

Preparing for a Smoke-Free Illinois

Resources for Quitting Tobacco

With the wide range of counseling services, self-help materials, and medicines available today, smokers have more tools than ever to help them quit smoking successfully. There are many things employers can do to help smokers quit, even if it's as simple as providing them with information about local resources or toll-free quitlines.

Providing help to smokers works best when eliminating smoking at the workplace is combined with providing help in quitting, such as referring employees to state or national quitline services, contracting with local health departments to provide cessation counseling and classes, providing health plan coverage of smoking cessation counseling, or giving employees information about community-based programs and quit-smoking aids. These efforts will help create a supportive work environment, which is a critical element of an overall plan to assist smokers to quit smoking.

Providing on-site Smoking Cessation Programs

Many local health departments offer smoking cessation programs on-site for businesses and/or in the community. While providing continual group support, these types of programs also help smokers to recognize stressors and to develop and learn coping skills in order to manage stress, control weight, and fight smoking urges. For many smokers, especially those who have tried before, group support can make the difference in helping them to stay smoke-free. These programs typically meet once a week for one hour and may be conducted before, during, or after a work shift. Trained cessation specialists consisting of addiction counselors, registered nurses, and health educators conduct each program. For more information about smoking cessation programs in your community, contact your local county health department.

Chicago Department of Public Health

333 S. State St., Chicago IL 60604
312-747-2138

www.egov.cityofchicago.org

Dupage County Health Department

111 N. County Farm Rd., Wheaton IL 60187
630-682-7400

www.dupagehealth.org

Grundy County Health Department

1320 Union St., Morris IL 60450
815-941-3412

www.grundyhealth.com

Kendall County Health Department

811 John St., Yorkville IL 60560
630-553-9100

www.kendallhealth.org

McHenry County Health Department

2200 N. Seminary Ave., Woodstock IL 60098
815-334-4510

www.co.mchenry.il.us

Cook County Health Department

1010 Lake St., Oak Park IL 60301
708-492-2147

www.cookcountygov.com

Evanston Health Department

2100 Burr Ridge Ave., Evanston, IL 60201
847-866-2948

www.cityofevanston.org

Kane County Health Department

1240 N. Highland Ave., Aurora IL 60506
630-264-7670

www.kanehealth.com

Lake County Health Department

3010 Grand Ave., Waukegan IL 60085
847-377-8090

www.co.lake.il.us

Will County Health Department

501 Ella Ave., Joliet IL 60433
815-727-8769

www.willcountyhealth.org

Offering Nicotine replacement therapy

For many people, the most effective way to quit smoking will be a combination of medicine (or nicotine replacement therapy), a method to change personal habits, and emotional support. Studies have shown that approach – pairing nicotine replacement therapy (NRT) with a program that helps to change behavior – can double chances of successfully quitting.

NRT deals with the physical aspect of quitting by providing nicotine – in the form of gums, patches, sprays, inhalers, or lozenges – without the other harmful chemicals in tobacco. NRT can help relieve some of the initial unpleasant withdrawal symptoms a person may feel while quitting smoking. Primary care physicians and pharmacists should be consulted prior to use. Various types of cessation aids are covered by insurance, check with human resources for more information. If insurers do not cover NRT, as an employer you may pay for or reimburse employees who purchase this type of product.

Referring employees to the Illinois Tobacco Quitline

The American Lung Association Call Center/Tobacco Quitline provides smoking cessation counseling, free of charge, over the telephone. Trained professionals, including registered nurses, respiratory therapists, and trained smoking cessation counselors assist smokers in developing a plan structured to their smoking behavior. Follow-up calls may be placed to review progress. Referrals to local cessation programs may be given. For more information, call the Illinois Tobacco Quitline at 1-866-QUIT-YES (1-800-784-8937).

