

Additional smoking cessation resources:

American Cancer Society Quit Line 1-800-227-2345 (toll free);
www.cancer.org

American College of Obstetricians and Gynecologists
www.acog.org

American Lung Association 1-800-586-4872 (toll free);
www.lungusa.org



Cancer Information Service, National Cancer Institute
1-800-422-6237 (toll free)

CDC Office of Smoking and Health 1-800-232-1311 (toll free
recording); 770-488-5705; www.cdc.gov/tobacco

Florida Quit for Life Line 1-877-u-can-now (1-877-822-6669)
toll free

Great Start Program of the American Legacy Foundation
Quit line for pregnant women only 866-667-8278

March of Dimes www.marchofdimes.com

National Women's Health Information Center
A health information and referral center for women
1-800-994-9662 (toll free); www.4women.gov

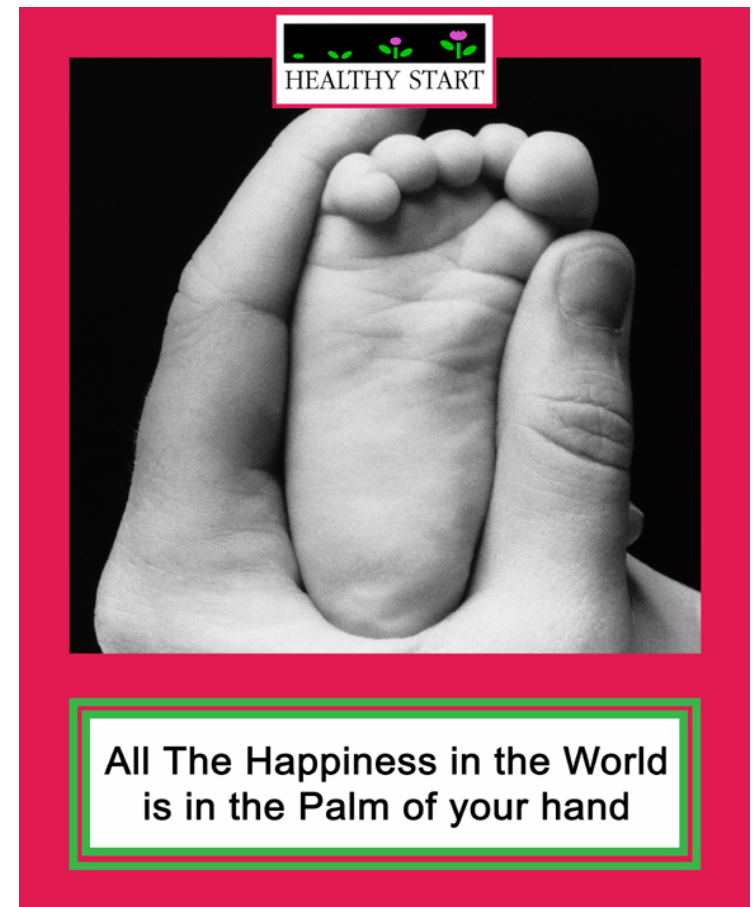
Smoke Free Families Innovations to Stop Smoking During and
Beyond Pregnancy/National Program Office (Research) and
National Dissemination Office (Tools for Providers and Patients)
205-975-8951 www.smokefreefamilies.org

U.S. Surgeon General Reports www.surgeongeneral.gov/tobacco
or www.quitnet.com



*Information compiled by the
Planning and Evaluation Committee of
The Healthy Start Coalition of Pinellas, Inc.*

*For more information, contact
Cindy McNulty 727-507-4260, ext. 229 or
cmcnulty@healthystartpinellas.org*



***INFORMATION FOR
A HEALTHY BABY,
A SMOKE FREE FAMILY
AND A HEALTHY YOU!***

CAN YOUR SMOKING HURT YOUR BABY?

TOXIC DIAPERS

75% of newborn babies born to smoking mothers have a chemical known to cause lung cancer in their urine.



LOW BIRTH WEIGHT

Weight is a key predictor of survival for babies and nearly 40% of all very low birth weight babies in our country are born to smokers.

PRENATAL POISON

As tobacco is burned, mother and baby are absorbing 470 chemicals, 200 poisons and over 50 carcinogens.

VILE VAPORS

Just a few of the vapors found in tobacco smoke are cyanide, ammonia, carbon monoxide, butane gas, acetone and formaldehyde.

CHILDREN WHO ARE AROUND SMOKERS ARE MORE LIKELY TO HAVE

- Asthma and allergies
- More colds and coughs
- Sudden Infant Death Syndrome (SIDS)
- More colic
- More ear infections
- Bronchitis and pneumonia



"CLEAR THE AIR"



Smoking Cessation Resources

Smoking Cessation support groups and programs in Pinellas County:

ALL CHILDREN'S COMMUNITY EDUCATION:

In conjunction with the Pinellas County Health Department visit local schools to discuss smoking-related issues. **727-767-4188**

AMERICAN CANCER SOCIETY **727-546-9822**

FREEDOM MINISTRIES SUPPORT GROUPS

First Baptist Church of Indian Rocks 12585 Ulmerton Road, Largo, FL 33774 **727-595-6346**

HEALTHY START CARE COORDINATION (FRESH START PROGRAM PINELLAS COUNTY HEALTH DEPARTMENT)

The Fresh Start Program serves pregnant women and women with newborns up to age one.

Pinellas Park and Largo **727-547-7780**
Clearwater **727-469-5800**
St. Petersburg **727-824-6900**

HEALTHY START COALITION

MOMCARE **727-507-4260 ext. 229**
MOMCARE (*Spanish*) **727-507-4260 ext. 226**

SMOKING ADDICTION PREVENTION TREATMENT, AMERICAN LUNG ASSOCIATION **727-347-6133**

TOBACCO-FREE COALITION- PINELLAS COUNTY HEALTH DEPARTMENT

Serves youth **727-824-6947**