

## STATISTICS

- “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](mailto:health@ucr.edu)

### THE WELL

248 Highlander Union Building  
(951) 827-9355  
[thewellevents@gmail.com](mailto:thewellevents@gmail.com)

### FACULTY AND STAFF

#### Wellness Program

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Human Resources  
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UNIVERSITY OF CALIFORNIA  
**UCRIVERSIDE**

## CLEARING THE AIR TOBACCO 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](http://www.tobaccofree.ucr.edu)



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## RESOURCES FOR EVERYONE

### California Smokers' 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 tobacco users 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 cessation 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 tobacco users quit 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 tobacco user-free from the convenience of your smartphone!

- QuitGuide (smokefree.gov/apps)

## Online Programs

Online programs are a convenient way to help tobacco users 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 a Tobacco Treatment Specialist to assess your readiness to quit and develop a quit plan

### Faculty and Staff Assistance Program

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

(951) 781-0510 or (800) 266-0510

## RESOURCES FOR STUDENTS

### Campus Health Center

[campushealth.ucr.edu](http://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](http://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, tobacco users are most successful in kicking the habit when they have support.