Prescriptions for Prevention

Smoking

Did you know?

Tobacco is the #1 preventable cause of death and disability in the United States.

Action Plan

- To learn more about how smoking impacts health, click this link or scan the QR code:
  - Quitting smoking is the most important thing you can do for your health and your family's health. Talk to your doctor about treatment options.
  - If you are not a smoker, avoid cigarettes and e-cigarettes, which can be addicting. E-cigarettes in particular often contain much higher levels of nicotine which increase heart rate, blood pressure, among other effects.
- Philadelphia has the highest rate of smoking among the ten largest U.S. cities, which means that both adults and children exposed to secondhand smoke are at risk for the health effects of smoking.
- For more information about counseling and medications involved in the process of quitting and forming a recovery plan, click this link or scan the QR code:
- For specific strategies on how to resist tobacco cravings, click this link or scan the QR code:

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

Prescriptions for Prevention

Resources

Pennsylvania Quitline

To get help quitting tobacco, call the free Pennsylvania Quitline at **1-800-QUIT-NOW** (784-8669) or click **this link** or scan the QR for additional resources:

Smoke Free Philly

To explore treatment options for quitting smoking in Philadelphia, click **this link** or scan the QR code:

Tobacco Education Resource Library

To access free resources for students, teachers, and parents to learn how to prevent smoking, click **this link** or scan the QR code:

EX Community

Join an online quitting community developed by Mayo Clinic. To learn more, click **this link** or scan the QR code:

American Lung Association

Developed by the ALA, the Not On Tobacco (NOT) Teen Smoking and Vaping Cessation Program is free, mobile, and holistic. Click **this link** or scan the QR code to learn more:

SmokeFree Text Service

Join the SmokeFree text service designed and run by the NIH. To learn more, click **this link** or scan the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 **prcceh@pennmedicine.upenn.edu**
Website: **prcceh.upenn.edu**

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia