

Selecting a program

- Information about the program, time, costs, and facilitator should be available
- Evaluation of program success should be available
- Follow-up services after program completion should be available
- Written protocol for evaluation of leaders should be available upon request
- Programs offered by an organization should be standardized
- Participant information should be organized, maintained, and confidential
- No claims or guarantees of success should be made

When you quit smoking

- **Within 20 minutes:**
blood pressure and pulse are normal
- **Within 8 hours:**
Carbon monoxide and oxygen levels are normal
- **Within 24 hours:**
Decreased chance of heart attack
- **Within 48 hours:**
Smell and taste improve; nerves begin to regenerate
- **Within 72 hours**
Breathing is easier; lung capacity increases
- **Within 2 weeks to 3 months:**
Circulation improves; walking is easier
- **Within 1 to 9 months:**
Overall lung function and energy increases
- **Within 5 years:**
Lung cancer death rate decreases
- **Within 10 years:**
Lung cancer rate for a pack a day smoker is almost that of a non-smoker

Revised September 2006

Erie County Tobacco Control Program
606 West 2nd Street
Erie, PA 16507
Phone: 814-451-6769
Fax: 814-451-6774

Guide to Smoking Cessation Programs



*Together we can make
smoking history!*

DEPARTMENT OF
HEALTH

*Edward G. Rendell, Governor
Calvin B. Johnson, M.D., M.P.H., Secretary of Health*

Funded in part through a grant with the
PA Dept. of Health

Erie County Cessation Resources

All classes are free of charge except where noted. Participants may be eligible to receive free nicotine replacement therapy. Ask facilitator for details.

American Lung Association

1-800-LUNG-USA

Freedom From Smoking: Online Individual cessation and behavior modification for adults. Available in a self-help manual and online at www.lungusa.org

Stairways Behavioral Health

2919 State Street

Erie, PA 16508

814-878-2133 or 878-2010

Freedom From Smoking: Group cessation and behavior modification for adults.

QuitNet: Personalized internet based smoke cessation.
<http://www.quitnet.com>

Greater Erie Community Action Committee

(GECAC)

27 West 8th Street

Erie, PA 16501

814-870-5424

Freedom From Smoking: Group cessation and behavior modification for adults.

Quit Smart: Individual or group cessation and behavior modification for adults. Incorporates brand switching and cigarette weaning.

NOT on Tobacco: Group behavior modification for teens.

Alternative to Suspension: Educational program for teens caught smoking but not ready to quit. Not a cessation program.

Life Skills: Behavior Modification program for teens that teaches assertiveness and coping mechanisms to risky behaviors, including tobacco use.

Hamot Health Connection

3330 Peach Street

Erie, PA 16508

814-877-6145

Fee-based programs: Clear the Air, Self-hypnosis, and Be Tobacco Free. Call for details.

Erie County Department of Health

606 West 2nd Street

Erie, PA 16507

814-451-7855

Freedom From Smoking: Group cessation and behavior modification for adults.

Quit Smart: Individual or group cessation and behavior modification for adults. Incorporates brand switching and cigarette weaning.

NOT on Tobacco: Group behavior modification for teens.

Alternative to Suspension: Educational program for teens caught smoking but not ready to quit. Not a cessation program.

TAP/TEG: Intensive tobacco education programs designed for both teens caught smoking but not yet ready to quit and those who are ready to quit. Tobacco education program and a cessation and behavior modification program for teens.

PA Quitline: Personalized telephone based smoke cessation.

Call 1-800-QUIT-NOW (1-800-784-8669)

