#### **Northwoods Tobacco Free Coalition**

# What is the Northwoods Tobacco-Free Coalition?

Lincoln County Health Department participates within the Northwoods Tobacco-Free Coalition which is a tobacco control and prevention coalition.

This coalition serves Oneida, Vilas, Forest, Florence, Price, Marinette and Lincoln counties.



Together these seven counties work to address tobacco related health concerns within the community.

#### What Are the Current Focus Areas?

- Outreach and education to local and state leaders.
- Addressing the dangers of other tobacco products, such as e-cigarettes
- Support policy change for smoke free air and within multi-unit apartments
- Addressing tobacco related inequalities within our community
- Supports WI WINS tobacco compliance checks

To learn more about the Tobacco Free Coalition work in Lincoln County contact jsargent [at] co.lincoln.wi.us (Judy Sargent), Public Health Nurse at 715-539-1377.

## **Learn More About How Tobacco is Changing**

Tobacco Prevention and Control

https://www.dhs.wisconsin.gov/tobaccoischanging/index.htm

### **How to Quit Tobacco?**

There are many different resources that can help people stop using tobacco. Check out the Tips from Former Smokers

First Breath https://wwhf.org/firstbreath/

**Ask for Help** Getting support from the important people in your life can make a big difference when you quit smoking. Friends, family, co-workers, and others can be there for you. You are not alone.

You also can connect with others and grow your support network through these resources:

Visit Smoke Free for other resources.

The Quit Line (1-800-QUIT-NOW) is free, sponsored by the Wisconsin Department of Health Services.

Follow the Quit Guide Steps and use what works for you.