

Tobacco Use Recovery and Prevention Services

Medina County Health Department offers a variety of programming to reduce the impact of tobacco on our community. Tobacco use is the leading cause of death, disability and disease in the United States, killing 480,000 people every year. Tobacco is more deadly than AIDS, alcohol, car accidents, illegal drugs, murders and suicides **combined**. To support the quality of life of our community the Medina County Health Department is proud to offer:

- Support for **adults** who want to quit or support their child in quitting smoking or vaping
- Resources for **youth** who want to quit smoking/vaping or help those they know in quitting
- **Presentations** about tobacco and vaping upon request
- Ask-Advise-Refer **trainings** for service providers to address tobacco use and support clients and patients in getting the help they need to quit
- Support for **worksites** and **employers** in addressing tobacco at your worksite
- Guidance on how to develop and improve **smoke-free policies** and create signage
- Resources for **behavioral health** settings interested in additional support for nicotine recovery among clients and staff
- Resources for **housing** complexes, landlords, and tenants on adopting smoke-free policies
- Resources for **educators** who want to support their students in quitting or help their school develop programming to address tobacco and vaping
- **Flyers**, brochures, cards and more for adults or youth who want to quit. **Free** for personal or professional use

To request these services for your agency or to learn more, please contact our Health Educators listed below:

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If you or someone you know is interested in quitting, call 1-800-Quit Now (784-8669) or visit our website at www.medinahealth.org under the tobacco, nicotine, and vaping page for more information on how to quit.