

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

Oregon Tobacco Prevention
and Education Program
www.oregon.gov/DHS/ph/tobacco

American Cancer Society
800-ACS-2345
www.cancer.org

American Lung Association
800-Lung USA
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.

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