

Tobacco Free Sarpy

Mission

To promote and to advocate for healthy tobacco-free lifestyles through public policy, education and enforcement.

Vision

To empower the community to advocate for reduction of tobacco use by changing norms. TFS will promote prevention and policy change through increased community education and awareness.

Goals

- Reduce exposure to secondhand smoke
- Reduce health disparities related to tobacco use in Sarpy County
- Reduce youth access to tobacco
- Reduce tobacco use within Sarpy County

www.TobaccoFreeSarpy.org

Heartland Family Service

Heartland Family Service is a place where people can find the help they need to be safe, healthy and happy. We can help you with information about:

- Parents and children
- Early childhood development
- Alcohol, drugs and gambling
- Child abuse
- Juvenile delinquency
- Family violence
- Poverty and homelessness
- Counseling (depression, stress, etc.)
- Summer and after-school care for girls

Call 402-552-7400

www.HeartlandFamilyService.org

Tobacco-Free Resources

Ready to quit?

Call 1-800-QUIT-NOW (1-800-784-8669)

QuitNow.ne.gov

Tobacco Free Sarpy

www.TobaccoFreeSarpy.org

402-593-3022

Tobacco Free Nebraska

dhhs.ne.gov/tfn

Heartland Family Service

402-553-3000



SMOKEFREE
SUDANESE



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Dangers of Secondhand Smoke

When you smoke, everyone around you smokes.

Secondhand smoke kills about 50,000 adult non-smokers every year in the United States.

Source: Center for Disease Control website:
http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/#shs



Secondhand smoke contains:

- Ammonia
- Butane
- Carbon Monoxide
- Hydrogen Cyanide
- Formaldehyde
- Lead
- Polonium-210
- Chromium

**Secondhand
smoke causes
cancer, asthma
and other
problems.**

