



PRIDE IN BEING
TOBACCO
FREE

TAKE BACK CONTROL.
QUIT SMOKING TODAY.



QUITTING TOOLKIT

1. PRIDE IN A FULL LIFE

THE IMPACT OF TOBACCO ON YOUR LIFE

As you've likely heard, tobacco puts your health at risk in many ways. While lung cancer may be the most common disease we associate with smoking, many other organs and bodily systems are impacted. These impacts on your body are holding you back from living a full and healthy life

14% of Alzheimer's cases globally can be attributed to smoking

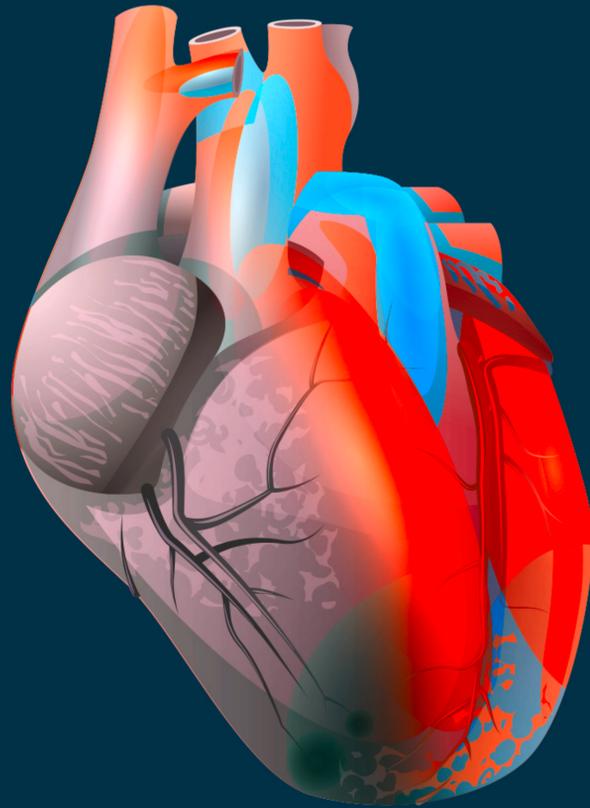


Risk of periodontal disease



4x increased risk of heart disease

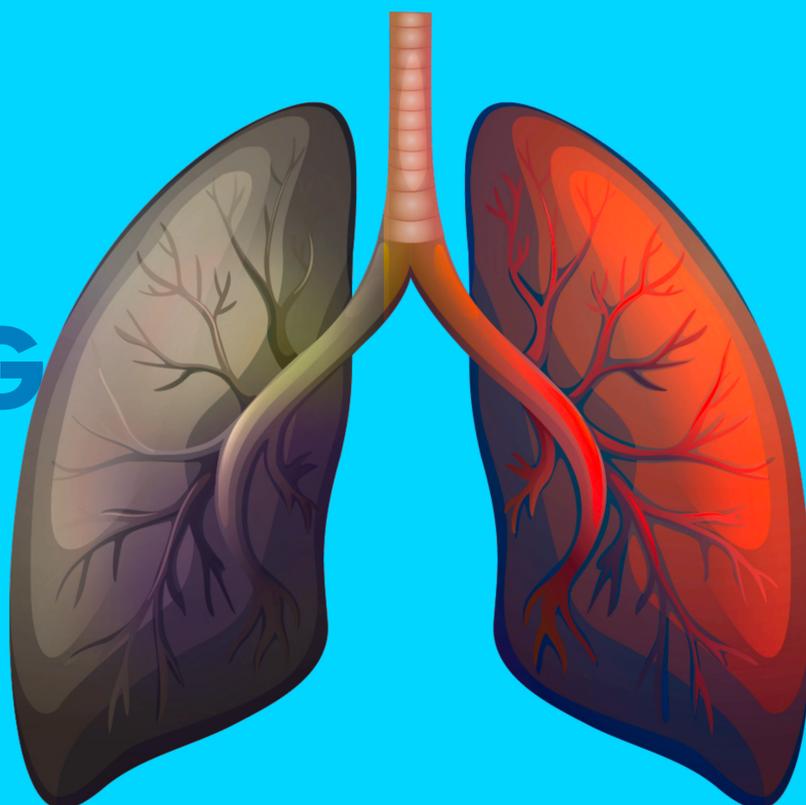
SMOKING



NOT SMOKING

