

Inventory of Materials at MDQUIT

Prevention Materials:

- Adult Smoking Rates in Washington: A Report on Current Disparities* (2007).
Washington State Department of Health Tobacco Prevention and Control
Program (www.doh.wa.gov/tobacco)
- Botvin, G.J. (2006). *LifeSkills Training Binder: High School Teacher's Manual*.
- Botvin, G.J. (2006). *LifeSkills Training Binder: Level One: Grades 3 & 4 Teacher's Manual*.
- Botvin, G.J. (2006). *LifeSkills Training Binder: Level One: Grades 3 & 4 Teacher's Manual: Spanish Version*.
- Center for Disease Control (2006). *Tobacco Use Prevention Media Campaigns: Lessons Learned from Youth in Nine Countries*.
- Center for Prevention & Cessation Resources (2007). Catalogue of Promotional Items.
- Enacting Strong Smoke-Free Laws: The Advocate's Guide to Legislative Strategies*
(2006). American Cancer Society/UICC Tobacco Control Strategy Planning
(www.cancer.org)
- Enforcing Strong Smoke-Free Laws: The Advocate's Guide to Enforcement Strategies*
(2006). American Cancer Society/UICC Tobacco Control Strategy Planning
(www.cancer.org)
- Jacobsen, P.D., Lantz, P.M., Warner, K.E., Wasserman, J., Pollack, H.A., & Ahlstrom, A.K. (2001). *Combating Teen Smoking: Research Policies and Strategies*.
Michigan: University of Michigan Press.
- Prevention Minnesota* (2007). BlueCross BlueShield of Minnesota
(www.bluecrossmn.com/preventionminnesota)
- Save Face Activity Toolkit*. (2005). Wyoming Department of Health, Substance Abuse
Division (wdh.state.wy.us/SAD/). Wyoming Through With Chew
(www.throughwithchew.com)
- Wyoming Business Toolkit: A Guide to Establishing a Tobacco-Free Workplace* (2007).
Wyoming Department of Health, Substance Abuse Division
(wdh.state.wy.us/SAD/). Wyoming Through With Chew
(www.throughwithchew.com)

Cessation Materials:

American Legacy Foundation and Mayo Clinic (2006). *Learn to Quit Smoking. Live Free...Become an Ex.*

Lichtman, K., Sussman, S., (2004). *Project Ex: Teen Tobacco Use Cessation Program. Teacher's Manual and Student Workbook*, Los Angeles.

Pendell, K.W. (1996). *Helping Teens Stop Using Tobacco: A Step by Step Tobacco Cessation Program*. Community Intervention Inc., Minnesota.

American Lung Association (1985). *In Control: A Video Freedom from Smoking Program*. Includes a) viewer's guide b) audio tape: relaxation & motivation c) VHS video

Quit Books: Smoke & Quit. www.leavethepackbehind.org

I Quit! Quitbook. Anne Arundel County Department of Health.
http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/iQuit/index.htm

Books:

Kicking Butts: Quit Smoking and Take Charge of Your Health. (2003). *American Cancer Society*: Atlanta, GA, USA.

Abrams, D.B., Brown, R.A., Goldstein, M.G., Niaura, R., Emmons, K.M., Monti, P.M. (2003). *The Tobacco Dependence Treatment Handbook: Guide to Best Practices*.

American Cancer Society (2006). *The Cancer Atlas*.

Biglan, A., Brennan, P.A., Foster, S.L., Holder, H.D.(2004). *Helping Adolescents At Risk: Prevention of Multiple Problem Behaviors*. The Guilford Press: New York.

Department of Health and Human Services (1999). *Chronic Disease and Health Promotion Adapted from the MMWR: Tobacco Topics 1990-1999*.

Department of Health and Human Services (2004). *The Health Consequences of Smoking: A Report of the Surgeon General*.

