

RESOURCE LIST

Learn More about the Tobacco Waste Problem

Americans for Nonsmokers' Rights, Cigarette Butt Waste: <http://www.no-smoke.org/learnmore.php?id=731>

American Legacy Foundation: <http://www.rethinkbutts.org>

California Tobacco Control Program, Tobacco Product Waste Reduction Toolkit: <http://www.cigwaste.org/tobacco-waste-reduction-toolkit/>

The Cigarette Butt Pollution Project: <http://www.cigwaste.org/> or <http://www.cigwaste.org/butt-faq/#>

CigaretteLitter.org: <http://www.cigarettelitter.org/index.asp?PageName=Home>

Tobacco Free CA Environmental Impact: <http://www.tobaccofreeca.com/smoking-problem/impact/environment/>

Trash Free Maryland Alliance: <http://www.trashfreemaryland.org/>

Resources for Tobacco Users

Statewide

The Maryland Tobacco Quitline is a **FREE** service for Marylanders 13 years and older and is sponsored by the Maryland Department of Health and Mental Hygiene. www.SmokingStopsHere.com or 1-800-QUIT-NOW.

Local Resources

For a listing of local resources, visit <http://smokingstopshere.com/county-resources/>

National

National Cancer Institute: provides resources and information on the harms of smoking and health benefits of quitting: <http://www.cancer.gov/cancertopics/factsheet/tobacco/cessation>

[Smokefree.gov](http://www.Smokefree.gov): provides free, accurate, evidence-based information and professional assistance supporting the immediate and long-term needs of people trying to quit smoking. Visit <http://www.Smokefree.gov>

American Lung Association: <http://www.lung.org/stop-smoking/>

The American Lung Association is the leading national organization working to improve lung health and to prevent lung disease by providing free evidence-based programs, professional tips, and techniques on how to quit smoking.

Smoke-Free Environments

For a list of smoke-free outdoor environments (parks, beaches, recreation areas) within Maryland, visit the University of Maryland Legal Resource Center for Public Health Policy at: http://www.law.umaryland.edu/programs/publichealth/tobacco/smokefree_policies.html#smokefree_outdoors

Tobacco litter hurts our planet. No butts about it.
NoTobaccoLitter.com

