

## Tobacco Free Siouxland

[Tobacco Free Siouxland](#) is a coalition organized by community agencies and partners to provide tobacco education, prevention and cessation resources to residents of Siouxland.

### Smoke Free Housing

There are a variety of smoke free housing options in Woodbury County. View a list of all [smoke free housing properties](#) or for more information on becoming a smoke free apartment, visit the Iowa Department of Public Health Department's Smoke Free Homes [found here](#).

### Youth Tobacco Prevention Program

In collaboration with the Sioux City Police Department and Jackson Recovery, Siouxland District Health Department works with students that have been caught using tobacco on school property.

Tobacco Education Group (TEG) program is a positive alternative to suspension for those caught using tobacco on school property. Participants are assigned to this involuntary tobacco education program. This program motivate participants to quit or join the TAP (Tobacco Awareness Program).

Tobacco Awareness (TAP) program is a voluntary tobacco cessation group. This group provides a comprehensive tobacco awareness and cessation behavior modification curriculum. TAG provides: method of quitting, stress and weight management strategies, relapse support and refusal skills, and enhancement of self-esteem.

### Tobacco Free Worksites

Worksites are encouraged to evaluate their tobacco policies. Many worksites are enacting policies that restrict tobacco use on the grounds, in parking lots and even during the employees shift. [View sample policies](#) and see what is best for your worksite or email Becky Carlson at [bcarlson@siouxlanddistricthealth.org](mailto:bcarlson@siouxlanddistricthealth.org)

, Health Educator at Siouxland District Health Department or call 712-279-6119 for more information.

## **Quitline Iowa**

Need help with quitting your tobacco addiction? Quitline Iowa is just a phone call away. Trained counselors assist you with helping to quit your addiction. Quitline is free and available 7 days a week.

Call 1-800 QUIT NOW for more information or visit [Quitline Iowa online](#) .

## **Woodbury County Tobacco Cessation Services**

A variety of agencies in the Siouxland area provide tobacco cessation services. [Click here](#) to learn more.

## **State of Iowa Smoke Free Air Act**

For information or to register a complaint: 1-888-944-2247 or [www.iowasmokefreeair.gov](http://www.iowasmokefreeair.gov)

### [Sign Requirements](#)

The Woodbury County Tobacco Prevention and Control grant has Smoke Free Air Act signs available to businesses for free. Contact Becky Carlson at 712-279-6119 for more information.

## **Helpful Links**

IDPH Division of Tobacco Use Prevention and Control: <http://www.idph.state.ia.us/TUPAC/>

State of Iowa Smoke Free Air Act: [www.iowasmokefreeair.gov](http://www.iowasmokefreeair.gov)

Quitline Iowa: [www.quitlineiowa.org](http://www.quitlineiowa.org)

Surgeon General Reports on Tobacco:

[www.cdc.gov/tobacco/data\\_statistics/sgr/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/index.htm)

Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)