

## Tobacco facts and resources



- Tobacco use is the No. 1 cause of preventable deaths in the U.S.
- Between 35,000 and 40,000 nonsmokers die each year from heart disease developed from exposure to secondhand smoke.
- In Oregon, 800 nonsmokers die every year from the effects of secondhand smoke.
- Tobacco use cost Oregon about \$2 billion in 2002:
  - About \$1 billion in direct medical expenses, and \$1 billion in lost productivity due to premature death and disability.
  - Chewing tobacco and smokeless tobacco contain many of the same chemicals and poisons as cigarettes. Users risk oral cancer and high blood pressure.

### Information, Advice and Resources

Oregon Tobacco Quit Line  
800-QUIT NOW  
Spanish: 877-2NO-FUME  
TTY: 877-777-6534  
[www.oregonquitline.org](http://www.oregonquitline.org)

Oregon Tobacco Prevention  
and Education Program  
[www.oregon.gov/DHS/ph/tobacco](http://www.oregon.gov/DHS/ph/tobacco)

American Cancer Society  
800-ACS-2345  
[www.cancer.org](http://www.cancer.org)

American Lung Association  
800-Lung USA  
[www.lungusa.org/tobacco](http://www.lungusa.org/tobacco)



# Tobacco-free DHS

## Talking to clients and visitors

DHS is committed to providing healthy environments for employees, clients and visitors. If you see a client or visitor using tobacco, follow these tips:

- Be polite and friendly.
- Assume the person isn't aware of the policy.
- Explain tobacco use is not permitted on the DHS campus.
- Offer a Project Quit card.
- Remind the person of links between tobacco use and health risks.
- Empathize with the person's situation.
- Make a decision based on the situation — you may not want to insist, but offer a Project Quit card.

THIS DOCUMENT IS NOT FOR PUBLIC DISTRIBUTION