15 to 30X more likely to get lung cancer or die of lung cancer

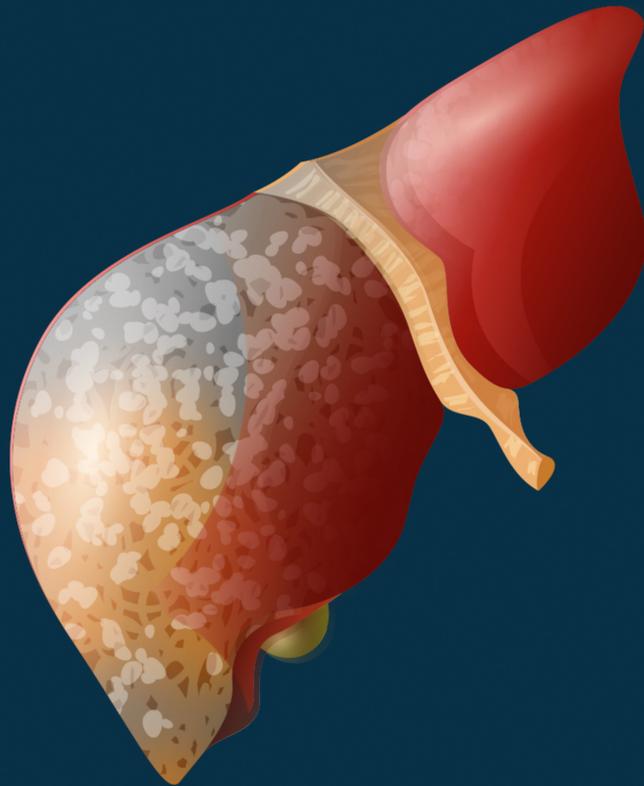
SMOKING



NOT SMOKING

Increased likelihood of GI disorders, ulcers, cancers

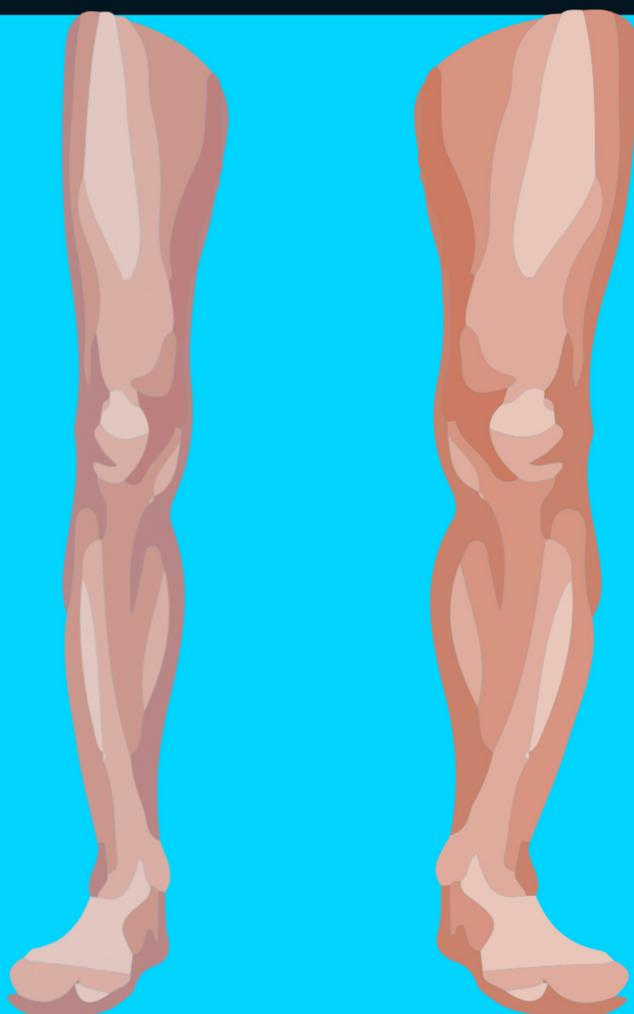
SMOKING



NOT SMOKING

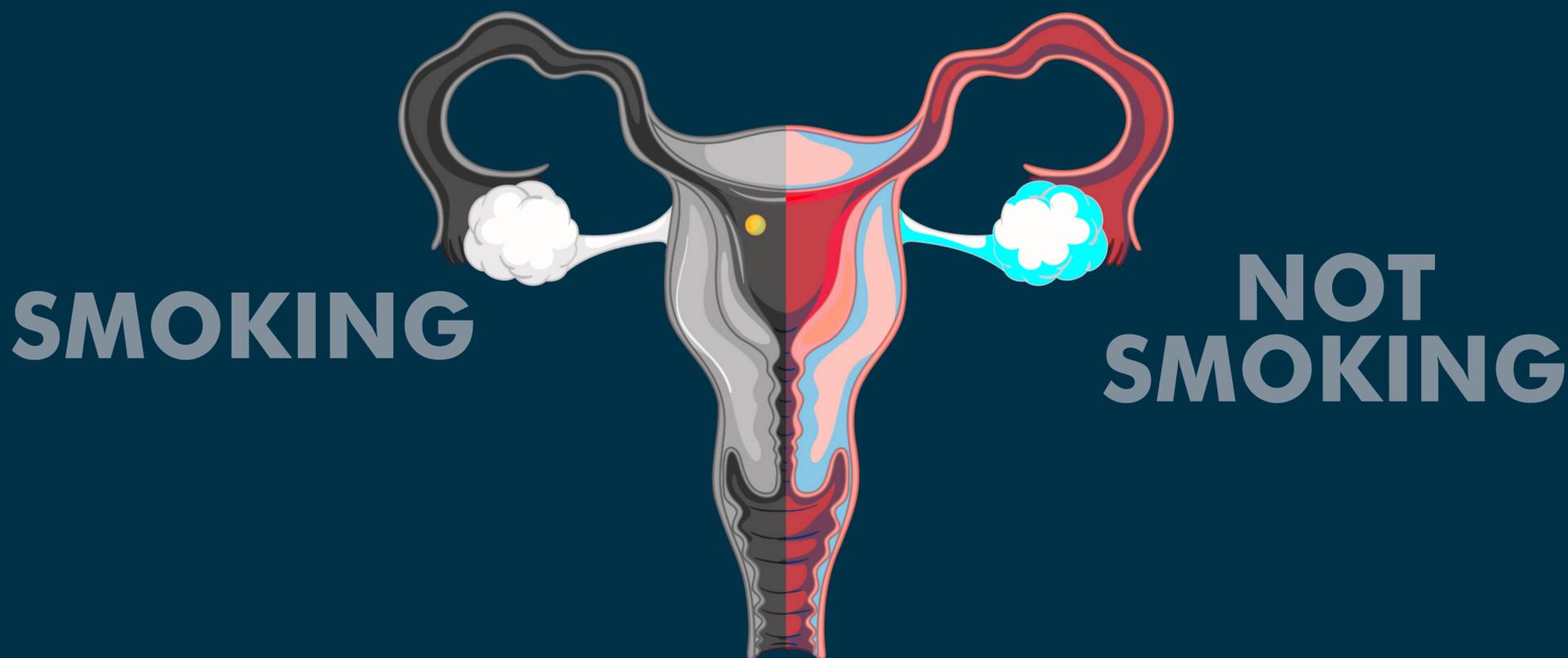
More likely to lose bone density, fracture easily, and experience complications

