

WANT TO QUIT TOBACCO?

We can Help!

The **Office of Alcohol, Tobacco, and Other Drugs** can assist you by offering one-on-one meetings to **help you develop a plan to quit.**

There is also an opportunity to receive the **nicotine replacement patch** for free.

If you are interested, email ATOD at **atod-oasis@iup.edu** or call **724-357-1265** for more details.

Tobacco Cessation Resources

National LGBT Tobacco Control Network

www.lgbttobacco.org

SmokeFree

smokefree.gov/lgbt-and-smoking

IUP Campus Groups and Resources

Counseling Center at IUP

724-357-2621

IUP President's GLBT Commission

www.iup.edu/glb/

IUP Pride Alliance

www.pridealliance.wordpress.com

IUP Safe Zone

www.iup.edu/safezone/

Other Resources

The Gay and Lesbian Community Center of Pittsburgh (GLCC)

www.glccpgh.org

Persad Center in Pittsburgh

www.persadcenter.org

It Gets Better Project

www.itgetsbetter.org

Parents, Families and Friends of Lesbians and Gays

www.PFLAG.com

First Unitarian Universalal (UU) Church of Indiana, PA

Firstuu-indianapa.org

Lutheran Campus Ministry at IUP

www.lcmiup.org

SoulForce

www.soulforce.org

Tobacco Use in the LGBTQ

(Lesbian, Gay
Bisexual, Trans* and
Queer/Questioning)



Brought to you by:

Alcohol, Tobacco, and Other Drugs

Suites on Maple East, G59

724-357-1265

atod-oasis@iup.edu

DID YOU KNOW...

- Members of the LGBT community are 40-70% more likely to smoke than non-LGBT individuals.
- 35-45% of same-sex attracted teens smoke, compared to 29% of straight teens.
- The American Cancer Society estimates that over 30,000 LGBT individuals die each year of tobacco-related diseases. But this is an underestimate, because it assumes that LGBT individuals smoke at the same rate as the general population.
- Estrogen use in women who smoke has demonstrated a relationship to conditions like heart disease, stroke and liver damage. It's likely that transgender women who smoke and take estrogen could also experience these effects.

Sources:

1. National LGBT Tobacco Control Network
2. SmokeFree.gov
3. National Coalition for LGBT Health

WHY IS THE LGBT COMMUNITY AT RISK?

- LGBT community has been targeted by tobacco companies through sponsored events, ads, bar promotions, and giveaways.
- Many people smoke as a way to socialize and be accepted by friends. This may be especially true if you spend a lot of time hanging out in places where smoking, which is true of many LGBT-oriented events, bars, & clubs.
- A lot of people smoke to reduce stress. LGBT individuals may have to deal with the additional stress of discrimination, coming out, unsupportive relatives and friends, depression, loneliness, and/or harassment, and use smoking as a way to deal with it.
- Many LGBT individuals struggle with their sexual orientation and identity. They may take up smoking as a way to try out a new identity.

IF YOUR LGBT FRIEND IS TRYING TO QUIT...

- Offer to be part of their support team when they are ready to quit, or around any other issues.
- Think about how you can help your friend deal with stress, and follow through.
- Plan smoke-free outings and activities to do together.
- Be prepared for relapses: The average person tries to stop smoking 7-8 times before quitting permanently. So if your buddy starts to smoke again, remind them that every quit attempt brings them closer to the goal, and you'll be there to help them the next time around, too.
- Know where useful campus resources are located (e.g., *Pride Alliance*, *ATOD*).