Fiore, M.C., Coyle, R.T., Curry, S.J., Cutler, C.M., Davis, R.M., et al. (2004). *Preventing 3 Million Premature Deaths and Helping 5 Million Smokers Quit: A National*

- Action Plan for Tobacco Cessation. *American Journal of Public Health*, 94, 205-210.
- Fisher, E.B. (1998). *7 Steps to a Smoke Free Life*. American Lung Association (ALA).
- George, T.P. (2007). *Medication Treatments for Nicotine Dependence*. CRC Press, Florida.
- Henry, L.C. (2002). *Predictors of Stage Movement Toward Smoking Cessation in Pregnant Women*. New York: The Edwin Mellen Press.
- Mackay, J., Eriksen, M.P., & Shafey, O. (2006). *The Tobacco Atlas, 2nd ed.*. American Cancer Society & International Union Against Cancer (UICC) Global Cancer Control.
- National Heart, Lung, and Blood Institute (1998). *Report of the Task Force on Behavioral Research in Cardiovascular, Lung, and Blood Health and Disease*.
- Peto, R., Lopez, A.D., Boreham, J., Thun, M., & Heath Jr., C. (1994). *Mortality From Smoking In Developed Countries: 1950-2000 Indirect Estimates from National Vital Statistics*. New York: Oxford University Press.
- Smith, C.T. (1999). *Tackling Tobacco*. Wales, United Kingdom: Health Promotion.
- Sussman, S., Dent, C.W., Stacy, A.W. Burton, D., & Flay, B.R. (1995). *Developing school-based tobacco use prevention and cessation programs*. Thousand Oaks, CA: Sage Publications, Inc.
- Tobacco Education Group (TEG). *Intervention with Teen Tobacco Users: A Research-Based Program for Ages 12-18*.
- Velasquez, Maurer, Crouch, & DiClemente (2001). *Group Treatment for Substance Abuse: A Stages-of-Change Therapy Manual*. New York: The Guilford Press.
- Wagner, E.F. (2000). *Nicotine Addiction Among Adolescents*. The Hawthorne Press, New York.
- World Health Organization (WHO) (2004). *Building Blocks for Tobacco Control: A handbook*.

Journals:

- Children and Secondhand Smoke Exposure-A Report of the Surgeon General* (2007). U.S. Department of Health and Human Services (www.surgeongeneral.gov/library)

Fiore, M. (2004). *Strengthening Our Focus. Annual Report*. The University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI)

Nicotine and Tobacco Research Vol.1-Vol.5; Vol.6-Vol.8 (incomplete set)

National Cancer Institute (1991). Smoking and Tobacco Control Series Monograph 1
Strategies to Control Tobacco Use In the United States: a blueprint for public health action in the 1990's.

National Cancer Institute (1992). Smoking and Tobacco Control Series Monograph 2.
Smokeless Tobacco or Health: An International Perspective.

National Cancer Institute (1993). Smoking and Tobacco Control Series Monograph 3.
Major Local Tobacco Control Ordinances in the United States.

National Cancer Institute (1993). Smoking and Tobacco Control Series Monograph 4.
Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders: The Report of the U.S. Environmental Protection Agency.

National Cancer Institute (1997). Smoking and Tobacco Control Series Monograph 8.
Changes in Cigarette Related Disease Risks and Their Implication for Prevention and Control.

National Cancer Institute (1998). Smoking and Tobacco Control Series Monograph 9.
Cigars.

National Cancer Institute (1999). Smoking and Tobacco Control Series Monograph 10.
Health Effects of Exposure to Environmental Tobacco Smoke: The Report of the California Environmental Protection Agency.

National Cancer Institute (2001). Smoking and Tobacco Control Series Monograph 13.
Risks Associated with Smoking Cigarettes with Low Machine-Measured Yields of Tar and Nicotine.

National Cancer Institute (2001). Smoking and Tobacco Control Series Monograph 14.
Changing Adolescent Smoking Prevalence: Where It Is and Why.

