

### **Stop-smoking help offered**

Residents of public housing and those who uses tobacco products may want to consider tobacco cessation programs.

Smoking is the leading cause of death in the county and state, according to Coordinator Scott Linderer of the Payne County Communities of Excellence Program for the Payne County Breathe Easy Coalition.

As of 2006, 20.7 percent of the people in Payne County smoke, said Elizabeth Bruce, supervisor of the Excellence Program and PaNOK Area Prevention Resource Center for Payne, Pawnee, Noble, Osage and Kay counties. The Payne County figure does not include other types of tobacco use, like chew and snuf, Bruce said.

A smoking ban in public housing, said Linderer, is a great way to increase health opportunities for residents and make living environments safer for all.

“The more policies and smoke-free ordinances we have, the more likely people are to reduce or quit smoking,” said Bruce.

Whenever a state law goes into effect increasing tobacco taxes, she said, activity to the Oklahoma help line increases substantially from callers inspired to quit.

Though the Stillwater Public Housing Authority does not offer cessation programs, Executive Director L. Glen Redding said, the U.S. Department of Housing and Urban Development advises residents to look for local cessation programs.

There are no Payne County cessation services for youth, Bruce said, although many people become addicted to tobacco before the age of 18. School cessation programs would be great, she said.

#### **CESSATION PROGRAMS**

- Call: 1-800-QUIT-NOW (1-800-784-8669)
- Visit: [1800quitnow.cancer.gov/contactus.aspx](http://1800quitnow.cancer.gov/contactus.aspx)
- At OSU: Smoke Stoppers, Robin Purdie, 744-6490, [robin.purdie@okstate.edu](mailto:robin.purdie@okstate.edu)