



Tobacco Facts

Oregonians *with* disabilities smoke more than Oregonians *without* disabilities.

More than 60% of Oregonians who smoke have tried to quit.

Behavioral Risk Factor Surveillance System (BRFSS), 2012.

People with disabilities are **just as likely** to want to quit smoking as people *without* disabilities.

Center for Disease Control (CDC)

Cancer doesn't care if you have a **disability**.

You can quit.
We can help.

Oregon tobacco **quit line**

English

Call **1-800-QUIT-NOW**

(1-800-784-8669) English

www.quitnow.net/oregon

Español

1-855-DEJELO-YA

(1-855-335356-92) Español

<https://www.quitnow.net/oregonsp/>

TTY

1-877-777-6534

SMOKEFREE
Oregon

Together,
we're making
Oregon
smokefree
for everyone.



**Are You
Ready?** **Yes!**

We can help you *succeed.*



***“I am free...I am healthier...
and my family is proud of me.”***

-Quit Line Participant

You can receive:

- Free personal coaching for up to 1 year
- All coaching available online or by phone
- Free nicotine replacement therapy
- ***We will help you every step of the way.***



Gabrielle began smoking at age 14 to combat intense anxiety and depression. **At age 19**, although she continued to

deal with stress, she was also dealing with medical issues that her smoking was making worse.

“I wanted to be healthy. People did not believe I could quit, but I did! I refused to give up and found strength by focusing on the future I wanted to create for myself.”

Did you know?

Quitting can save you more than \$1500 a year.

Smoking is the top cause of preventable death.

Smokers are 20 times more likely to die of lung cancer than non-smokers.