

Tobacco Cessation Resources

Self-Study Materials

**U.S. Department of Health & Human Services
National Institute of Health
National Cancer Institute NCI**
<https://www.nccih.nih.gov/health/quitting-smoking>
<https://smokefree.gov/tools-tips/text-programs>
<http://smokefree.gov> (800) 4-CANCER

Office of the Surgeon General
Smoking Cessation: A Report of the Surgeon General (2020)
<https://www.hhs.gov/sites/default/files/2020-cessation-sgr-full-report.pdf>

Office on Smoking and Health (OSH)
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention (CDC)
Mail Stop K-50, 4770 Buford Highway, NE
Atlanta, GA 30341-3724
(800) CDC-1311 (800)-232-1311
(770) 488-5705
Fax: (770) 488-5939
Fax Information Service: (770) 332-2552
Web site: <http://www.cdc.gov/tobacco/>

American Cancer Society
(800) ACS-2345
www.cancer.org

American Heart Association
(800)-AHA-USA1 (800) 242-8721
www.americanheart.org
<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco>
Text: HEART to 88709

American Lung Association
O'ahu: 808-537-5966 x305
Neighbor Islands: (800) LUNG-USA
www.ffsonline.org
www.ala-hawaii.org
Self-help booklet for teens

American College of Obstetricians and Gynecologists
Resources for Pregnant women
409 12th St SW
Washington DC
(202) 638-5577
(202) 863-2518
<https://www.acog.org/topics/smoking-cessation>

**Hawaii State Department of Health
Tobacco Prevention and Control Section**
1250 Punchbowl Street, Room 217
Honolulu, Hawaii, 96813
(808) 586-4613
www.hawaii.gov/health/tobacco

Youth Websites

Hawaii Tobacco Quitline: My Life, My Quit
<https://mylifemyquit.org/index>
Dedicated toll-free number for youth:
955-891-9989
Text-to-enroll option: text "Start My Quit" to 36072

American Lung Association
<https://www.lung.org/quit-smoking/helping-teens-quit>

Campaign for Tobacco-Free Kids
<https://www.tobaccofreekids.org/>

**National Cancer Institute (NCI)
Smokefree Teen**
<https://teen.smokefree.gov>
Smokefree text for teens: QUIT to 47848

Truth Initiative
<https://www.truthinitiative.org/what-we-do/quit-smoking-tools>

Hawaii State Department of Health
Chronic Disease Prevention and Health Promotion Division
Primary Prevention Branch
Tobacco Prevention and Control Section
1250 Punchbowl Street, #217
Honolulu, Hawaii 98613-2416

Telephone: (808) 586-4613

NONDISCRIMINATION IN SERVICES

Access to programs and activities are provided without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call the Tobacco Prevention & Control section or our Affirmative Action Officer at PO Box 3378, Honolulu HI 96801-3378 or at (808) 586-4110 (voice/TTY) within 180 days of a discrimination incident.

