

HOW CAN YOU MAKE A DIFFERENCE?

Smokers and Nonsmokers

Make your homes and cars tobacco-free

Refuse tobacco industry sponsorship of events and refuse tobacco industry-sponsored materials or magazines in your offices or classrooms

Use or tell your loved ones about the Oklahoma Tobacco Helpline at 1-800-QUIT NOW

Encourage your elected officials to support strong public policy that will protect workers from secondhand smoke, and prevent initiation of tobacco use

Join a coalition and make a difference in your community

Health Care Professionals

Ask your patients about tobacco use

Advise them to quit

Refer them for coaching and support

Prescribe or recommend cessation medications

Follow-up at subsequent visits

Business Owners and Managers

Become an Oklahoma Certified Healthy Business

Establish a tobacco-free property policy for your business, indoors and outdoors

Offer smoking cessation to your employees through insurance coverage or wellness programs

Promote the Oklahoma Tobacco Helpline 1-800-QUIT NOW

Sponsor a local coalition's activities or events

School boards, faculty and staff, parents and students

Join together to adopt 24/7 tobacco-free campus policies that include sporting and other events

Make time to integrate tobacco prevention into the core curriculum

Support a Students Working Against Tobacco (SWAT) team by sponsoring activities, becoming an adult facilitator, or joining up and getting your friends involved

City Councils, Community Leaders, and Concerned Citizens

Join together to pass strong local ordinances and voluntary policies to protect the public and workers from secondhand smoke, and prevent initiation of tobacco use

Sponsor a local coalition's activities or events

TOBACCO STOPS WITH ME.

StopsWithMe.com



KEY TOBACCO FACTS

Tobacco is Oklahoma's leading cause of preventable death, killing more Oklahomans each year than alcohol, auto accidents, AIDS, suicides, murders and illegal drugs combined.

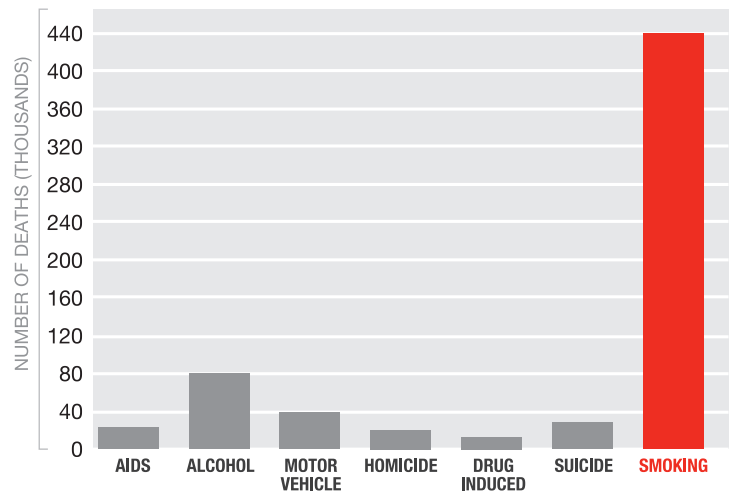
In addition to the 6,200 Oklahomans who die each year from tobacco, another 124,000 Oklahomans suffer from a serious tobacco-caused disease.

Secondhand smoke exposure causes heart disease, cancer and respiratory disease among nonsmokers, killing an estimated 700 Oklahomans each year.

Tobacco use costs Oklahomans over \$2.8 billion annually in medical expenses and lost productivity, or an average cost of \$750 for every Oklahoman every year.

Every ninety minutes in Oklahoma, a child becomes addicted to tobacco.

\$750	\$60	\$6
AMOUNT TOBACCO USE COSTS EVERY OKLAHOMAN EVERY YEAR WHETHER THEY USE TOBACCO PRODUCTS OR NOT	AMOUNT TOBACCO INDUSTRY SPENDS IN OKLAHOMA PER PERSON PER YEAR TO PROMOTE THEIR PRODUCT	AMOUNT OKLAHOMA CURRENTLY SPENDS PER PERSON PER YEAR TO REDUCE AND PREVENT TOBACCO ADDICTION



Sources: (AIDS) HIV/AIDS Surveillance Report, 1998; (Alcohol) MgGinnis MJ, Foege WH. Review: Actual Cause of Death in the United States. JAMA 1993; 270:2207-12; (Motor Vehicle) National Highway Transportation Safety Administration, 1998; (Homicide, Suicide) NCHS, vital statistics, 1997; (Drug Induced) NCHS, vital statistics, 1996; (Smoking) SAMMEC, 1995

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