"Tobacco use is the leading cause of preventable death in the U.S." - CDC
1 in 5 adults smoke
8% smoke 30+ cigarettes/day
50% of smokers will die from smoking-related causes if they do not quit
69% of smokers want to quit completely
Only 4-7% of smokers can successfully quit without medications or counseling
25% of smokers who use medications can stay smoke-free for over 6 months
Counseling and behavioral support boost success rates higher than medications alone

FOR MORE INFORMATION CONTACT:

STUDENTS
Campus Health Center
Veitch Student Center
951-827-3031
health@ucr.edu

THE WELL
248 Highlander Union Building
(951) 827-9355
thewelleftevents@gmail.com

FACULTY AND STAFF
Wellness Program
Julie Chobdee, MPH
Wellness Program Coordinator
Human Resources
(951) 827-1488
Julie.Chobdee@ucr.edu

CLEARING THE AIR
SMOKING CESSATION RESOURCES

BEGINNING JANUARY 2, 2014
THE UC IS TOBACCO FREE!

The smoke/tobacco-free policy reflects UC Riverside’s commitment to provide a healthy, safe, and productive work and learning environment for the entire campus community.

UCR is dedicated to providing smoking/tobacco cessation resources for faculty, staff, and students.

www.tobaccofree.ucr.edu
RESOURCES FOR EVERYONE

California Smoker’s Helpline (1-800-NO-BUTTS)
The helpline offers free counseling services and referrals, and provides helpful information about local resources.

Local Cessation Classes
There are local cessation classes in the community that provide support to smokers looking to quit. Programs are available at the following locations:
- Beaver Medical Center (www.beavermedicalgroup.com)
- Kaiser Permanente (866) 883-0119
- Loma Linda University Quit Now Clinic (909) 558-4594, opt. 3
- Riverside Medical Clinic (951) 782-6236

Support Groups
Groups increase smoking success rates by providing encouragement and recovery assistance.
- Nicotine Anonymous (877) 879-6422

Mobile Service Cessation Support
Mobile services offer 24/7 support, encouragement, advice, and tips to help smokers stop smoking for good! Signing up is quick, easy, and FREE!
- Smokefree TXT (smokefree.gov/smokefreetxt)

SmokeFree Smartphone Applications
These apps were written by tobacco experts and ex-smokers to help you prepare to quit and stay smoke-free from the convenience of your smartphone!
- QuitGuide (smokefree.gov/apps)

Online Programs
Online programs are a convenient way to help smokers quit by providing resources and support anytime, anywhere!
- Freedom from Smoking ® Online (www.ffsonline.org)
- Smokefree.gov
- Committed Quitters (www.committedquitters.com)
- QuitNet (www.quitnet.com)
- Clearing the Air: Quit Smoking Today (www.smokefree.gov/pubs/Clearing-The-Air_acc.pdf)
- Become an Ex (BecomeAnEx.org)
- Quit & Stay Quit Monday (www.mondaycampaigns.org/stay-quit)

Chew Tobacco Resources
These free self-help sites were designed to help chewing tobacco users quit for good.
- ChewFree.com
- My Last Dip (Mylastdip.com)

Additional Smoking/Tobacco Cessation Resources
- American Cancer Society (www.cancer.org)
- American Heart Association (www.mylifecheck.org)
- American Lung Association (www.lung.org/stop-smoking/how-to-quit)

RESOURCES FOR FACULTY AND STAFF

Programs available through UCOP Benefits
UC is committed to helping faculty, staff, and retirees quit. Many of UC's systemwide benefits programs offer services to members to help them quit. Contact Anthem Blue Cross, Health Net, Kaiser, or StayWell Health Management for more information. Cessation programs and resources are also available throughout the University of California locations.

1-on-1 Cessation Consultation
Meet with Wellness professionals to identify your readiness to quit and receive resources and referrals.

Faculty and Staff Assistance Program
This free, confidential service provides assessment, counseling, and stress management services to help UCR faculty and staff quit.

RESOURCES FOR STUDENTS

Campus Health Center
campushealth.ucr.edu
Preventive Care Clinic
Meet one-on-one with the Preventive Care Specialist to assess your readiness to quit and receive more information and resources.

Five-Day Smoking Cessation Program
Join a supportive, small group of smokers who want to commit to quit.

The Well
well.ucr.edu
Information, pamphlets, and Quit kits are available for students.

We are with you every step of the way. According to the American Cancer Society, smokers are most successful in kicking the habit when they have support.