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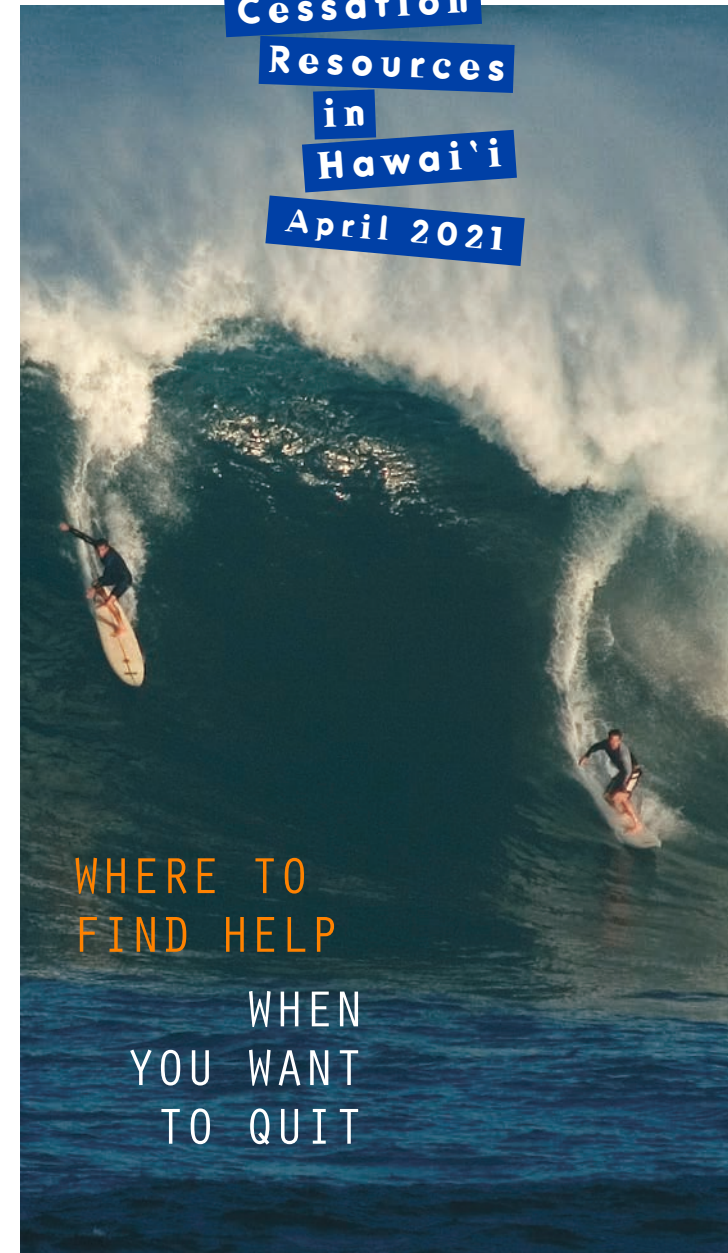
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CleanBreak

HAWAII

Tobacco
Cessation
Resources
in
Hawaii
April 2021



WHERE TO
FIND HELP

WHEN
YOU WANT
TO QUIT

Tobacco Cessation Services in the State of Hawai‘i

Statewide

Hawai‘i Tobacco Quitline

Telephone, web-based, and e-chat programs
Free Nicotine Replacement Therapy (NRT) (patches, lozenges, or gum) - based on insurance status and medical eligibility
Free 2-week NRT Starter Kit
1-800-QUIT-NOW or 1-800-784-8669
<https://hawaiiquitline.org>
The Hawai‘i Tobacco Quitline (HTQL) is a FREE confidential and convenient telephone and online (web, text, and e-mail) service to help individuals quit tobacco and vaping. General and custom programs for adults, young adults, youth, pregnant and postpartum women, and persons with behavioral health issues. Referral to community services also provided. Specialized coaches available 24 hours/7 days per week.

Nationwide

Asian Smokers' Quitline

Chinese (Mandarin or Cantonese)
1-800-838-8917
Korean 1-800-556-5564
Vietnamese 1-800-778-8440

<https://www.asiansmokersquitline.org/>
The Asian Smokers' Quitline (ASQ) is a FREE nationwide Asian language quit smoking service that offers free telephone counseling, self-help materials, free nicotine patches and online help in four Asian languages (Cantonese, Mandarin, Korean and Vietnamese). Counselors are available Monday through Friday, 7 a.m. to 9 p.m. Pacific Time, or sign up 24/7 online.

Military

UCanQuit2

<https://www.ycq2.org/>
YouCanQuit2, a Defense Department program, is an interactive educational campaign for the U.S. military to help U.S. Service members quit tobacco, for themselves and their loved ones. The online program provides 24/7 Quit Tobacco Live Chat with coaches to answer your questions, give support and encouragement to quit tobacco.

Tobacco Cessation TRICARE

<https://tricare.mil/tobaccocessation>
TRICARE covers counseling services, tobacco cessation products, and support to help active duty military and their dependents quit tobacco.

