

# **TOBACCO-FREE STATE PROPERTIES**

## **Better Health for all Oregonians**

Gov. John Kitzhaber wants Oregon to become one of the healthiest states in the country. That's why all State of Oregon properties will begin to go **tobacco free in January 2013**. This includes: **doorways — parking lots — porches — outdoor foyers**

Tobacco use remains the No. 1 preventable cause of death in Oregon. More than 22 percent of all deaths can be attributed to tobacco use.

- In Oregon, almost 7,000 people die from tobacco use and an additional 750 nonsmokers die every year from the effects of secondhand smoke.
- Tobacco use cost Oregon nearly \$2.4 billion in 2009.

**For more information  
about the policy, go to:**

- Tobacco-free State Properties Page

**[www.healthoregon.org/  
tobacco-free-state-properties](http://www.healthoregon.org/tobacco-free-state-properties)**



# READY TO QUIT? HELP IS HERE!

If you're a tobacco user, it's a great time to quit, and the Oregon Tobacco Quit Line is here to help — **online or over the phone** — when you're ready.

**This free service can get you:**

- Quitting information.
- One-on-one coaching.
- Nicotine patches or gum.
- More help through PEBB or your insurance.

**Oregon Tobacco Quit Line**  
**1-800-QUIT NOW (784-8669)**  
**Spanish: 1-877-2NO-FUME**  
**[www.quitnow.net/oregon](http://www.quitnow.net/oregon)**



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