

Tobacco Free Northeast PA



***SMOKING
CESSATION***



Tobacco Facts



- #1 public health problem in the United States
- preventable cause of morbidity and mortality
- risk factor for heart disease, diabetes, and lung disease
- A third of all tobacco users will die prematurely

Tobacco Facts



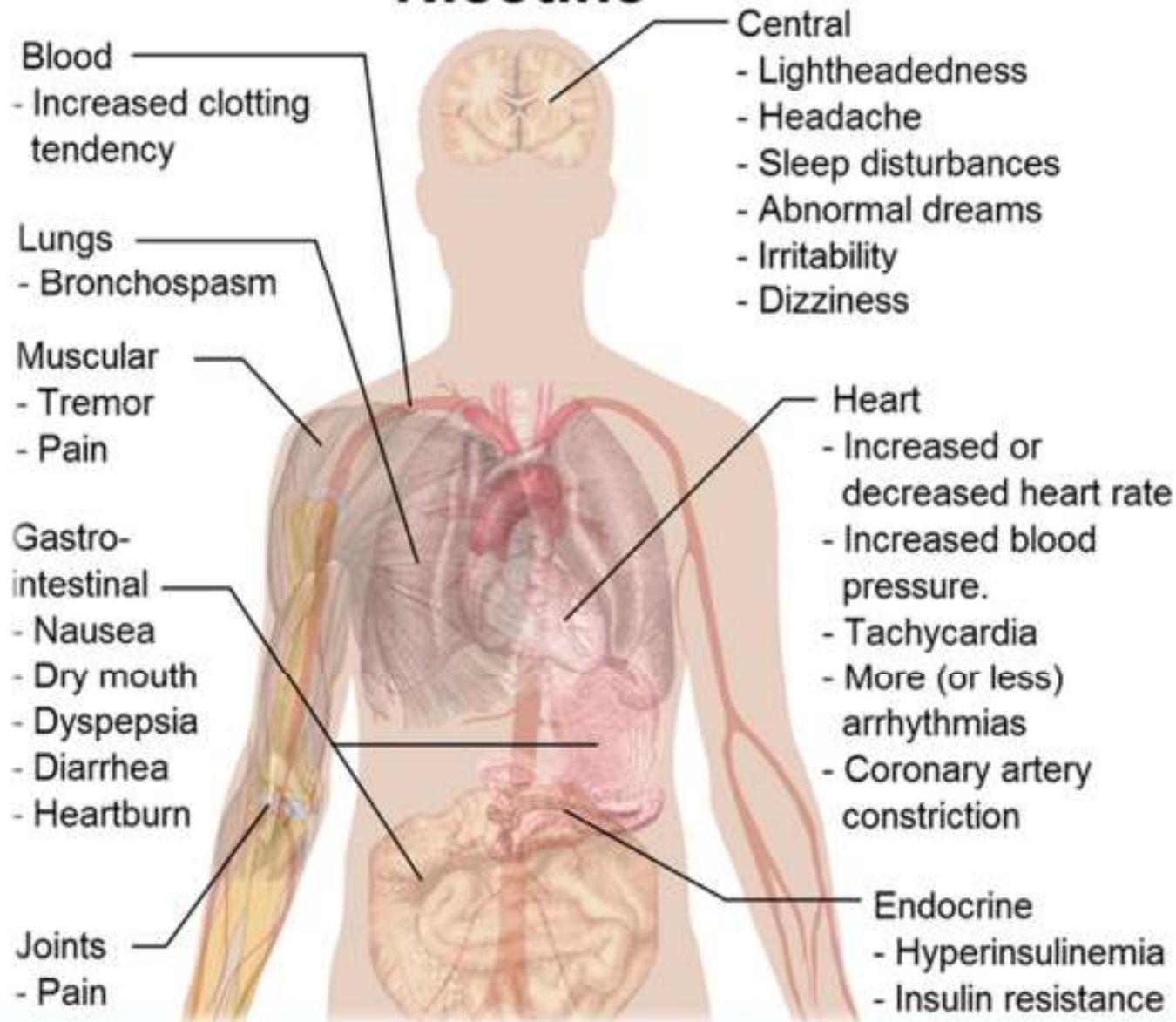
- Tobacco use is not a bad habit
- Tobacco dependence is a chronic disease
- Nicotine is the addictive agent

Chemistry of Nicotine



- naturally occurring substance in the tobacco leaf
- both a sedative and a stimulant
- traditional cigarette contains 1-2 mg of nicotine
- reaches the brain within 10 seconds of inhalation

Side effects of **Nicotine**







- Between cigarettes, the level of nicotine declines causing the withdrawal symptoms
- Brain craves nicotine to achieve continual feelings of pleasure and calm
- A smoker may need a cigarette every 30 mins to maintain blood levels

What to do ??????



