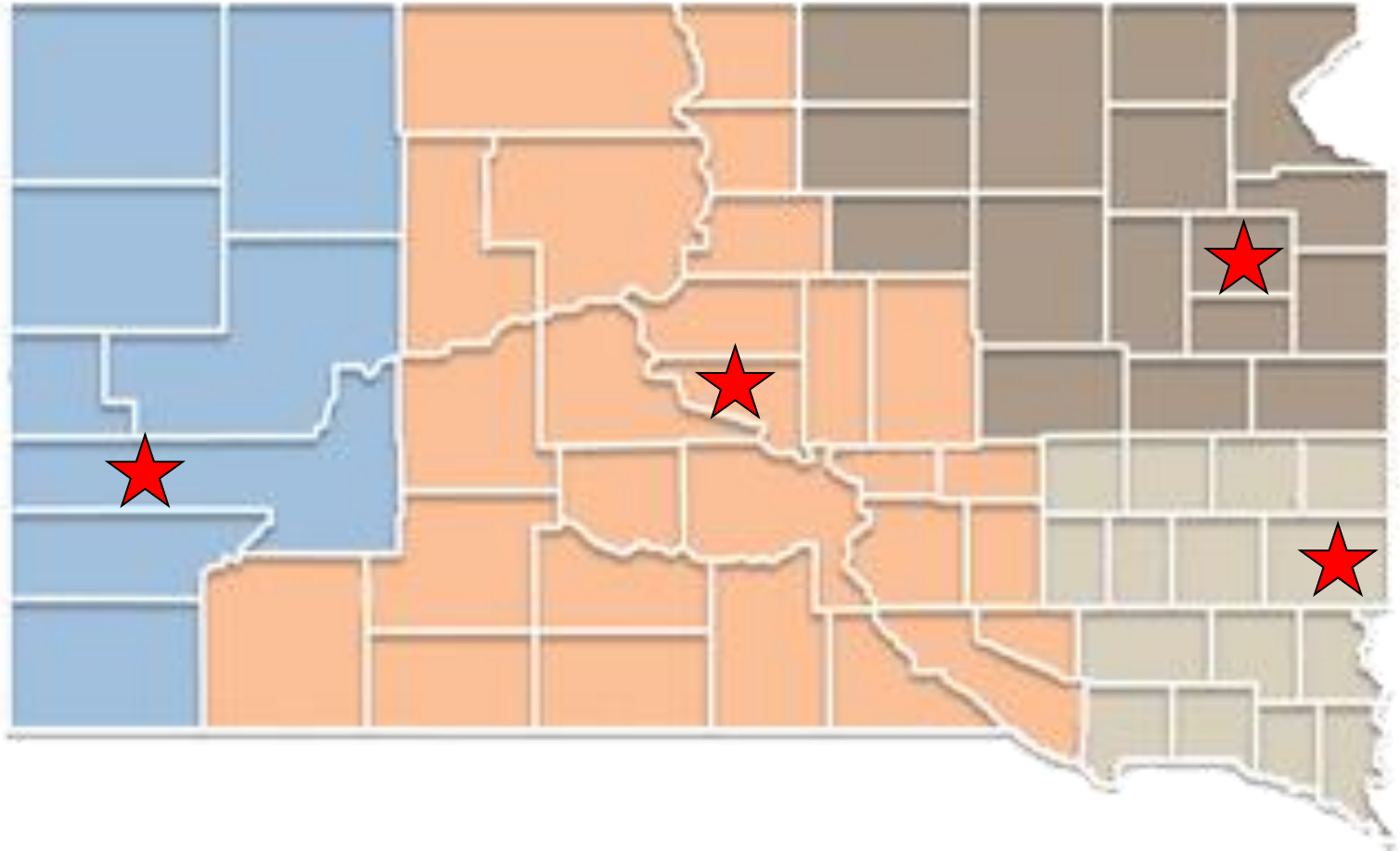


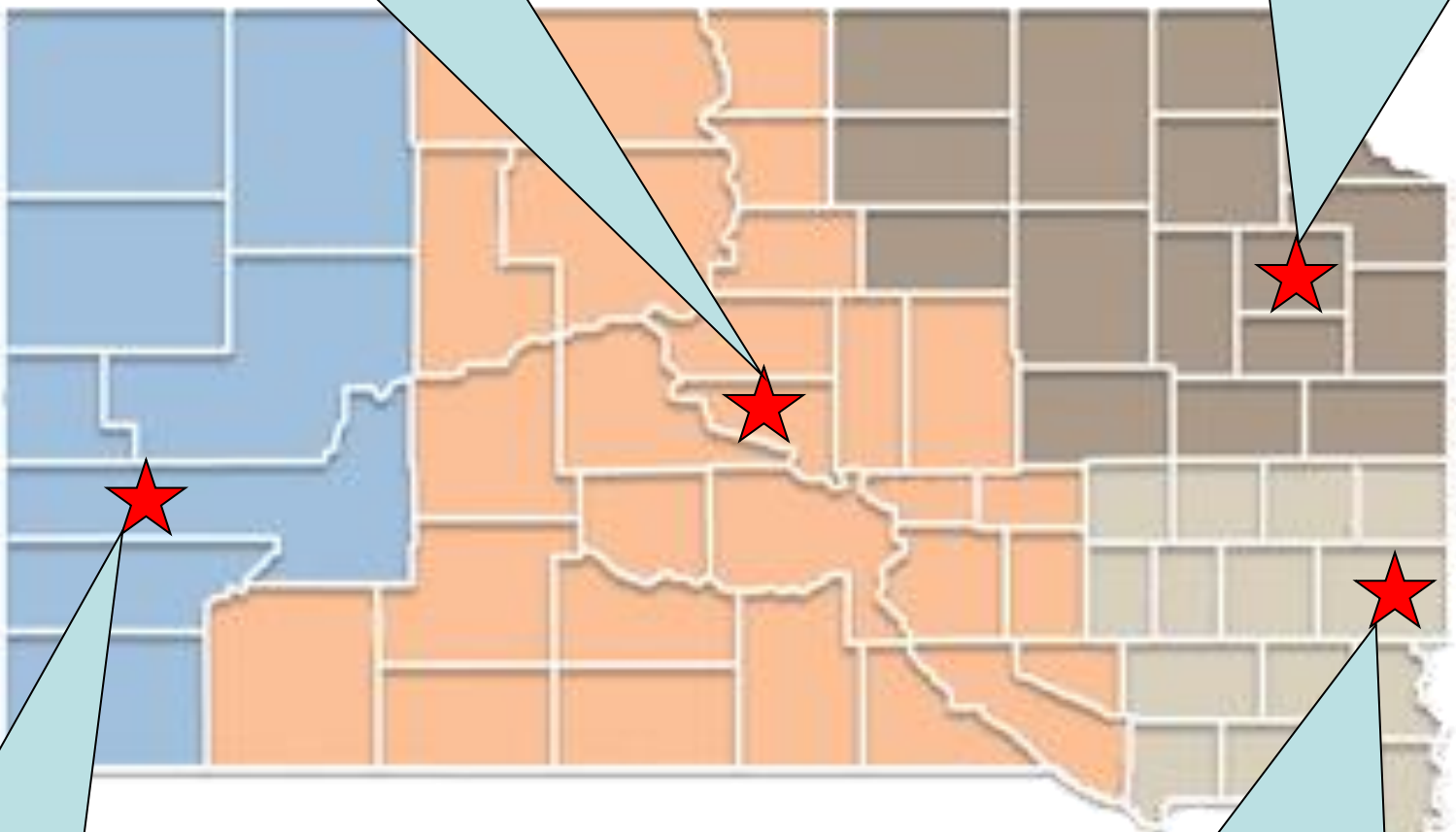
Tobacco Control Program

Regional Tobacco Prevention Coordinators



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Tobacco Control Program Staff

Statewide Staff:

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Department of Health:

- Kiley Hump – Program Director
- Dee Dee Dugstad – Program Coordinator
- Laura Streich – Disparities Coordinator
- Katie Hill – Communications Coordinator

SD Tobacco Control State Plan

- Prevent initiation among youth and young adults
- Promote quitting among adults and youth
- Eliminate exposure to secondhand smoke
- Identify and eliminate tobacco-related disparities among population groups
 - Youth & Young Adults, American Indian, Pregnant Women, Medicaid Clients, Spit Tobacco Users, Mental Health & Substance Abuse

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WEBSITE OF THE STATE OF SOUTH DAKOTA DEPARTMENT OF HEALTH
Kim Malsam-Rysdon, Secretary of Health

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- *When finished, click the Proceed to Checkout Button.
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- *Adobe Acrobat is required to view publications - [Click Here](#) to download Adobe Acrobat.
- *Allow 2 to 4 weeks for delivery of order
- *Materials on this site are offered as a public service and are for non-commercial use only.

