

# NATIONAL HISPANIC HEALTH FOUNDATION

## Tobacco Harm Reduction Resources for Hispanic Populations



FEWER THAN

**10%**

About 40% of Hispanic smokers report wanting to quit, but fewer than 10% success without assistance.

### FDA's Center for Tobacco Products



- **Nicotine Replacement Therapy:** FDA has approved NRT options to help you quit such as nicotine patches, gum, lozenges, inhalers, and nasal sprays.
- **"The Real Cost" Campaign** - A youth targeted campaign that includes content specifically tailored to Hispanic audiences touching on harm reduction concepts
- **1-800-QUIT-NOW:** A free confidential quit line available in Spanish. They offer counseling, quit plans, and texting support services.

### American Lung Association (ALA)



- **"Freedom from Smoking" Program:** A structured quit smoking program available which can be tailored for Hispanic participants that offers online options and in-person group support
- **Lung Helpline (1-800-LUNGUSA):** offers free, confidential support for individuals looking to quit smoking or reduce tobacco use. Spanish-speaking counselors are available to assist callers.

For more Hispanic health education resources visit: [www.nhhfx.org](http://www.nhhfx.org)