National Cancer Institute (2003). Smoking and Tobacco Control Series Monograph 15.
Those Who Continue To Smoke: Is Achieving Abstinence Harder and Do We Need to Change Our Interventions?

Tobacco and the Media. (June 2002). *American Journal of Public Health*, 92, 881-1040.
www.ajph.org.

Tobacco Control Vol.1, No.1; Vol.2, No.1-No.4; Vol.2, Supplement; Vol.4, No.1-No.4;
Vol.4, Supplements 1 & 2; Vol.5, No.1; Supplement 3

Pamphlets:

13th World Conference on Tobacco OR Health. Conference Exhibitor Directory.

Deciding How to Quit: Set Yourself Free: A Smoker's Guide (1999). American Cancer Society

Enacting Strong Smoke-free Laws: The Advocate's Guide to Legislative Strategies. Control Strategy Planning Guide #3 (2006). American Cancer Society (ACS), International Union Against Cancer (UICC).

Enforcing Strong Smoke-free Laws: The Advocate's Guide to Enforcement Strategies. Control Strategy Planning Guide #4. (2006). ACS, UICC.

Faces of Change: Do I have a problem with alcohol or drugs? (2005) U.S. Department of Health & Human Services, SAMHSA.gov.

Facts about...Is There a Safe Tobacco? (1998). American Lung Association.

FOMCA's Position Paper on Tobacco Control in Malaysia (July 2006). Federation of Malaysian Consumers Association (FOMCA).

How to conduct a Through With Chew Week. Great American Spit Out. Wyoming Department of Health, Substance Abuse Division.

How to Quit Smoking When you've tried before (2005). Leonard & Bernstein, Journey Works Publishing.

How to Help a Friend Quit Smoking (2003). American Lung Association.

If You Live with a Smoker: Secondhand Smoke: Protect the Air You Breathe (2003). The National Cancer Institute. Gellman & Bernstein, Journey Works Publishing.

Kicking Butts: Quit Smoking & Take Charge of Your Health (2003). ACS.

National Latino Council on Alcohol and Tobacco Prevention.

Need Help Putting Out That Cigarette? (2001). American College of Obstetricians and Gynecologists.

Nicorette Promotional Pamphlet by Pfizer.

Prevention Pamphlet. National Latino Council on Alcohol & Tobacco (LCAT).

Questions about Smoking, Tobacco, & Health... and the Answers (2000). American Cancer Society (ACS).

Raising kids who don't smoke. (2005). Vol 2, Issue 1. Youth Smoking Prevention, Phillip Morris USA.

Small Investment BIG Return. Quitnet.com Promotional Pamphlet.

Smoking: Facts and Tips for Quitting (1993).

The Decision is Yours (1996). American Cancer Society.

Treating Tobacco Use and Dependence: Quick Reference Guide for Clinicians (2000). U.S. Department of Health and Human Services

What it means to you: The 2004 Surgeon General's Report. The Health Consequences of Smoking. CDC.

Why Do You Smoke? (1998). The National Institutes of Health: National Cancer Institute.

Why Start a Life Under a Cloud? (1998). American Cancer Society.

You Can Quit Smoking: Consumer Guide (2000). U.S. Department of Health and Human Services

Videos/Media:

The Best of Smoke-free Saturday Nights, Vol. 3. Local Music from St. Paul & Minneapolis area. Music CD.

The Health Consequences of Smoking: A report of the Surgeon General, DHHS, 2004. see <http://www.cdc.gov/tobacco>

The Health Consequences of Smoking on the Human Body. 2004 Report of the Surgeon General. Department of Health and Human Services. CD-ROM. see <http://www.cdc.gov/tobacco>

I Can't Breathe. A Smoker's Story. Pam Faffin 1969-2000. Make Smoking History. Massachusetts Department of Public Health, Department of Health and Human Services. & CDC. DVD.

I Love Smokefree NY! TCP Indoor Air Law Implementation Tool Kit. CD-ROM. PC only.

