



## Are you ready to quit smoking?

To enroll in this program, call the local agency listed on the back of this page.

They will set up your first appointment and provide the positive support you need to quit.

We are committed to helping you quit. You and your baby can be tobacco free!



This program is provided in partnership with:

The National BABY & ME — Tobacco Free Program  
[babyandmetobaccofree.org](http://babyandmetobaccofree.org)



**Ohio**  
Department of Health

OHIO TOBACCO  
**QUIT LINE** CALL IT QUILTS  
**1-800-QUIT-NOW**  
OHIO DEPARTMENT OF HEALTH 1-800-784-8669  
<http://ohio.QuitLogix.org>



**Healthy Babies Born on Time.**

Quitting smoking is the single most important thing you can do for your health and the health of your baby!



### Benefits for your baby:

- Increases the amount of oxygen your baby will get
- Increases the chance your baby's lungs will work
  - Lowers the risk that your baby will be born too early or too small
- Increases the chance that your baby will come home from the hospital with you

### Benefits for you:

- Gives you more energy and helps you breathe easier
- Improves your health & reduces your risk of cancer
  - Saves money
- Makes your clothes, hair and home smell better
  - Makes your food taste better
- Helps you feel good about what you've done for you *and* your baby

## How does the BABY & ME - Tobacco Free Program Work?

### What you need to do:

- Enroll in the BABY & ME - Tobacco Free Program
- Attend 4 prenatal quit smoking sessions
- Quit smoking and stay quit during and after your pregnancy
- Attend 4 prenatal quit smoking sessions and be eligible to receive a diaper voucher at prenatal session 3 & 4
- Agree to take a monthly breath test at each visit
- Stay tobacco free after your baby is born and receive a monthly diaper voucher for up to 12 months
- A smoker who lives with you can enroll, quit smoking and you receive an additional monthly diaper voucher for up to 12 months



To enroll in your local  
**BABY & ME — Tobacco Free Program**  
get in touch with:

Mahoning County District Board of Health  
50 Westchester Dr.  
Youngstown, Ohio 44515  
330.270.2855 ext. 125



- **Enroll Today!**
- **Quit Smoking**
- **Get Free Diapers**