

Tobacco Cessation Resources

Self-Study Materials

American Cancer Society

800-ACS-2345
www.cancer.org

American College of Obstetricians And Gynecologists For Pregnant women

202-638-5577

American Heart Association

800-AHA-USA1 (242-8721)
www.americanheart.org

American Lung Association in Hawai'i

O'ahu: 808-537-5966 x305
Neighbor Islands: 800-LUNG-USA
www.ffsonline.org
www.ala-hawaii.org
Self help booklet for teens

Centers for Disease Control and Prevention (CDC)

1600 Clifton Road
Atlanta, GA 30329-4027
(800) 232-4636
tobaccoinfo@cdc.gov

Hawai'i State Department of Health Tobacco Prevention and Education Program

1250 Punchbowl Street, Room 217
Honolulu, Hawai'i, 96813
Phone (808) 586-4613
Toll Free (888) 810-8112
Fax (808) 586-8252
www.hawaii.gov/health/tobacco

National Cancer Institute NCI

http://cis.nci.nih.gov/fact/8_13.htm
http://cancer.gov (see also LiveHelp link)
http://smokefree.gov 800-4-CANCER

BEAT IT Hawai'i—Online Cessation Program

Online cessation tools and information for
young adults www.hawaii.edu/beat-it
(808) 956-3453

Office on Smoking and Health (OSH)

National Center for Chronic Disease
Prevention and Health Promotion
Centers for Disease Control and Prevention
Mail Stop F-79, 4770 Buford Highway, NE
Atlanta, GA 30341-3724
800-CDC-1311 (800-232-1311)
770-488-5705
Fax: 770-488-5939
Fax Information Service: 770-332-2552
Web site: <http://www.cdc.gov/tobacco/>
Email: cdcinfo@cdc.gov

Office of the Surgeon General

www.surgeongeneral.gov/tobacco

Websites

American Lung Association in Hawai'i

www.ffsonline.org

Kaiser Permanente

www.kp.org

National Cancer Institute NCI Cancer Information Service CIS

www.smokefree.gov

Quitnet (Boston University)

www.quitnet.com

Resource Center of Massachusetts

www.trytostop.org

Youth Websites

Gotta Quit.com

www.nobutts.ucsd.edu
UC San Diego targets teen smoking

Teen Link Hawai'i

An information resource for teen
www.teenLinkhawaii.org
(808) 545-3228 Ext 35
info@teenlinkhawaii.org

Brochures

1. Think About It
2. Hawai'i Cessation Handbook
3. Hawai'i Tobacco Cessation Resources Guide
4. Tobacco Cessation Services In the State of Hawai'i Service Providers Referral Guide

David Y. Ige, Governor of Hawai'i
Virginia Pressler, M.D.
Director of Health

Hawai'i State Department of Health
Tobacco Prevention and Education Program
Chronic Disease Management Branch
1250 Punchbowl Street, Room 217
Honolulu, Hawai'i 96813-2416

Telephone 808-586-4613 • Toll free 888-810-8112
Fax 808-586-8252
www.hawaii.gov/health/tobacco

NONDISCRIMINATION IN SERVICES

We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call the Tobacco Prevention & Education Program or our Affirmative Action Officer at Box 3378, Honolulu, Hawai'i 96801-3378 or at 808-586-4616 (voice/TTY) within 180 days of a problem.

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CleanBreak

HAWAII

Tobacco
Cessation
Resources
in
Hawai'i
January 2015



WHERE TO
FIND HELP

WHEN
YOU WANT
TO QUIT

Tobacco Cessation Services in the State of Hawai'i

Statewide

Hawai'i Tobacco Quitline Telephone Counseling Program Free Nicotine patches or Nicotine gum 1-800-QUITNOW (1-800-784-8669)

The Hawai'i Tobacco Quitline is a FREE, confidential, and convenient telephone service for any adult who wants to quit smoking. Referral to community services also provided. Live Quit Coaches available 24 hours/7 days per week. Web-integration and Text2Quit programs also available. www.HawaiiQuitline.org

Hawai'i Tobacco Quitline Online Quit Program at www.HawaiiQuitline.org Free Nicotine patches or Nicotine gum

The Hawai'i Tobacco Quitline Online Program is FREE, confidential, and convenient. Web Coaches are available 24 hours/7 days per week for any adult who want to quit smoking. Online services include interactive lessons, exercises, tracking tools, and encouraging e-mails and texts to help stay on track.

Asian Smokers' Quitlines Chinese (Mandarin and Cantonese) 1-800-838-8917

Korean 1-800-556-5564
Vietnamese 1-800-778-8440
8:00 – am – 9:00 pm, Pacific Time, M- F. After hours, callers can leave a message which Quitline staff will return the next business day. Chinese-, Korean-, and Vietnamese-speaking smokers who want help with quitting should call. In addition, family and friends can receive information to help someone they care about quit.

