and overviews the various cancers smoking can cause. <http://www.cancer.org/cancer/cancercauses/tobaccocancer/health-effects-of-smoking-tobacco>

Department of Health and Human Services (HHS): This website highlights the effects of smoking on your health through its BeTobaccoFree initiative. <http://betobaccofree.hhs.gov/health-effects/smoking-health/>

HealthLine: Uses an interactive diagram to show the effects smoking has on each of the bodily functions. This includes the cardiovascular, respiratory, digestive, integumentary, reproductive, and central nervous system. <http://www.healthline.com/health/smoking/effects-on-body>

Education Materials:

-Online Discussion Tools for Tobacco Cessation-

- **National Center for Complementary and Integrative Health:** Provides an informative list of complementary health approaches for quitting smoking: <https://nccih.nih.gov/health/tips/smoking>
- **Mayo Clinic:** Offers an overview of quitting, along with an indication of the pros, cons, and cautions to consider when utilizing either of the NRT or non-NRT drugs. <http://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/quit-smoking-products/art-20045599?p=1>
- **Office of Disease Prevention and Health Promotion:** Prepares smokers to quit by giving them information on the health and economic benefits of quitting. In addition, links to other online smoking cessation platforms for dealing with stressors and increasing motivation are provided. <https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/diabetes/quit-smoking>

Education Materials (Continued):

-Online Discussion Tools for Tobacco Cessation-

- **SmokeFree.gov:** This website offers immediate assistance through numerous interactive materials which help individuals deal with the challenges and stressors of staying smoke free for an extended period of time. <https://smokefree.gov/about-smokefree>
- **American Lung Association:** Helps smokers determine their reasons for quitting. This website provides the next steps to take along with what to expect throughout the process including a “Get Help” topic. There are two programs offered which enable users to take action: <http://www.lung.org/stop-smoking/i-want-to-quit/how-to-quit-smoking.html>
- **National Cancer Institute:** This website addresses cigarette smoking as a carcinogen and provides a manual on health risks and how to quit with two versions for patients and health professionals.
 - *The PDQ Patient version:* <http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/quit-smoking-pdq>
 - *The PDQ Health Profession version:* <http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/quit-smoking-hp-pdq>
- **American Heart Association:** Includes a listing of organizations that offer personalized support within one’s community, along with their toll-free hotlines. http://www.heart.org/HEARTORG/HealthLiving/QuitSmoking/QuitSmoking_UCM_001085_SubHomePage.jsp

Toll-Free Hotlines

American Cancer Society	1.800.ACS.2345 (1.800.227.2345)
American Lung Association	1.800.LUNGUSA (1.800.586.4872)
National Cancer Institute	1.877.44U.QUIT (1.800.448.7848)
National Institutes of Health	1.800.QUITNOW (1.800.784.8669)

Smoking Cessation Programs:

- **BecomeAnEx:** This resource includes an active social community, text and email messaging support, expert guidance and interactive quitting tools. Research shows that following the BecomeAnEX quit plan quadruples a tobacco user’s chance of quitting. <https://www.becomeanex.org/>
- **Get Healthy Philly:** A program under the Philadelphia Department of Public Health that aims to promote and provide both healthy and smoke-free environments for residents within the area. <http://www.phila.gov/health/chronicdisease/quit.html>
- **Live Well:** A program focused on achieving optimal health by providing comprehensive health management programs and services. Presents a list of free programs in the area that concentrate on smoking cessation. <http://einsteinlivewell.com/LW/index.cfm/programs/quit-smoking/>
- **SmokeFreePhilly:** Provides quit tools and tips to help individuals quit smoking. <http://smokefreephilly.org/>
- **Southeastern Pennsylvania Tobacco Control Project (SEPA TCP):** This project is committed to improving the integration of tobacco control services in seven Southeastern Pennsylvania (SEPA) counties. They provide comprehensive tobacco prevention and treatment services, in conjunction with Pennsylvania’s Department of Health in their efforts to address tobacco use, smoke pollution, and tobacco-related health disparities. <http://www.sepatobaccofree.org/>

Alternative Cessation Tools:

Technological – Free Phone Applications:



Get Rich or Die Smoking: ★★☆☆☆ - Exclusively for Android, utilizes a more cost effective approach when it comes to helping smokers quit, by showing them the things they can afford with the money saved. <https://play.google.com/store/apps/details?id=com.GetRichOrDieSmoking&hl=en>



Livestrong MyQuit Coach: ★★★★★ - Inspires and empowers people to accomplish their goals of living a healthy lifestyle. This app is exclusively for Apple users, and offers a personalized quitting plan to not only help smokers quit, but to help them set realistic goals. <https://itunes.apple.com/us/app/livestrong-myquit-coach-dare-to-quit-smoking/id383122255?mt=8>



Craving to Quit: ★★★★★ Is a 21 day mindfulness training solution based on randomized clinical control trials. This app provides daily instruction through playlists of audio and video tracks, goal-setting tools, and daily reminders. <https://www.cravingtoquit.com>



Quit Smoking-Quit Now!: ★★★★★ The app has real-time statistics that help individuals cope with anxiety, the time since last cigarette smoked, the number of cigarettes avoided, and the amount of money saved. It also provides users with health indicators as recommended by the World Health Organization. <http://quitnowapp.com/en#Downloads>



QuitGuide: An app that helps individuals understand their smoking patterns and assists them with building the skills needed to become and stay smoke free. <https://smokefree.gov/tools-tips/apps>

**Please visit <https://www.healthline.com/health/quit-smoking/top-iphone-android-apps> for information on rating guidelines and more. **