

# Culturally Specific Tobacco Cessation Resources for Patients

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*Provided by the OHA Transformation Center*

## Culturally Specific Tobacco Cessation Resources

African American / Black		
Resource name:	Link:	Type, cost, length
Clear Pathways-Winning the Fight Against Tobacco – tobacco cessation guidebook, National Cancer Institute (NCI)	<a href="http://smokefree.gov/sites/default/files/pdf/clearpathways508c.pdf">smokefree.gov/sites/default/files/pdf/clearpathways508c.pdf</a>	<ul style="list-style-type: none"> <li>Guidebook</li> <li>Free to download and print</li> <li>34 pages</li> </ul>
Menthol Smoking: The Facts You Need to Know About Smoking Menthol Cigarettes booklet, Tobacco Education Clearinghouse of California (TECC)	<a href="http://www.tecc.org/search/sp/menthol-smoking/">www.tecc.org/search/sp/menthol-smoking/</a>	<ul style="list-style-type: none"> <li>Booklet</li> <li>Free to download and print</li> <li>4 pages</li> </ul>
Pathways to Freedom-Winning the Fight Against Tobacco – tobacco cessation guidebook, Centers for Disease Control (CDC)	<a href="http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways/">www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways/</a>	<ul style="list-style-type: none"> <li>Guidebook</li> <li>Free to download and print</li> <li>40 pages</li> </ul>
Asian American / Native Hawaiian / Pacific Islander		
Resource name:	Link:	Type, cost, length
Cessation brochures, booklets and pamphlets in multiple languages, TECC: <ul style="list-style-type: none"> <li>Cambodian</li> <li>Chinese</li> <li>Hmong</li> <li>Japanese</li> <li>Khmer</li> <li>Korean</li> <li>Laotian</li> <li>Tagalog</li> <li>Tongan</li> </ul>	<a href="http://www.tecc.org">www.tecc.org</a>	<ul style="list-style-type: none"> <li>Brochures, booklets, pamphlets</li> <li>Most are free to download and print</li> <li>Various lengths</li> </ul>

<b>Latino / Hispanic</b>		
<b>Resource name:</b>	<b>Link:</b>	<b>Type, cost, length</b>
<u>El Fumar Es Caro - To Smoke is Expensive</u> – Spanish and English bookmark, TECC	<a href="http://www.tecc.org/products/sp/el-fumar-es-caro-bookmark/">www.tecc.org/products/sp/el-fumar-es-caro-bookmark/</a>	<ul style="list-style-type: none"> <li>• Bookmark</li> <li>• Free to download</li> <li>• 1 page</li> </ul>
<u>Facts about Smoking</u> – Spanish and English fact card, TECC	<a href="http://www.tecc.org/products/sp/facts-about-smoking-englishspanish/">www.tecc.org/products/sp/facts-about-smoking-englishspanish/</a>	<ul style="list-style-type: none"> <li>• Fact Card</li> <li>• Free to download and print</li> <li>• 1 page</li> </ul>
<u>Healthy Moms/Healthy Kids: Madres Sanas, Niños Sanos</u> – Spanish and English brochure targeting pregnant women, TECC	<a href="http://www.tecc.org/products/sp/healthy-moms-healthy-kids-madres-sanas-ninos-sanos/">www.tecc.org/products/sp/healthy-moms-healthy-kids-madres-sanas-ninos-sanos/</a>	<ul style="list-style-type: none"> <li>• Brochure</li> <li>• Free to download and print</li> <li>• 7 pages</li> </ul>
<u>Rompa Con El Vicio</u> – Spanish guidebook with tips on quitting, TECC	<a href="http://www.tecc.org/products/sp/rompa-con-el-vicio/">www.tecc.org/products/sp/rompa-con-el-vicio/</a>	<ul style="list-style-type: none"> <li>• Guidebook</li> <li>• Not downloadable; request to print through TECC. Minimum order of 100 guidebooks at approximately \$5.50 per guidebook, not including shipping.</li> <li>• 24 pages</li> </ul>
<u>Viva de Forma Mas Saludable para usted y su Familia - Deje de Fumar Hoy Mismo</u> – Spanish smoking cessation guidebook, NCI	<a href="http://smokefree.gov/sites/default/files/pdf/guia-para-dejar-de-fuma-2011.pdf">smokefree.gov/sites/default/files/pdf/guia-para-dejar-de-fuma-2011.pdf</a>	<ul style="list-style-type: none"> <li>• Guidebook</li> <li>• Free to download and print</li> <li>• 38 pages</li> </ul>
<b>Native American / Alaskan Native</b>		
<b>Resource name:</b>	<b>Link:</b>	<b>Type, cost, length</b>
<u>Tips and Tools to Help You Quit Commercial Tobacco</u> – Stay Healthy, Life Matters, IHS	<a href="http://www.nativeamericanprograms.net/native-circle/downloads/">www.nativeamericanprograms.net/native-circle/downloads/</a>	<ul style="list-style-type: none"> <li>• Brochure</li> <li>• Free to download and print</li> <li>• 2 pages</li> </ul>
<u>Tips and Tools to Help you Quit Smokeless Tobacco</u> – Stay Healthy-Life Matters, IHS	<a href="http://www.nativeamericanprograms.net/native-circle/downloads/">www.nativeamericanprograms.net/native-circle/downloads/</a>	<ul style="list-style-type: none"> <li>• Brochure</li> <li>• Free to download and print</li> <li>• 2 pages</li> </ul>

