

Minnesota's Tobacco Cessation Phone Counseling Programs

If you have one of the following health plans, call the number listed.

Blue Cross Blue Shield
of Minnesota and Blue Plus
1-888-662-BLUE

First Plan of Minnesota
1-888-662-BLUE

HealthPartners
1-800-311-1052

Medica MinnesotaCare, Choice
Care, and Medicare Members
1-800-292-2336

All other Medica members call
1-800-952-3455

Minnesota Comprehensive Health
Association (MCHA)
1-866-894-8053

Metropolitan Health Plan
1-800-292-2336

Preferred One Community Health Plan
1-800-292-2336

UCare Minnesota
1-888-642-556

For everyone else:

QUITPLAN Helpline
1-888-354-PLAN
www.quitplan.com

Quitting Resources

American Cancer Society
1-800-ACS-2345
www.cancer.org

American Heart Association
1-800-AHA-USA1
www.americanheart.org

American Lung Association
1-800-LUNG-USA
www.lungusa.org



Tobacco-Free Communities
Anoka County

For more information contact
Anoka County Community Health &
Environmental Services Department
2100 Third Avenue
Anoka, MN 55303
763.422.7282
763.422.6988 (fax)

Parents... help your kids stay tobacco free



HELP YOUR KIDS STAY TOBACCO FREE

Know the Facts

Each year in Minnesota, more than 14,000 young people under the age of 18 become new daily smokers.



More astonishingly, 123,000 children living in Minnesota today will die from the effects of tobacco.



Nicotine is addictive in ways like cocaine and heroin.



Young people who use nicotine may be more likely to use alcohol and other drugs, such as cocaine and marijuana.



Young people who do not start using tobacco by age 18 will most likely never start.



Young people who use tobacco are more likely to develop a variety of illnesses including asthma, bronchitis, and pneumonia.



Chewing tobacco and snuff are not safe alternatives to cigarettes; low-tar and additive-free cigarettes are not safe either.



Talk to Your Kids—Early and Often

Despite the impact of movies, music, and television, parents can be the greatest influence in their kid's lives.



Begin talking to your child(ren) at age 5 or 6 and continue through their high school years. Many kids start using tobacco by age 11, and many are addicted by age 14.



Talk directly to your kids about the risks of tobacco use; if friends or relatives died from tobacco-related illnesses, let your kids know.



The very best thing you can do for your kid(s) is to be a nonsmoker yourself. Meanwhile, don't use tobacco in your child's presence, don't offer it to them, and don't leave it where they can easily get it.



Talk to your kids about how hard it is to quit. If you've smoked, let them know that you wish you had never started and why you decided to stop.



Know if your kid's friends use tobacco. Talk about ways to refuse tobacco.



Discuss the false glamorization of tobacco on billboards and other media, such as movies, television, and magazines.



Tell your kids that no one plans to become addicted to tobacco, but that's what happens anyway.

Make a Difference in Your Community

Support businesses that don't sell tobacco to kids.



Patronize restaurants and other places that are tobacco-free.



Be sure your schools and all school events, such as parties and sporting events, are tobacco-free.



Call your local health department or your cancer, heart, or lung association to learn how you can get involved.



Excerpts adapted from CDC's, *Parents—Help Keep Your Kids Tobacco-Free* and BlueCross BlueShield of Minnesota's, *Keep Talking*.

Even if you use tobacco, you can still make a difference.