Ways of educating staff

Most smokers say that support from family, friends, co-workers, and employers are important to helping them succeed in quitting smoking. Below are some simple things you can do to create a supportive environment people need to help them quit smoking:

- Send emails or flyers to employees featuring information about smoking and smoking cessation in a company newsletter, highlighting any type of assistance (i.e. providing a cessation program) your company plans to offer.
- Place posters around your office in restrooms and lunchrooms, and keep quit smoking brochures in a central location where employees can easily access information.
- Provide additional information or classes on stress management, weight control and exercise.

Promoting National Organizations and Web Sites

For additional cessation information and/or web-based cessation programs, visit:

American Cancer Society
1-800-ACS-2345 (1-800-242-8721)
www.cancer.org

American Heart Association
1-800-AHA-USA-1 (1-800-548-8252)
www.heart.org

American Lung Association
1-800-LUNG-USA (1-800-586-4872)
www.lungusa.org

Centers for Disease Control & Prevention
1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/tobacco

National Cancer Institute
1-800-4-CANCER (1-800-422-6237)
www.cancer.gov

Smokefree.gov
1-800-QUITNOW (1-800-784-8669)
www.smokefree.gov

Local cessation programs

The following lists local cessation programs from November 2007 – March 2008 for:

Dupage County Health Department 111 N. County Farm Rd., Wheaton IL (630) 682-7400

Edward Hospital, Naperville
Wed., Jan 9 – Wed., Feb. 27
7:00 – 8:00 p.m.
To register, call 630-527-6363

Hinsdale Hospital, Hinsdale
Mon., Jan. 14 – Mon., Mar. 3
7:00 – 8:00 p.m.
To register, call 630-856-7525

Glen Oaks, Glendale Heights
Wed., Jan. 16 – Wed., Mar 5
6:00 – 7:00 p.m.
To register, call 630-527-6363

Edward Hospital, Naperville
Wed., Mar. 19 – Wed., Apr. 30
7:00 – 8:00 p.m.
To register, call 630-527-6363

Central Dupage Hospital, Winfield
Thurs., Jan. 10 – Thurs., Feb. 28
6:00 – 7:00 p.m.
To register, call 630-933-4234

Good Samaritan Hospital, Downers Grove
Tues., Jan. 15 – Tues., Mar. 4
6:00 – 7:00 p.m.
To register, call 800-323-8622

Warrenville Park District, Warrenville
Tues., Feb. 5 – Tues., Mar. 18
7:15 – 8:15 p.m.
To register, call 630-682-7400

Kane County Health Department 1240 N. Highland Ave., Aurora IL (630) 264-7670

Delnor Hospital, Geneva
To register, call 630-208-3940

Provena St. Joseph Hospital, Elgin
To register, call 847-931-1800

Dreyer Medical Clinic, Aurora
To register call, 630-859-6898

Rush-Copley Heart Institute, Aurora
To register, call 866-426-7539

Kendall County Health Department 811 John St., Yorkville IL (630) 553-9100

Kendall County Health Department, Yorkville
Tues., next clinic starts in April
7:00 - 8:30p.m.
To register, call 630-553-8058

Will County Health Department 501 Ella Ave., Joliet IL (815) 727-8769

Provena St. Joseph, Joliet
Tues., Nov. 6 – Tue., Dec. 18
6:30 – 7:30 p.m.
To register, call 815-727-8769

Silver Cross Hospital, Joliet
Sat., Jan. 5 – Sat., Feb. 16
10:00 – 11:00 a.m.
To register, call 815-727-8769

Corwin Medical Center, Plainfield

Mon., Jan. 21 – Mon., Mar. 3

6:30 – 7:30 p.m.

To register, call 815-727-8769

Provena St. Joseph, Joliet

Wed., Feb. 13 – Wed., Mar. 26

6:30 – 7:30 p.m.

To register, call 815-727-8769

Loyola Center for Health, Homer Glen

Tues., Feb. 26 – Tues., Apr. 8

6:30 – 7:30 p.m.

To register, call 815-727-8769

First Assembly of God Church, Joliet

Thurs., Mar. 13 – Thurs., Apr. 24

6:30 – 7:30 p.m.

To register, call 815-727-8769