

Break the Cycle of Tobacco Addiction



Covenant House

Helping people in need since 1981

West Virginia
**TOBACCO
QUIT**LINE

1-800-QUIT-NOW 1-877-966-8784

West Virginia Department of Health and Human Resources

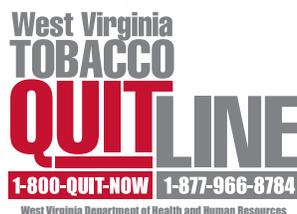
Covenant House and West Virginia Tobacco QuitLine

Working Together

- According to the Centers for Disease Control and Prevention, an estimated 45.3 million people (19.3% of adult population) in the U.S. smoke cigarettes.
- Cigarette smoking is the leading cause of preventable death in the U.S. – causing about 443,000 deaths each year. That’s one out of every five deaths.
- In 2008, American Lung Association reported that about 21.3% of the African American community smoked cigarettes.
- In 2010, the CDC reported that about 20.6% of the African American population across the country smoke cigarettes.
- Studies show that members of the African American community are at an increased risk for lung cancer even if they smoke about the same amount as people of other ethnicities.

We All Have a Part to Play

- If you don’t smoke, don’t start.
- If you have an LGBT friend or family member who smokes, talk to them about how you can support their attempt to quit.
- Attend quit classes at the local Covenant House in Charleston. Call (304) 344-8053 ext. 24 for a schedule.
- Participate in Covenant House’s mini-grant program and help LGBT organizations in West Virginia increase awareness about tobacco use in LGBT populations, sponsor local events like health fairs and organize local LGBT-friendly quit classes.
- Volunteer with groups like American Lung Association and American Cancer Society.
- If you smoke, call the West Virginia Quitline **(1-800-QUIT-NOW)** and enroll for FREE services.
 - FREE nicotine replacement therapies, like gum, patches and lozenges
 - FREE calls with a trained cessation coach to create and carry out your personalized quit plan
 - FREE educational materials



1-800-QUIT-NOW 1-877-966-8784

(304) 344-8053 ext. 24
www.wvcovenanthouse.org