Marine Corps Community Services Hawai‘i Health Promotion Program Tobacco Cessation Classes

(for active duty, retired military and their dependents)
(808) 254-7636

NMRTC Pearl Harbor Naval Health Clinic Hawai‘i Health Promotion Tobacco Use Cessation Program

(for active duty, retired military and their dependents)
480 Central Avenue
Joint Base Pearl Harbor, Hawai‘i 96860-4908
(808) 473-2444 ext. 4507 and
(808) 471-2280

U.S. Coast Guard Tobacco Cessation Program

(for Coast Guard and their dependents only)
400 Sand Island Parkway
Honolulu, Hawai‘i 96819
(808) 842-2088

Department of Veterans Affairs Pacific Islands Health Care System Tobacco Cessation Program

4485 Pahee Street, Suite 150
Lihue, Hawai‘i 96766
(808) 246-0497 and (808) 245-4154
https://www.hawaii.va.gov/locations/Lihue_Kauai.asp

Oahu

Adventist Health Castle Wellness & Lifestyle Medicine Center Live Well Tobacco Free Program

642 Ulukahi Street, Suite 105
Kailua, Hawai‘i 96734
(808) 347-6570
<https://www.adventisthealth.org/castle/health-and-wellness/wellness-center/tobacco-nicotine-dependence/>

American Lung Association - Hawai‘i Freedom From Smoking (FFS)

201 Merchant Street, Suite 901
Honolulu, Hawai‘i 96813
(808) 537-5966
<https://www.lung.org/hawaii>

Hawai‘i Health & Harm Reduction Center

Hawai‘i’s Last Drag: Quit Tobacco Program
677 Ala Moana Blvd
Honolulu, Hawai‘i 96813
(808) 521-2437
<https://www.hhrc.org/hawaiilastdrag>

Healthy Mothers Healthy Babies Coalition of Hawai‘i Baby and Me Tobacco Free Program

245 N. Kukui Street, # 102 A
Honolulu, Hawai‘i 96817
(808) 737-5805
<https://www.hmhb-hawaii.org>

I Ola Lāhui Honolulu Branch Tobacco Dependence Treatment Program

Two locations
1441 Kapiolani Blvd, Suite 1802
Honolulu, Hawai‘i 96814
(808) 525-6255

Aiea Medical Building, #202,
99-128 Aiea Heights Dr
Aiea, Hawai‘i 96701
(808) 525-6255
<http://iolalahui.org/>

Kaiser Permanente Tobacco/Smoking/Vaping Free Program

For Kaiser members only
1010 Pensacola Street, 2nd Floor,
Honolulu Hawai‘i 96814
(808) 643-4622
Wellness Tools to Help You Thrive | Kaiser Permanente

Kalihi-Palama Health Center Living Well Hawaii Project: Smoking Cessation Program

915 North King Street
Honolulu, Hawai‘i 96817
(808) 848-1438
<http://www.kphc.org/patient/health-education/>

Kapi‘olani Medical Center for Women & Children Kapi‘olani Smokefree Families: Tobacco and Nicotine Cessation Program

1319 Punahou Street, 7th Floor
Honolulu, Hawai‘i 96826
(808) 945-1494
Tobacco and Nicotine Treatment
(hawaiipacifichealth.org)

Kōkua Kalihi Valley Comprehensive Family Services

Breathe Kalihi
2239 North School Street
Honolulu, Hawai‘i 96819
(808) 791-9425
Behavioral Health — Kōkua Kalihi Valley (kkv.net)

Ko‘olauloa Community Health Center Ho‘opi‘i Ola Pono - Striving To Live Well

56-119 Pualalea Street
Kahuku, Hawai‘i 96731
(808) 636-0030
<https://www.koolauloachc.org/services/>

Waī‘anae Coast Comprehensive Health Center

E Malama I Kou Ha, Tobacco Cessation Program
86-260 Farrington Highway
Waianae, Hawai‘i 96792
(808) 697-3599
<https://www.wcchc.com/>

Waikīkī Health Tobacco Cessation Programs Targeting Priority Populations

Waikiki Health Ohua Avenue Clinic
277 Ohua Avenue
Honolulu, Hawai‘i 96815
(808) 791-9391
<https://waikihc.org>