Words of Wisdom - A Pocket Guide – Native American Programs, Indian Health Service (IHS)	<a href="http://www.nativeamericanprograms.net/native-circle/downloads/">www.nativeamericanprograms.net/native-circle/downloads/</a>	<ul style="list-style-type: none"> <li>• Pocket Guide</li> <li>• Free to download and print</li> <li>• 2 pages</li> </ul>
<b>LGBTQ</b>		
<b>Resource name:</b>	<b>Link:</b>	<b>Type, cost, length</b>
<u>How the Tobacco Industry Exploits the LGBT Community</u> – LGBT booklet, TECC	<a href="http://www.tecc.org/products/sp/how-the-tobacco-industry-exploits-the-lgbt-community/">www.tecc.org/products/sp/how-the-tobacco-industry-exploits-the-lgbt-community/</a>	<ul style="list-style-type: none"> <li>• Booklet</li> <li>• Free to download and print</li> <li>• 8 pages</li> </ul>
<u>Protect Your Family From Secondhand Smoke</u> – LGBT brochure, TECC	<a href="http://www.tecc.org/products/sp/protect-your-family-from-secondhand-smoke/">www.tecc.org/products/sp/protect-your-family-from-secondhand-smoke/</a>	<ul style="list-style-type: none"> <li>• Pamphlet</li> <li>• Free to download and print</li> <li>• 1 page</li> </ul>
<b>Consortium of National Networks to Impact Populations Experiencing Tobacco-Related and Cancer Health Disparities</b>		
<b>Resource name:</b>	<b>Link:</b>	<b>Type, cost, length</b>
Cessation guidebooks and videos for <u>African American members</u> , National African American Tobacco Prevention Network	<a href="http://www.naatpn.org">www.naatpn.org</a>	<ul style="list-style-type: none"> <li>• Videos, guidebooks</li> <li>• Free to download and print</li> <li>• Various lengths</li> </ul>
Cessation quit guides, posters and infographics for <u>Asian American, Native Hawaiian, and Pacific Islander members</u> , RAISE Network	<a href="http://www.appealforcommunities.org/res/">www.appealforcommunities.org/res/</a>	<ul style="list-style-type: none"> <li>• Quit guides, posters, infographics</li> <li>• Some free to download and print, some available at cost</li> <li>• Various lengths</li> </ul>
Cessation and prevention toolkits, infographics, videos, info cards and other resources for <u>Latino and Latina members</u> , Nuestras Voces Network	<a href="http://www.nuestrasvoces.org/tobacco1.html">www.nuestrasvoces.org/tobacco1.html</a>	<ul style="list-style-type: none"> <li>• Toolkits, infographics, videos, info cards, other resources</li> <li>• Free to download and print</li> <li>• Various lengths</li> </ul>
Cessation toolkits, guides, PSAs, fact sheets and other resources for <u>American Indians and Alaskan Native members</u> , National Native Network	<a href="http://keepitsacred.itcni.org/">keepitsacred.itcni.org/</a>	<ul style="list-style-type: none"> <li>• Toolkits, guides, PSAs, fact sheets, other resources</li> <li>• Free to download and print</li> <li>• Various lengths</li> </ul>
Cessation brochures, posters and infographics for <u>LGBT members</u> , LGBT HEALTH LINK	<a href="http://www.lgbthealthlink.org/resources">www.lgbthealthlink.org/resources</a>	<ul style="list-style-type: none"> <li>• Brochures, posters, infographics</li> <li>• Most are free to order through LGBT HEALTH LINK</li> <li>• Various lengths</li> </ul>

