

# For Help Quitting:

## OREGON QUIT LINE:

Cessation counseling, nicotine replacement therapy (NRT), and materials are available. Participants can speak with a quit coach over the phone or online, develop personalized quit plans, and learn coping skills. Online services are free to everyone, private insurance is accepted, and uninsured callers receive one counseling session and two weeks of NRT. Services are available in over 170 languages.

**Contact: 1-800-QUIT-NOW (784-8669) or 855-DEJELO-YA (335356-92) or log on to [www.quitnow.net/Oregon/](http://www.quitnow.net/Oregon/)**

## FREEDOM FROM SMOKING:

An American Lung Association curriculum offered in the evenings by Klamath County Public Health and midday at Cascade Health Alliance. It meets once a week for 1-2 hours for 7 weeks.

**Contact Jennifer at KCPH: 541-882-8846**

## TRIBAL MEMBERS:

Klamath Tribal Health offers cessation products from the pharmacy. The pharmacists offer medication and cessation education. You will also be given a Quit Kit filled with information, a guide to quit smoking, and other goodies to help you quit. Tribal members are referred to the Oregon Quit Line or Freedom From Smoking program for in-depth and personalized cessation counseling.

**Contact Tribal Health: 541-882-1487**



3314 Vandenberg Rd  
Klamath Falls, OR 97603

**SMOKING  
WHEN  
PREGNANT  
HARMS YOUR  
BABY**



**Q: What effects does smoking tobacco while pregnant have on the infant?**

A: Smoking may cause low birth weight in babies, along with other complications such as Sudden Infant Death Syndrome (SIDS), placental abruption, and premature delivery.

**Q: What is considered low birth weight?**

A: Low birth weight is defined as a baby weighing less than 2500 g (5lb. 8oz.) at birth.

**Q: What are the risks for low birth weight babies?**

A: These babies are at high risk for a number of complications including infection, Sudden Infant Death Syndrome, neurological complications and other life threatening conditions.

**Q: Why smoking may cause low birth weight in babies?**

A: Low birth weight is most commonly caused by two unfavorable birth outcomes, such as premature labor and intrauterine growth restriction. Intrauterine growth restriction is the primary way by which smoking cigarettes causes low birth weight.

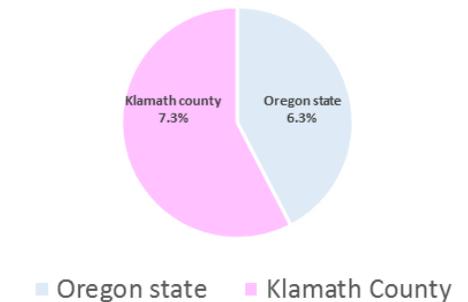
**Q: What problems occur during childhood as a result of smoking tobacco while pregnant?**

A: Problems common to children with mothers who smoked or used nicotine during pregnancy are asthma and hyperactivity. In addition, the children may have learning difficulties and behavioral problems.

**References and other resources:**

- March of Dimes: [www.marchofdimes.com/baby/low-birthweight.aspx](http://www.marchofdimes.com/baby/low-birthweight.aspx)
- American Journal of Public Health
- Robert Wood Johnson Foundation: [www.countyhealthrankings.org](http://www.countyhealthrankings.org)
- Stanford University and Stanford Children's Health: [www.stanfordchildrens.org](http://www.stanfordchildrens.org)
- CDC: <http://www.cdc.gov/reproductivehealth/TobaccoUsePregnancy/>

**Low Birth Weight Babies – 2014**  
Source: Oregon Vital Statistics page



*“Precious one, every small step you take, we take with you.”*

*Alveretta Roberts*