**American Lung Association in Hawai'i
Freedom From Smoking (FFS)**
810 Richards Street, Suite 750,
Honolulu, HI 96813
(808) 687-5376

**HMSA
Well Being Connection Quitnet
Program**
599 Farrington Hwy, Suite # 300
Kapolei, HI 96707
1-855-329-5461

**Kapi'olani Medical Center
For Women and Children
HEALTHY Tobacco & Nicotine
Cessation Program**
1319 Punahou Street, 7th Floor,
Honolulu, HI 96826
(808) 945-1494
healthy@hawaii.edu

**U.S. Coast Guard
Tobacco Cessation Program**
400 Sand Island Parkway
Honolulu, HI 96819
(808) 842-2088
(For Coast Guard and their families only)

O'ahu

**Castle Medical Center
Wellness & Lifestyle Medicine Center
Live Well Tobacco Free Program**
642 Ulukahiki Street, Suite 105
Kailua, HI 96734
(808)263-5050

**Hickam Air Force Base
Tobacco Cessation Program**
755 Scott Circle, Building 1113,
Hickam AFB
Honolulu, HI 96853
(808)448-6377
(For active duty military, dependent,
DoD civilians, retired military and
their dependents only)

**Kalihi-Palama Health Center
Tobacco Cessation Program**
952 N. King Street
Honolulu, HI 96817
(808) 841-7981

**Kaiser Permanente Hawai'i Region
Tobacco Cessation Program**
1010 Pensacola Street, 7th Floor
Honolulu HI 96814
(808) 643-4622
(O'ahu, Maui, East Hawai'i,
West Hawai'i)

**Kokua Kalihi Valley
Quit Tobacco Program**
2239 North School Street
Honolulu, HI 96819
(808) 791-9426

**Naval Health Clinic Hawai'i
Tobacco Cessation Program**
480 Central Avenue
Joint Base Pearl Harbor,
HI 96860-4908
(808) 473-2444 Ext 507 and 471-2280

**Queens Medical Center
Tobacco Cessation Program
(Ahonui)**
1301 Punchbowl Street
Honolulu, HI 96813
(808) 691-8984

**Wai'anae Coast Comprehensive
Health Center
E Mälama I Kou Hā, Tobacco
Cessation Program**
86-260 Farrington Hwy
Wai'anae, HI 96792
(808) 697-3599

**Waikiki Health Center
Freedom from Tobacco & Path
Clinic Smoke Free Program**
277 Ohua Avenue
Honolulu HI 96815
(808) 791-9391
Path Clinic
845, 22nd Avenue
Honolulu HI 96816
(808) 791-9390
Call for more information on Youth
Cessation Program, Makahiki Clinic
and Car-A-Van Program.

**Waimānalo Health Center
Quit Smoking Treatment Program**
41-1347 Kalaniana'ole Highway
Waimānalo HI 96795
(808) 259-7948

Hawai'i

**Bay Clinic, Inc
Tobacco Treatment Program**
1178 Kino'ole Street, Unit B
Hilo HI 96720
(808) 333-3504

**Big Island Substance Abuse
Council
Tobacco Cessation Program**
81-947 Haleki'i Street
Kealakekua, HI 96750
(808) 322-3100

**Hamakua-Kohala Health
Tobacco Cessation Program**
45-549 Plumeria Street
Honoka'a, HI 96727
(808) 930-2758

**West Hawai'i Community
Health Center
Tobacco Cessation Program**
75-5751 Kuakini Hwy
Kailua Kona, HI 96740
(808) 326-5629

Kaua'i

**Ho'ola Lāhui Hawai'i, Native
Hawaiian Healthcare System
Kaua'i Community Health Center
Tobacco Cessation Program**
(Two locations) 4800-D Kawaihau Rd
Kapa'a, HI 96746
(808)240-0100, 240-0220
4643-B Waimea Canyon Dr.
Waimea, HI 96796
(808) 240-0194
Lihu'e: 4491 Rice Street, Suite 6,
Lihu'e, HI 96766

**Department of Veterans Affairs
Pacific Islands Health Care System
Tobacco Cessation Program**
4485 Pahe'e Street, Suite 150
Lihu'e, HI 96766
(808) 246-0497, 245-4154

Lāna'i

**Coalition for a Drug Free Lāna'i
Tobacco Cessation Program**
730 Lāna'i Avenue, Suite # 108, Lāna'i
City, Lāna'i HI 96763
(808) 565-6043

**Ke Ola Hou O Lāna'i
Tobacco Cessation Program**
730 Lāna'i Avenue, P.O. Box 930713,
Lāna'i City, Lāna'i HI 96763
(808) 565-7204

**Lāna'i Community Health Center
Stay Quit Program**
478 Lauhala Place, Lāna'i City,
Lana'i HI 96763
(808) 565-6919 Ext 121

Maui

**Mälama I Ke Ola Health Centre
(Community Clinic of Maui)
Tobacco Cessation Program**
1881 Nani Street
Wailuku, HI 96763
(808) 872-4050
Please call for more information
for Lahaina Clinic

**Hui No Ke Ola Pono
Maui's Native Hawaiian Health
Care System
Tobacco Cessation Program**
95 Mahalani Street
Wailuku, HI 96793
(808) 244-4647

**Maui Family Support Services
Tobacco Cessation Program**
1844 Wili Pa Loop,
Wailuku, HI 96793
(808) 242-0900

Molokai

**Nā Pu'uwai, Native Hawaiian
Health Care System
Quit Smoking Program**
P.O. Box 130, 604 Maunaloa Highway,
Bldg C
Kaunakakai, HI 96748
(808) 560-3653

Other Tobacco Cessation Resources

Telephone Services:

**American Cancer Society
Quit For Life**
(800) ACS-2345 / (800) 227-2345

American Legacy Foundation
Great Start (for pregnant women)
(866) 667-8278

American Lung Association
(800) 548-8252
(800) LUNG-USA / (800) 586-4872
toll free: (866) QUIT-YES

**National Cancer Institute (NCI)
Smoking Quitline**
Cessation support counseling
toll free (877) 448-7848 (877-44U-QUIT)
or (800) 422-CANCER / (800) 422-6237
TTY (for deaf and hard of hearing
callers): (800) 332-8615