Oregon Tobacco Quit Line Materials		
Resource name:	Link:	Type, cost, length
<p>Oregon Tobacco Quit Line materials available for multiple populations, OHA Tobacco Prevention and Education Program:</p> <ul style="list-style-type: none"> <li>• Latino</li> <li>• Native American</li> <li>• Teen</li> <li>• People with Disabilities</li> <li>• Russian</li> <li>• Chinese</li> <li>• Korean</li> </ul>	<p><a href="http://public.health.oregon.gov/PreventionWellness/TobaccoPrevention/EducationalResources/Pages/index.aspx">public.health.oregon.gov/PreventionWellness/TobaccoPrevention/EducationalResources/Pages/index.aspx</a></p>	<ul style="list-style-type: none"> <li>• Cards, Brochures, Counter Cards, Palm Cards, Posters, Web Banners, Print Ads</li> <li>• Free to download or print</li> <li>• Various lengths</li> </ul>
Resources from National Organizations: Smokefree.gov and the Centers for Disease Control and Prevention		
Resource name:	Link:	Type, cost, length
<p>Free text messaging program in English and Spanish, Smokefree Apps, guidelines on using nicotine replacement therapy, and quit plans for smoking or chewing tobacco, Smokefree.gov</p>	<p><a href="http://www.smokefree.gov">www.smokefree.gov</a></p> <ul style="list-style-type: none"> <li>• Smokefree Text Messaging Program in English and Spanish: <a href="http://www.smokefree.gov/smokefree-text-messaging-programs">www.smokefree.gov/smokefree-text-messaging-programs</a></li> <li>• Smoke Free Apps: <a href="http://smokefree.gov/tools-tips/apps">smokefree.gov/tools-tips/apps</a></li> <li>• Free Resources for Quitting Smoking: <a href="http://www.smokefree.gov/free-resources">www.smokefree.gov/free-resources</a></li> </ul>	<ul style="list-style-type: none"> <li>• Text messaging programs, apps, guidelines, quit plans</li> <li>• Free to download or print</li> <li>• Various lengths</li> </ul>
<p><u>Tips from Former Smokers</u> – National tobacco education campaign. The campaign profiles real people who are living with serious long-term health effects from smoking and secondhand smoke exposure, CDC</p>	<p><a href="http://www.cdc.gov/tobacco/campaign/tips/about/campaign-overview.html">www.cdc.gov/tobacco/campaign/tips/about/campaign-overview.html</a></p> <ul style="list-style-type: none"> <li>• African American population: <a href="http://www.cdc.gov/tobacco/campaign/tips/groups/african-american.html">www.cdc.gov/tobacco/campaign/tips/groups/african-american.html</a></li> <li>• Asian American: <a href="http://www.cdc.gov/tobacco/campaign/tips/groups/asian-american.html">www.cdc.gov/tobacco/campaign/tips/groups/asian-american.html</a></li> <li>• American Indian / Alaskan Native: <a href="http://www.cdc.gov/tobacco/campaign/tips/groups/american-indian-alaska-native.html">www.cdc.gov/tobacco/campaign/tips/groups/american-indian-alaska-native.html</a></li> </ul>	<ul style="list-style-type: none"> <li>• Campaign materials, quit guides, fact sheets, other resources</li> <li>• Free to download or print</li> <li>• Various lengths</li> </ul>

- Hispanic/Latino:  
[www.cdc.gov/tobacco/campaign/tips/groups/hispanic-latino.html](http://www.cdc.gov/tobacco/campaign/tips/groups/hispanic-latino.html)
- LGBTQ:  
[www.cdc.gov/tobacco/campaign/tips/groups/lgbt.html](http://www.cdc.gov/tobacco/campaign/tips/groups/lgbt.html)
- People with Behavioral Health Conditions:  
[www.cdc.gov/tobacco/campaign/tips/groups/people-with-mental-health-conditions.html](http://www.cdc.gov/tobacco/campaign/tips/groups/people-with-mental-health-conditions.html)
- Adults with Disabilities:  
<http://www.cdc.gov/tobacco/campaign/tips/groups/disabilities.html>