- Tobacco Free Northeast PA @ Burn Prevention Network; funded by PA Department of Health.
- Serve the NE Health District: counties of Carbon, Lackawanna, Lehigh, Luzerne, Monroe, Northampton, Pike, Susquehanna, Wayne and Wyoming
- Mission: ***to improve the quality of life in our communities by reducing tobacco use***

Local Cessation Services



LEHIGH COUNTY

Weight Management Center
1243 South Cedar Crest Boulevard, Suite 2000
Allentown PA, 18103
For information, please contact: (610) 402-5000

Latinos for Healthy Communities
716 West Chew Street
Allentown PA, 18102
Medical Assistance Enrolled Provider
For information, please contact: (610) 434-6890

St. Luke's University Health Network
Allentown Community Health Department
1837 W. Linden St
Allentown PA, 18104
For information, please contact: (484) 526-2120

NORTHAMPTON COUNTY

*Bethlehem Health Bureau**
10 East Church Street
Bethlehem PA, 18018
For information, please contact: (610) 865-7087

New Directions Treatment Services
2442 Brodhead Road
Bethlehem PA, 18020
Medical Assistance Enrolled Provider
For information, please contact: (610) 758-8011

St. Luke's University Health Network
Southside Medical Center
511 East 3rd Street - Suite 202
Bethlehem PA, 18015
For information, please contact: (484) 526-2100

St. Luke's University Health Network ASC
100 North 3rd Street - 2nd Floor
Easton PA, 18042
For information, please contact: (484) 503-8010

Smoking Cessation Support Group
Tobacco Awareness Ministry – Greater Shiloh Baptist Church
403 Pastor Fred Davis Street
Easton PA, 18042
For information, please contact: TAM-GSC@gshiloh.com

Other Cessation Services



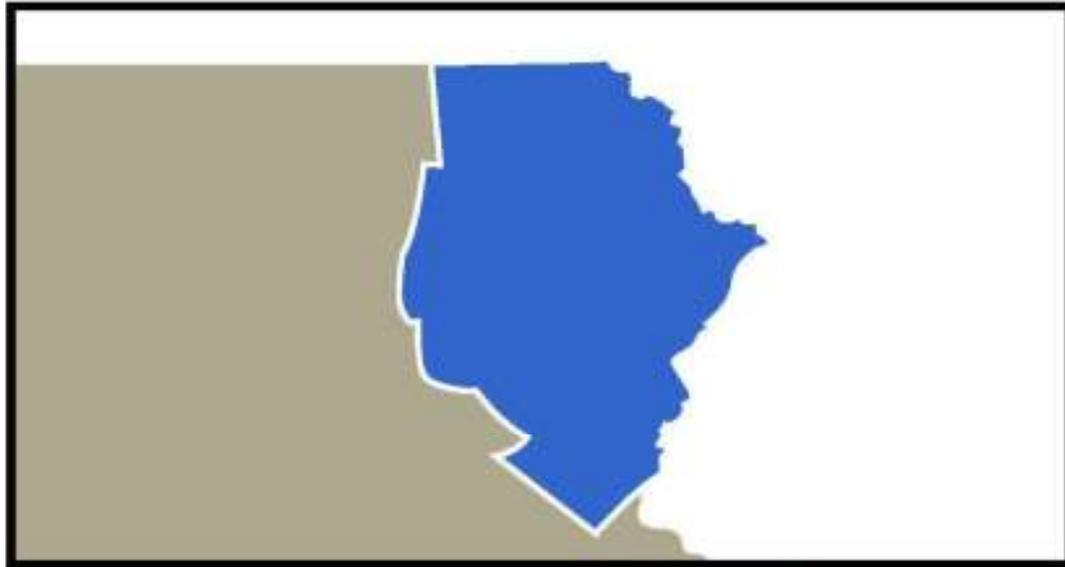
- PA Free QUITLINE 1-800-QUIT-NOW (784-8669)
- PA Free QUITLINE 1-855-DEJELO-YA (355-3569)
- QUITLINE Fax Referral 1-800-261-6259
- QUITLogix

1-866-974 - QUIT (7848)
www.TobaccoFreeNE.com

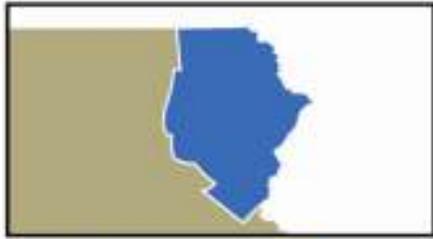


- **Tobacco Treatment Services**
 - Professional counselors provide counseling and NRT
- **Youth Tobacco Prevention Program**
- **Tobacco-Free Workplaces**
- **Second Hand Smoke Initiatives**
 - Young Lungs At Play
 - Clean Indoor Air Act
 - Smoke Free Multi-Unit Housing

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NORTHEAST PA



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