



## **Tobacco Facts**

Oregonians *with* disabilities smoke more than Oregonians *without* disabilities.

**More than 60%** of Oregonians who smoke have tried to quit.

Behavioral Risk Factor Surveillance System (BRFSS), 2012.

People with disabilities are **just as likely** to want to quit smoking as people *without* disabilities.

Center for Disease Control (CDC)

**Cancer** doesn't care if you have a **disability**.

**You can quit.**  
We can help.

Oregon tobacco **quit line**

### **English**

**Call 1-800-QUIT-NOW**

(1-800-784-8669) English

[www.quitnow.net/oregon](http://www.quitnow.net/oregon)

### **Español**

**1-855-DEJALO-YA**

(1-855-335356-92) Español

<https://www.quitnow.net/oregonsp/>

**TTY**

**1-877-777-6534**

**SMOKEFREE**  
**Oregon**

**Together,**  
we're making  
**Oregon**  
**smokefree**  
for everyone.



**Are You Ready?**  
 **Yes!**

# We can help you *succeed.*



## Did you know?

Quitting can save you more than \$1500 a year.

Smoking is the top cause of preventable death.

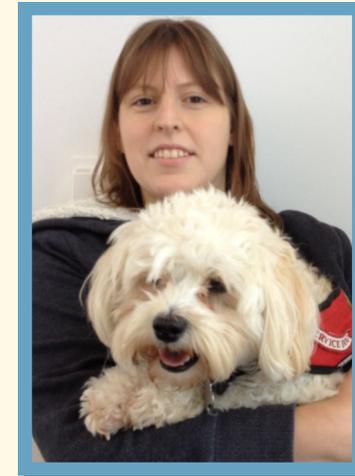
Smokers are 20 times more likely to die of lung cancer than non-smokers.

***“I am free...I am healthier... and my family is proud of me.”***

-Quit Line Participant

## You can receive:

- Free personal coaching for up to 1 year
- All coaching available online or by phone
- Free nicotine replacement therapy
- ***We will help you every step of the way.***



**Gabrielle** began smoking at age 14 to combat intense anxiety and depression. **At age 19**, although she continued to

deal with stress, she was also dealing with medical issues that her smoking was making worse.

*“I wanted to be healthy. People did not believe I could quit, but I did! I refused to give up and found strength by focusing on the future I wanted to create for myself.”*