

## LGBTQ+ Smoking Cessation Initiatives/Resources

### **Outlast Tobacco | National LGBT Cancer Network**

- This initiative guides LGBTQ+ individuals through the start of their quit journey and provides resources, such as the following:
  - Education on the toll of big tobacco targeting techniques
  - “Queer Tips” from former smoker
  - Connects tobacco users with the Quitline (1-800-QUIT-NOW)
  - [LGBTQ+ Quitting Tips Series](#)
- For more information follow this link: <https://cancer-network.org/outlast-tobacco/>

### **This Free Life | Smokefree.gov**

- This program connects LGBTQ+ tobacco users with various tools to assist with quitting, such as:
  - Creating a [personalized quit plan](#)
  - quitSTART: a smartphone app for tips, inspirations, and challenges to living tobacco free
  - SMOKEFREEXTXT: sign-up to receive daily text messages with encouragement, advice, and tips to assist with quitting smoking
  - Tips to develop healthy coping strategies to deal with stress
  - LGBTQ+ tailored education on:
    - [Social smoking](#)
    - [Stress and smoking](#)
    - [Tobacco companies' marketing techniques](#)
    - [Expressing LGBTQ+ identities without cigarettes](#)
  - Finding an [LGBTQ+ friendly healthcare provider](#)
  - SMOKEFREEUS Instagram page for motivational images, tips, and inspiration
- For more information follow this link: <https://smokefree.gov/lgbt-and-smoking>

### **We Breathe | California Health and Human Services Network**

- We Breathe supports a network initiative to prevent and reduce tobacco use among LGBTQ Californians and address tobacco-related health disparities within LGBTQ communities. Their webpage offers a suite of resources and education materials, including:
  - [HIV & Tobacco Factsheet](#) – in [Spanish](#)
  - [Gender Transition & Tobacco Fact Sheet](#) – in [Spanish](#)
  - [Tobacco Cessation Resources for LGBTQ+ Folk](#) – in [Spanish](#)
  - [“Amplifying Queer Voices: Mental Health and Substance Use Stories”](#)
    - Personal stories describing personal quit journeys and tobacco use triggers for the LGBTQ+ community
- For more information follow this link: <https://californialgbtqhealth.org/about-us/we-breathe/>

## History of Successful LGBTQ+ Tobacco Use Interventions

### The Last Drag | Coalition of Lavender Americans (CLASH)

- **What?** A seven-session, six-week intervention that was delivered in two-hour sessions.
- **When?** Created in 1991; published data on success from 2005-2010 attendees.
- **Success:** nearly 60% of individuals were smoke-free at the end of the intervention; 36% remained smoke-free at six months post-implementation.
- Click here to read the entire **article**: <https://doi.org/10.1080/00918369.2012.694770>.

### QueerTIPs | University of California | San Francisco & Progressive Research Training for Action | Funded by the California Tobacco-Related Disease Research Program

- **What?** Nine two-hour sessions held over an eight-week period for a class size of 8 to 20 participants, followed by two booster sessions held three and six months later.
- **When?** Facilitator manual copyrighted in 2002.
- **Success:** 40% of participants had quit smoking by the last QueerTIPs class.
- Click here to read the entire **article**:  
<https://prevention.ucsf.edu/sites/prevention.ucsf.edu/files/uploads/pubs/reports/pdf/Q-TIPS2C.pdf>.
- Click here for the facilitator **manual**:  
<http://www.lapublichealth.org/tob/pdf/QueerTIPsrevManual.pdf>.

### Call It Quits, Bitch to Quit, & Put It Out | Howard Brown Health Center

- **What?** Call it Quits was later renamed to Bitch to Quit and then Put It Out.
  - Call It Quits: (2002, a total of 105 smokers participated in 15 cessation groups).
  - Bitch To Quit (2005-2006, a total of 33 smokers participated in 5 cessation groups).
  - Put It Out (2006–2008, a total of 60 smokers participated in 10 cessation groups).
- **When?** Published data on success from programs delivered at Howard Brown Health Center from 2002 to 2006.
- **Success:** Self-reported quit rates were 32.3% at posttreatment assessment.
- Click here to read the entire **article**: <https://www.hindawi.com/journals/jeph/2013/984508/>.