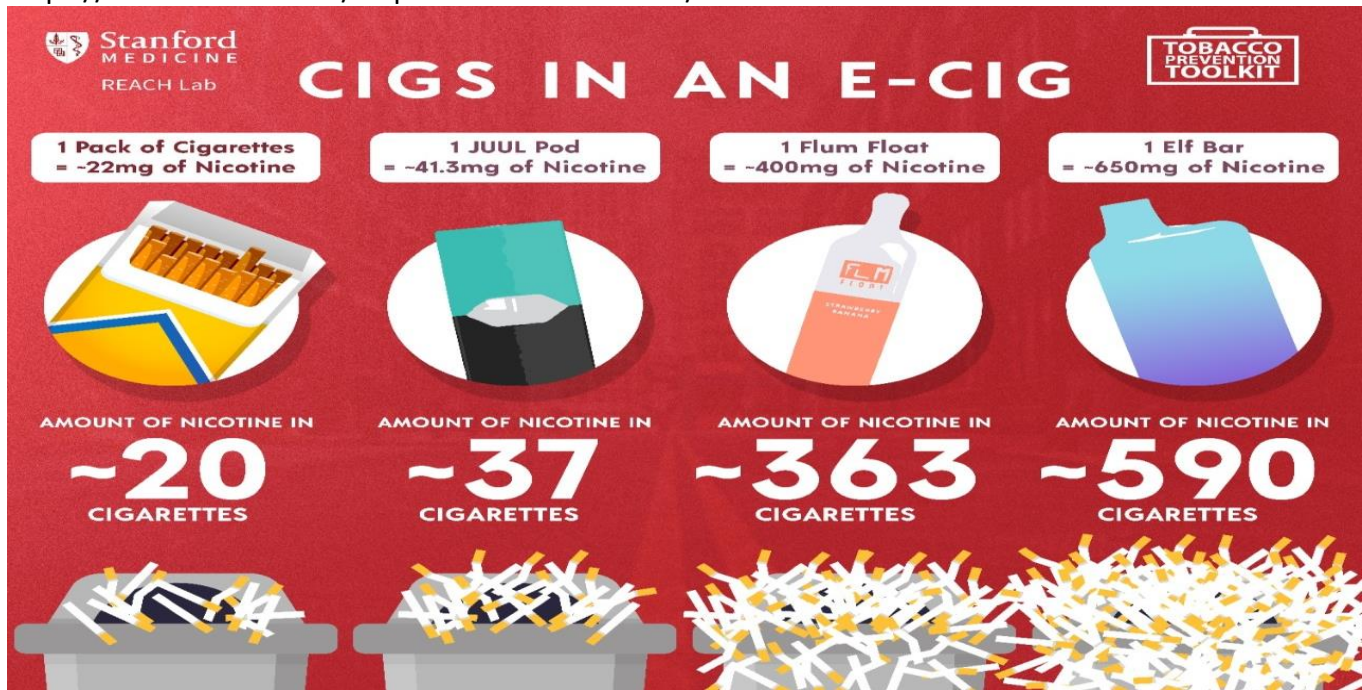


This infographic from Stanford Medicine provides a good comparison of nicotine in cigarettes, and various vaping pods/devices. With no current regulation on nicotine strength here in the United States it can make quitting very difficult, especially for youth. Quitline Iowa is a free and confidential cessation resource.

<https://med.stanford.edu/halpern-felsher-reach-lab/resources.html#nicotine-&-tobacco>



QUITTING RESOURCES



MY LIFE MY QUIT

- **FREE**
- Youth tobacco cessation program
- 5 coaching sessions
- dedicated youth coaches
- Texting program or call
- Text "Start My Quit" to 855.891.9989



QUITLINE IOWA
1.800.QUIT.NOW | 1.800.784.8669
Iowa Department of Public Health

- **18+** tobacco cessation program
- **FREE** coaching calls
- Most people living in Iowa qualify for **FREE** nicotine replacement therapy
- Email/Chat or Call
- Call 1.800.QUIT.NOW



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