

# Smoking Cessation Resources for Women and their Families

## Online Information and Referrals

### Colorado QuitLine (1-800-QUIT-NOW)

A free resource, the QuitLine is a telephone coaching service that offers free nicotine patches to its participants.

### Colorado QuitLine [www.myquitpath.com](http://www.myquitpath.com)

Colorado's free online cessation program offers online quit tools and tips based on the latest research.

### FixNixer [www.fixnixer.com](http://www.fixnixer.com)

FixNixer is a free anonymous personalized online and text-messaging program to help participants quit smoking or chewing tobacco in 21 days. Oriented to, but not limited to, young adults

### Make Everyone Proud [www.ucanquit2.org](http://www.ucanquit2.org)

Quit Tobacco—Make Everyone Proud is an educational campaign for the U.S. military, sponsored by the U.S. Department of Defense. The mission of the site is to help U.S. service members quit tobacco—for themselves and for the people they love.

### Smoke Free [www.smokefree.gov/](http://www.smokefree.gov/)

Smokefree.gov is intended to help you are someone you care about quit smoking. As Different people need different resources as they try to quit, this web site helps support both your immediate and long-term needs as you become, and remain, a nonsmoker. Smokefree.gov allows you to choose the help that best fits your needs.

### Smoking and How to Quit [www.womenshealth.gov/quit-smoking/](http://www.womenshealth.gov/quit-smoking/)

These web pages are sponsored by The National Women's Health Information Center U.S. Department of Health and Human Services Office and offers practical cessation tools, as well as reasons to quit, facts about secondhand smoke, and information for teens and parents.

## Your Reason to Quit Grows Everyday!



Colorado Department  
of Public Health  
and Environment

Colorado Department of Public Health and Environment  
4300 Cherry Creek Drive South  
Denver, CO 80246-1530  
303- 692-2000 or 1-800-886-7689 (In-state)  
TTD Line for the Hearing Impaired: 303-691-7700

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## Resources for Building Healthy Families

### **Raise Smoke Free Kids** [www.raisesmokefreekids.com/](http://www.raisesmokefreekids.com/)

This site focuses on secondhand smoke and health issues associated with smoking and kids.

### **Home and Car Smoke Free** [www.epa.gov/smokefree/pledge/index.html](http://www.epa.gov/smokefree/pledge/index.html)

Join the millions of people who are protecting their children from secondhand smoke by pledging to keep your home and car smoke-free. This site is sponsored by the U.S. Environmental Protection Agency.

### **Women's Health Unit - Prenatal Program** **Colorado Department of Public Health and Environment**

[www.cdphe.state.co.us/pp/womens/obsmoking/SmokingandPregnancy.html](http://www.cdphe.state.co.us/pp/womens/obsmoking/SmokingandPregnancy.html)

The vision of the Prenatal Program is that all babies are healthy babies. The program works to improve the health of babies by providing education and resources to quit smoking for women of reproductive age.

### **Healthy Baby Campaign** **Colorado Department of Public Health and Environment**

[www.healthy-baby.org](http://www.healthy-baby.org)

The Healthy Baby campaign is a campaign to promote healthy behaviors of women before, during and after pregnancy. This web site offers women and providers tips and resources that help improve the health of women and their families.

## Prenatal Programs with Smoking Cessation Services

### **Prenatal Plus** [www.cdphe.state.co.us/pp/womens/PrenatalPlus.html](http://www.cdphe.state.co.us/pp/womens/PrenatalPlus.html)

Prenatal Plus is a Medicaid-funded program which provides case management, nutrition, and psychosocial services to Medicaid-eligible pregnant women in Colorado who are assessed to be at high risk for delivering low birth weight infants. The program assists women in developing and maintaining healthy lifestyles during pregnancy and beyond, especially encouraging tobacco cessation.

### **Nurse Home Visitor Program** [www.cdphe.state.co.us/ps/nursehome/index.html](http://www.cdphe.state.co.us/ps/nursehome/index.html)

The Nurse Home Visitor Program (NHVP) awards grants to public or private organizations in Colorado that provide regular, in-home, visiting nurse services to first-time, low-income mothers during their pregnancy and through their child's second birthday. The trained visiting nurses help educate mothers on the importance of health and nutrition and avoiding alcohol and drugs, including nicotine, and assist and educate mothers in providing general care for their children. Additionally, visiting nurses help mothers locate assistance with educational achievement and employment. For a list of local NHVP providers, please visit website listed above.