SMOKING



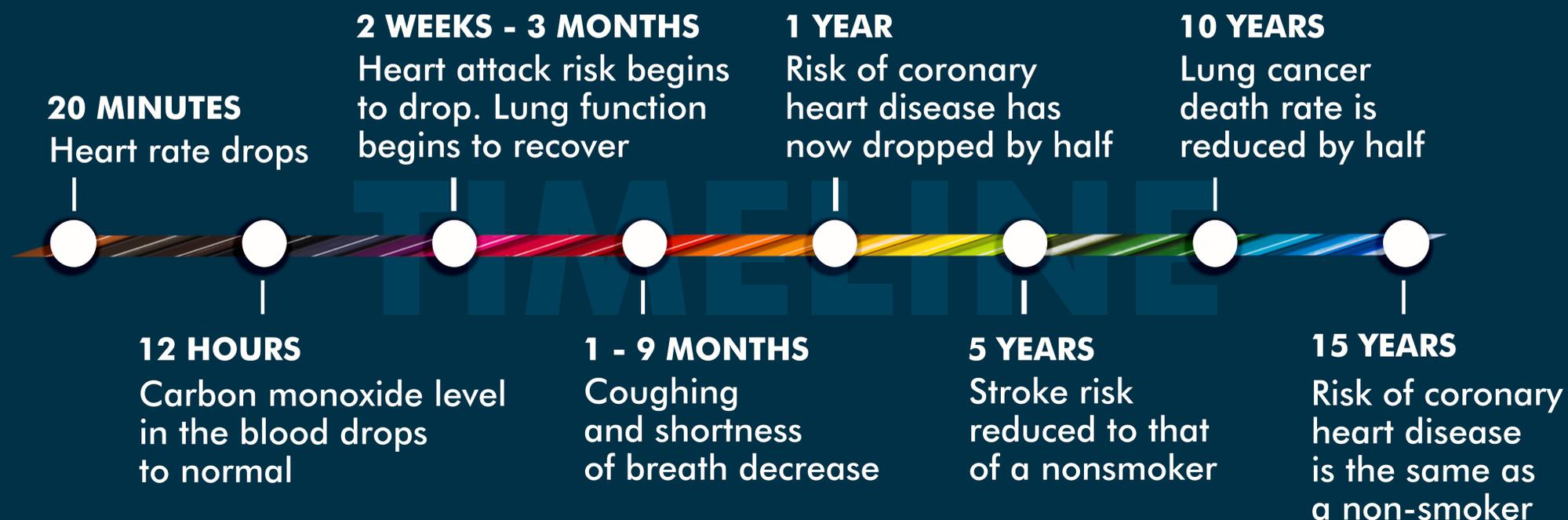
NOT SMOKING

Increased likelihood of more painful menstruation & severe menopausal symptoms



Whether you're considering quitting for the first time, or you've tried and struggled before, quitting tobacco feels daunting. It's key to take things one day at a time. But each day, you can be proud to invest in your long-term health. Your body can begin healing even on your first day without tobacco.

WHEN YOU'RE TOBACCO FREE FOR..



REDUCING HARM FOR OTHERS

Consider that your decision to smoke impacts not only yourself, but those around you. Thinking of your impact on others might help you push through initial challenges that arise when you decide to be tobacco-free.

Secondhand smoke kills up to 1 million people per year and can cause lung cancer, heart disease, stroke, and other diseases. This smoke contains hundreds of chemicals known to be toxic and carcinogenic.

Smoking around kids, family, and loved ones endangers their health and may instigate their own smoking habits.

Cigarette butts also contain hazardous substances, including arsenic, formaldehyde, lead, and nicotine. These chemicals contribute to air pollution in your city, further harming our environment.

In one study, the chemicals from just one cigarette butt released enough toxins to kill 50% of the saltwater and freshwater fish that were exposed to it for 96 hours.

The tobacco industry cuts down 600 million trees each year.

Source: Truth Initiative

FINDING FINANCIAL FREEDOM



Smoking also imposes a financial hold on your life. While you may not feel the full brunt of these costs today, going tobacco-free can open you up to financial freedom and more opportunities.

According to the National Cancer Institute, the average cost of a pack of cigarettes is \$6.28, which means a pack-a-day habit sets you back \$188 per month or \$2,292 per year. Ten years of smoking comes with a \$22,920 price tag. On the flip side, ten years of being tobacco-free saves you \$22,920!

Source: National Cancer Institute

Quitting tobacco allows you to move forward in life. By not spending your money on cigarettes, you can now invest in yourself and a full future.

WHAT YOU CAN BUY



Part of your student loans



**A year of rent
or mortgage payments**



**10 or more round-trip
international flights**



**Over 500
workout classes**



**44 Michelin star
fixed course dinners**

Without tobacco, you'll have the ability to be much more present in your everyday life. There are fewer restrictions on socializing, allowing you to reconnect with those around you.

- You'll no longer find yourself stepping out of dinners, bars, etc. to take a smoke break.
- You can now reconnect with people in your life who might not feel comfortable around secondhand smoke.
- Forming a support system around you can help maintain your decision to stop smoking. Confiding in close ones about the things you're going through may help alleviate any emotional dependence you currently have with tobacco.

PRIDE IN TAKING BACK CONTROL

HOW THE TOBACCO INDUSTRY HAS TARGETED MARGINALIZED COMMUNITIES

Along with other marginalized groups, the LGBTQ community has continually fought for equal rights. While certain fundamental rights now exist, we know there are many gaps that still need to be addressed.

Unfortunately, smoking rates are 20% among LGBTQ adults, compared to 13.5% in the general population. This gap can be attributed to a few factors – for example, the stresses of coming out might cause someone to take up smoking. However, the tobacco industry itself is a major reason for this gap. By quitting, you are fighting back against this targeting and taking back control.