Waikiki Health Makahiki Medical & Dental Clinic

935 Makahiki Way
Honolulu, Hawai‘i 96822
(808) 537-8384

Path Clinic (Perinatal Addiction Treatment of Hawai‘i)

Baby and Me Tobacco Free Program
845 22nd Avenue
Honolulu, Hawai‘i 96816
(808) 791-9390

Waimānalo Health Center Hanu A Ola – Tobacco/Smoking Cessation Program

41-1295 Kalanianaʻole Highway
Waimanalo, Hawai‘i 96795
(808) 259-7948
<https://waimanalohealth.org>

Hawai‘i Island

Bay Clinic, Inc. Tobacco Cessation Support for All-Smokefree East Hawai‘i
1178 Kinoole Street, Bldg B
Hilo, Hawai‘i 96720
(808) 969-1427
<http://www.bayclinic.org/services/primary-care-services/tobacco-cessation>

Big Island Substance Abuse Council BISAC Smoking Cessation Program

16-179 Melekehwiwa Street
Kea‘au, Hawai‘i 96749
(808) 969-9994 or (808) 935-0077
<http://www.bisac.org/>

Hāmākua-Kohala Health Center Tobacco Cessation Program

45-549 Plumeria Street
Honokaa, Hawai‘i 96727
(808) 937-9979
<https://www.hamakua-health.org/services/tobacco-and-e-smoking-device-cessation-program/>

West Hawai‘i Community Health Center E Hanu Tobacco Cessation Program

75-5751 Kuakini Highway
Kailua-Kona, Hawai‘i 96740
(808) 326-5629
<https://www.westhawaiihc.org/programs/tobacco-cessation/>

Kaua‘i

Ho‘ola Lahui Hawai‘i, Native Hawaiian Healthcare Systems

Kaua‘i Community Health Center Tobacco Cessation Program
4491 Rice Street, Unit 106
Lihue, Hawai‘i 96766
(808) 652-4428 or (808) 240-0194
<http://www.hoolalahui.org/healthclinics/behavioralhealthservices.html>

Malama Pono Health Services Tobacco Cessation Program

4370 Kukui Grove Street, Suite 3-115
Lihue, Hawai‘i 96766
(808) 246-9577
<https://mphskauai.org/tobacco-cessation/>

Lana‘i

Coalition for a Drug Free Lana‘i Tobacco Cessation Program

730 Lana‘i Avenue, Suite #108
Lana‘i City, Hawai‘i 96763
(808) 565-6043
<https://www.lanaai96763.com/businessprofile/coalition-for-a-drug-free-lana/>

Lana‘i Community Health Center Stay Quit Program

478 Luahala Place
Lana‘i City, Hawai‘i 96763
(808) 565-6919 ext. 121
<https://lanaihealth.org/stay-healthy-programs/quit-smoking/>

Maui

Mālama I Ke Ola Health Center (Community Clinic of Maui)

Tobacco Cessation Program
1881 Nani Street
Wailuku, Hawai‘i 96763
(808) 872-4050
<https://ccmaui.org/>
Please call for more information for Lahaina Satellite Clinic

Molokai

Na Pu‘uwai, Native Hawaiian Health Care Systems

Quit Smoking Program
604 Maunaloa Highway, Bldg C
Kaunakakai, Hawai‘i 96748
(808) 560-3653
<https://napuwai.org/services/programs/>

Hawai‘i Medicaid Coverage for Tobacco Cessation

In Hawai‘i, Medicaid services are delivered through five (5) Managed Care Organization (MCO) health plans. Tobacco cessation (listed in Primary & Acute Care Services) is a covered benefit under the QUEST Integration Health plan.

AlohaCare
(887) 973-0712
www.alohacare.org

HMSA
(800) 440-0640
www.hmsa.com/QUEST

Kaiser Permanente
(800) 651-2237
<https://kpquest.org/>

‘Ohana Health Plan
(888) 846-4262
www.ohanahealthplan.com

United Healthcare Community Plan
(888) 980-8728
www.uhccommunityplan.com/hi