Library of Abstracts from the 13th World Conference on Tobacco OR Health. July 12-15, 2006. Washington, D.C. CD.

Middle School 101: Skills for Success, Life-Skills Training. CD-ROM.

Reality Matters: Smoke Signals. Discovery School, Grades 6-12. DVD.

Reducing Tobacco Use: A report of the Surgeon General, DHHS, 2000. CD-ROM. see <http://www.cdc.gov/tobacco>

A School's Guide to Comprehensive Tobacco Control. Tobacco Prevention and Control Program.

Utah Secondhand Smoke Policy Implementation Guide, Updated January 2007

Women and Smoking: A Report of the Surgeon General. Department of Health and Human Services. CD-ROM.

Special Population Publications:

Smoking in Indian Country: Effects on Women and Children (Lake Andes, SD)

Smoking in Indian Country: Effects on Women (Lake Andes, SD)

Smoking in Indian Country: General Effects on You (Lake Andes, SD)

Tobacco Abuse us NOT Traditional (fact sheet)

Smoking and American Indians/ Alaska Natives (fact sheet from American Lung Association)

Becoming a Smoke-Free Family – Protect Your Family (Native CIRCLE Reproduction)

Tobacco: Use it in a Sacred Way (Tobacco education Clearing House of California [TECC])

Traditional Tobacco and Other Medicines: Tobacco, Sweet Grass, Sage Brush and Cedar (Local Education for Indians, California)

Respect Traditional Tobacco- Protect Our Communities from Secondhand Smoke (TECC)

Anthology of Traditional Tobacco Stories (Native CIRCLE Reproduction)

Coping with Withdrawal: Helping Yourself Quit! (Native CIRCLE Reproduction)

Passive Smoke.... Protect Your Baby and Your Loved Ones (Native CIRCLE Reproduction)

Kick the Habit (Native CIRCLE Reproduction)

Hooked on Tobacco? For Kids Only (Alaska native pamphlet/ children & teens)

What Parents Should Know about Teens and Smoking (Native specific/ IHS – Albuquerque, NM)

Legacy Priority Populations Initiative Handouts:

Asian Americans and Smoking

Hispanics and Smoking

American Indians, Alaska Natives and Tobacco

Socio-Economic Status and Smoking

African Americans and Smoking

Lesbian, Gay, Bisexual, & Transgender Communities & Smoking

Hispanic/Latino Populations:

Community outreach tool kit for parenting tobacco-free Hispanic/Latino Youth.

Sabemos: Por respeto-Aqui nose fuma. (2007). Centers for Disease Control, DHHS, Atlanta, GA.

The toolkit contains: 1) Hispanic/Latino Cultural Overview, 2) Tips for broadening the reach of culturally sensitive tobacco prevention messages, 3) Simple steps for creating smoke-free environments, 4) Sabemos static cling sign and sticker, Interactive CD-ROM

Posters:

The Stages of Quitting Tobacco.

The Great Tobacco Gross-Out.

Secondhand Smoke is Toxic.

Other:

The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Department of Health & Human Services & CDC.

Tobacco Control Legal Consortium (2006). *The Verdict Is In: Findings from United States v. Philip Morris, The Hazards of Smoking.* Brief publications on 1) Hazards of smoking, 2) Addiction, 3) Nicotine Levels, 4) Light Cigarettes, 5) Marketing to youth, 6) Secondhand smoke, 7) Suppression of information.

Reducing Hookah Use: A public health challenge for the 21st century. The BACCHUS Network, tobaccofreeU.org

Promotional Items:

Health Impressions (www.healthImpressions.com)

Stop Smoking Promotions (www.StopSmokingPromotions.com)

Tobacco and Other Health Promotion (www.journeyworks.com)

Tobacco Prevention and Control Resource Catalog (2007)
(www.tobaccofreeU.org), (www.baccusnetwork.org)