Sources: CDC, Smoke Free

Project SCUM

Most notoriously, a prominent tobacco company in the 1990s targeted the LGBTQ community in San Francisco, appealing specifically to their culture and mindset. This campaign, titled Project SCUM (Subculture Urban Marketing), represents just one example of the predatory behaviors Big Tobacco has imposed on the LGBTQ and Black communities in particular

Source: Harriet A. Washington, Truth Initiative

Together, we're able to take pride in fighting back, and celebrate the ways we stand together as a community.



PRIDE IN COMMITTING TO YOURSELF

A ROADMAP TO QUITTING

Thinking about quitting? Congratulations! The beginning of your tobacco-free life can feel intimidating but know that there are many resources out there to support you.

IDENTIFYING YOUR STARTING

Quitting smoking isn't usually an overnight decision. Understandably, it can take some time to arrive at this choice. No matter which one of these stages you're in, talk to a doctor or a Quit Center about the best path for you to go tobacco-free now or in the future.

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- You have no intention of quitting.
- You have the intention to quit within the next 6 months.
- You have the intention to quit in the next month. You've tried to quit at least once in the last year.
- You've already quit for 1-6 months!
- You've quit for at least 6 months and might have started again.

Source: Prochaska Stages of Change

SETTING YOURSELF UP FOR

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A ROADMAP TO BECOMING TOBACCO-FREE

| TIMELINE STAGE | RECOMMENDED STEPS |
|-----------------------------------|---|
| 2-3 MONTHS BEFORE QUITTING | Pick a Quit Day within the next few months. If you have a friend or family member who's also quitting, consider choosing the same quit day. |
| | Talk to your doctor or someone at a Quit Center about your decision and any possible medications you may plan on using to help you quit. |
| | Look into support groups in your area that can connect you to other tobacco-free people and keep you accountable. |
| 1 MONTH BEFORE QUITTING | Consider joining a support group or seeking a therapist/counselor. |
| | Download a mobile app or buy a journal to help track your progress. |
| THE WEEK BEFORE QUIT DAY | Get rid of any triggers that remind you of smoking – lighters, ashtrays, etc. |
| | Make plans with someone or schedule an activity to celebrate your Quit Day and help distract you from smoking. |
| THE NIGHT BEFORE QUIT DAY | Throw away any remaining cigarettes. |

ADJUSTING TO TOBACCO-FREE

Breaking a habit like smoking will feel unnatural at first. Remember that each time you fight the urge to smoke, you're rewriting your physical and mental connection to smoking. Eventually, this will feel much easier. In the meantime, going through the motions of new habits will help reinforce your decision.

WORKING THROUGH THE FIRST FEW DAYS

| BEHAVIORAL/ EMOTIONAL TRIGGER | COPING STRATEGIES |
|---|---|
| Feeling an overwhelming urge to smoke | Take three deep breaths, in through your nose and out through your mouth. Remind yourself why you quit in the first place. |
| Feeling negative emotions | Try a new form of releasing this emotion instead of smoking. Text or call a friend, go on a walk outside, sign up for a workout class or another form of self-care. |
| Feeling unfocused or antsy | Try breaking a task into smaller steps and setting 15-20 minute timers of focus time. Know that you won't feel like this forever and your focus will improve over time. |
| Wanting to smoke when you're at a bar or with friends who are smoking | Take a break to the bathroom or try having a piece of gum or candy. |

4. PRIDE IN FINDING SUPPORT TO QUIT TOBACCO

CESSATION RESOURCES



New Jersey Quit Centers:

- To access the quit center map, [Click here.](#)
- The quit centers also offer a virtual support group for LGBTQ+ individuals. For more information, contact the Inspira Quit Center at 856-641-6024 or click here to visit their website.

New Jersey Quitline (NJQL)

- Enroll by calling 1-866-NJ-STOPS
- Enroll through the website by [clicking here](#)

“This is Quitting” Youth and Young Adult Quit Program

- Enroll by texting VAPEFREENJ to 88709

Mom’s Quit Connection (MQC) for Families and Quit for Kids programs

- For more information, visit this [website](#)

ADDITIONAL RESOURCES



Information on Medicaid/ NJ family Care and Medicare

- For Locations of Affirming Healthcare Providers in the state, visit this [website.](#)



Downloading a mobile app

This Is Quitting text service for youth and young adults aged 13-24

Text VAPEFREENJ to 88709



NJ Family Care/Medicare

<https://www.gardenstateequality.org/our-work/health/map/>

<https://njfamilycare.dhs.state.nj.us/>



LGBTQ+ Clinics/Hospitals

Lung screening

Pap smears