



Tobacco Cessation Services

For ND residents ready to make a healthy change and quit their tobacco use, there are **two FREE** tobacco cessation resources:

1. The North Dakota Tobacco Quitline and North Dakota QuitNet.

Trained counselors work with smokers or spit-tobacco users and help them through the quitting process.

Call the 1-800 number below to get started or visit nd.quitnet.com.

Note: ND residents must be 14 years or older to enroll in the program.

2. Call Chelsey Matter, Fargo Cass Public Health, at 476-4083 for additional information.



North Dakota Tobacco QUITLINE
1-800-QUIT-NOW
 1-800-784-8669



NORTH DAKOTA QUITNET
nd.quitnet.com



FARGO CASS PUBLIC HEALTH-YOUTH TOBACCO PREVENTION PROGRAM



FREE COMMUNITY & SCHOOL RESOURCES



Public Health
Prevent. Promote. Protect.
Fargo Cass Public Health

Fargo Cass Public Health
Tobacco Prevention Program
401 3rd Avenue North
Fargo, ND 58102
701-241-8576
cityoffargo.com/tobaccolibrary

cityoffargo.com/health



Because Kids Matter...

Because kids matter, Fargo Cass Public Health offers multiple **FREE** resources for both community and school use to address the problem of tobacco. The resources aim to prevent young people from using tobacco and provide tobacco cessation assistance for those who want to quit. Resources include:

- Tobacco Education Lending Library items & activity ideas
- Tobacco Education Presentations
- Phone or one-on-one counseling for those ready to quit tobacco



Mr. Gross Mouth

Please see the next page for a sample of lending library resources and instructions on requesting these items for use. Also available are education videos and DVD's.

Visit the Fargo Cass Public Health website at cityoffargo.com/tobaccolibrary to download a complete list of **FREE** resources and the request form.

FOR MORE INFORMATION

Contact Holly Scott:

hscott@cityoffargo.com or 701-241-8576



Tobacco Education Lending Library

'Year's Worth of Tar' model



'Teeth in Tobacco' Juice



Smoked Lung Model



'Harry's Scary Tongue' model



Lending library items can be used to:

- Supplement tobacco education in the classroom
- Provide evidence of why tobacco-free community & school policy initiatives are important
- Reinforce the message of living a tobacco-free lifestyle
- Enhance presentations by or to youth or community



Tobacco Education Presentations

Tobacco prevention staff offer classroom presentations for middle and high school settings:

Presentation topics include:

- ◆ Secondhand Smoke Dangers & Benefits of Community and School Policy
- ◆ Tobacco Industry Tactics & Local Implications
- ◆ Stages of Addiction & Benefits of Quitting Tobacco Use

Teachers and youth group leaders can receive assistance from staff in the following areas:

- ◆ Incorporating tobacco education into lesson plans
- ◆ Recognizing signs of tobacco use
- ◆ Gaining access to referral services for tobacco cessation
- ◆ Referring students who have been cited for a tobacco-related violation

Presentations and services can be tailored to fit your needs! Learn more by contacting tobacco prevention staff at 701-241-8576.

BreatheND
Saving Lives, Saving Money with Measure 3.

breathend.com

Measure 3 provides funding to Fargo Cass Public Health to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.