

# INFORMATION FOR TOBACCO CESSATION

## PLACER COUNTY

*The following tobacco cessation resources have been identified in Placer County as of November 2017. Please call and confirm the eligibility and frequency of the classes.*

### Chapa-De Indian Health in Auburn:

- Cessation classes in a group setting, Thursdays at 3 pm
- <http://chapa-de.org/grass-valley-health-clinic/quit-smoking-today/>
- Contact Katie Bell at (530) 477-9532 for more information

### Kaiser Permanente in Roseville (for members only):

- Wellness coaching by phone, Online quit program: Breathe, or Quit Smart program (4-week program)
- <https://healthy.kaiserpermanente.org/> (Search "Tobacco Cessation")
- Call Health Line at (404) 365-0966

### Sutter Health Walk-In Care in Roseville:

- Stop Smoking Program
- <https://www.sutterhealth.org/services/primary/walk-in-care-smoking-cessation>
- (800) 972-5547

### Newstart Lifestyle Program (with Stallant Health and the Weimar Institute) in Weimar:

- 5 day tobacco cessation program in a group setting, \$5 per class
- Contact Randy Steffens at [rsteffens@weimar.org](mailto:rsteffens@weimar.org) or (530) 422-7911

### Placer County Tobacco Prevention Program in Auburn:

- Have Quit Kits available for Community Partners to pick up in Auburn, or can arrange for pick-up in Rocklin
- (530) 889-7161

## CALIFORNIA

California Smokers' Helpline: <https://www.nobutts.org/>



## TOBACCO CESSATION WORKS!

It is estimated that 42,000 lives would be saved each year if utilization of recommended cessation services increased to 90%. In addition to saving lives, research on higher lifetime healthcare costs of smokers versus quitters indicates that the long-term cost savings from these additional quitters could be at least \$9,500 per quitter. The research also indicates that the reduction in the number of smokers will result in immediate savings of hundreds of dollars per quitter from averted heart attacks, high risk births and other medical emergencies. Tobacco cessation programs are cost-effective and produce enormous long-term benefits.

### SOURCES:

Maciosek, MV, et al. (2010)  
Nusselder, W, et al. (1999)  
Lightwood, JM, et al. (2001)