Categories	Publications List		
Cancer	Tobacco Prevention		
Cardiovascular	Publication Title	Stock Number	Qty to order
Diabetes	American Indian quitline brochure (print preview)	TCP022	<input type="text"/>
Disease Prevention	Find Your Power Poster - Brother (Native American) (print preview)	TCP001	<input type="text"/>
Family Health	Find Your Power Poster - Daughter (Native American) (print preview)	TCP008	<input type="text"/>
Health Services	Find Your Power Poster - Family (Native American) (print preview)	TCP026	<input type="text"/>
Nutrition	Find Your Power Poster - Son (Native American) (print preview)	TCP019	<input type="text"/>
Oral Health	Multi Unit Housing Smoke Free Apartment Managers Guide (Multi-Unit Housing Smoke Free Apartment Managers Guide) (print preview)	TCP058	<input type="text"/>
Physical Activity			
Tobacco Prevention	Multi-Unit Housing Smoke-Free Building Window Cling	TCP056	<input type="text"/>
	Orange Rethink It target 11 x 17 poster (print preview)	TCP024	<input type="text"/>
	Patient Chart Stickers (Orange) (max=50) (print preview)	TCP009	<input type="text"/>
	Pink Rethink It target 11 x 17 poster (print preview)	TCP042	<input type="text"/>
	QuitLine (business card) (max=200) (print preview)	TCP011	<input type="text"/>
	Quitline Brochure (print preview)	TCP010	<input type="text"/>
	Quitline Mouse pads	TCP013	<input type="text"/>
	QuitLine Palm Card (print preview)	TCP055	<input type="text"/>
	QuitLine Poster- Financial Benefits (8.5x11)	TCP063	<input type="text"/>
	QuitLine Poster- Financial Benefits 11x15 (11x15)	TCP068	<input type="text"/>

QUIT TODAY.

It's **EASIER** than you think.



DON'T LET TOBACCO CONTROL YOUR LIFE. WE CAN HELP.

DO YOU WANT TO QUIT?

We're **READY** when you are. Here are a few tips to help you along the way:

Call the toll-free South Dakota QuitLine at 1-866-SD-QUITS (1-866-737-8487).

List your reasons to quit.
Keep them in mind through tough times.

Build a quit team.
Your friends, family, doctor, dentist. Let them know you're quitting so they can support you.

Set a quit date.
Mark your calendar and let everyone know.

Tune in to your triggers.
Plan other things you can do at those times.

Make your quit day different and special.
Change your routine, exercise. Drink lots of water and do something special for yourself.

Don't give in to cravings.
These usually last for only 3-5 minutes.

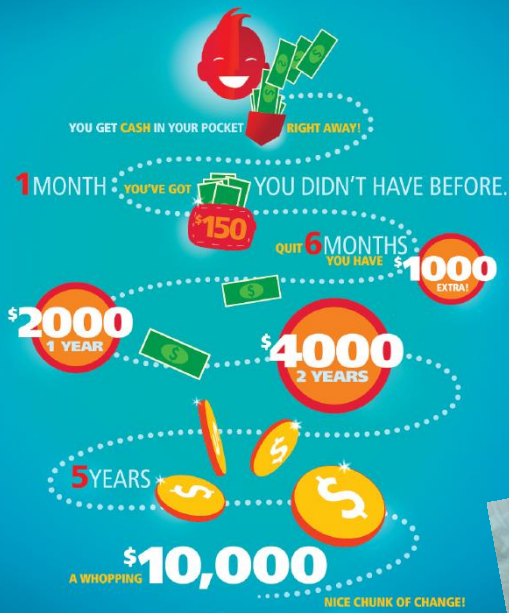
Be prepared for a slip or relapse.
It's not a sign of failure. But don't give up!



10,000 copies of this document have been printed by the SD Department of Health at a cost of \$0.25 each.

WHEN YOU'RE READY TO QUIT, CALL THE SOUTH DAKOTA QUITLINE 1-866-SD-QUITS.

WHAT HAPPENS WHEN YOU QUIT SMOKING?



SOUTH DAKOTA



QuitLine

1.866.SD-QUITS
www.SDQuitLine.com

I will keep you safe from secondhand smoke.



South Dakota Department of Health
Call 1-866-SD-QUITS.



www.BeFreeSD.com

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Welcome to The South Dakota QuitLine.

If you are ready to quit, thinking about quitting, or know someone who wants to quit... we're ready to help. The South Dakota QuitLine offers services designed to help you kick the habit for good. This website has been designed as a resource to help you quit and stay quit. All you have to do is call the QuitLine, or you can "click" and we'll call you! It's that easy and it's free!

There are two ways to enroll:

You Call Us

- Open Monday - Friday 7am - 11pm
Saturday 8am - 5pm CST
- Free personal live quit coach
- Free cessation medication
- Enrollment takes approximately 10 - 15 minutes
- Visit the Services tab for more information

CALL TO ENROLL NOW!

1.866.SD-QUITS
1.866.737.8487

"I'm 52 days into the stop smoking stage. That's \$250 richer and I've saved \$40 on an inhaler!"
- Dawn

QuitLine Works!

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- Community/School Partnership Grant
 - Local governmental & non-profit community-based organizations, coalitions and groups.
 - Support and implement policy-based interventions
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