

# Tobacco Cessation Resources

## Self-Study Materials

### American Cancer Society

800-ACS-2345  
www.cancer.org

### American College of Obstetricians And Gynecologists For Pregnant women

202-638-5577

### American Heart Association

800-AHA-USA1 (242-8721)  
www.americanheart.org

### American Lung Association of Hawaii

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

### Centers for Disease Control and Prevention

800-CDC-1311  
www.cdc.gov/tobacco

### Hawaii State Department of Health Tobacco Prevention and Education Program

1250 Punchbowl Street, Room 217  
Honolulu, Hawaii, 96813  
Phone (808) 586-4613  
Toll Free (888) 810-8112  
Fax (808) 586-8252  
www.hawaii.gov/health/tobacco

### National Cancer Institute NCI

http://cis.nci.nih.gov/fact/8\_13.htm  
http://cancer.gov (see also LiveHelp link)  
http://smokefree.gov  
800-4-CANCER

### Office on Smoking and Health (OSH)

National Center for Chronic Disease  
Prevention and Health Promotion  
Centers for Disease Control and Prevention  
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/>  
Email: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

### Office of the Surgeon General

[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)

## Websites

### American Lung Association of Hawaii

[www.ffsonline.org](http://www.ffsonline.org)

### Free for Life

<http://www.lovehawaii.com/tobacco.html>

### Kaiser Permanente

[www.kp.org](http://www.kp.org)

### National Cancer Institute NCI Cancer Information Service CIS

[www.smokefree.gov](http://www.smokefree.gov)

### Quitnet (Boston University)

[www.quitnet.com](http://www.quitnet.com)

### Resource Center of Massachusetts

[www.trytostop.org](http://www.trytostop.org)

## Youth Websites

[www.gottaquit.com](http://www.gottaquit.com)

[www.nobutts.ucsd.edu](http://www.nobutts.ucsd.edu)  
UC San Diego targets teen smoking

### Brochures:

1. Think About It
2. Hawaii Cessation Handbook
3. Hawaii Tobacco Cessation Resources Guide
4. Tobacco Cessation Services In the State of Hawaii Service Providers Referral Guide

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Director of Health

Hawaii State Department of Health  
Tobacco Prevention and Education Program  
Chronic Disease Management and Control Branch  
Community Health Division  
1250 Punchbowl Street, #217  
Honolulu, Hawaii 96813-2416

Telephone: (808) 586-4613 + Toll Free (888) 810-8112  
Fax (808) 586-8252

### NONDISCRIMINATION IN SERVICES

We provide access to our programs and activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call the Tobacco Prevention & Education Program or our Affirmative Action Officer at P.O. Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice/TTY) within 180 days of a problem.

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# CleanBreak

HAWAII

Tobacco  
Cessation  
Resources  
in  
Hawai'i  
June 2007

WHERE TO  
FIND HELP

WHEN  
YOU WANT  
TO QUIT

# Tobacco Cessation Services in the State of Hawaii

## Statewide

**Hawaii Tobacco Quitline  
Combines telephone counseling and  
nicotine replacement therapy**  
800-Quit Now, 1 (800) 784-8669  
5:00 am - 9:00 pm Monday-Friday  
5:00 am - 6:00 pm Saturday-Sunday

**American Lung Association of Hawaii  
Not on Tobacco  
(Special program for teens)**  
680 Iwilei Road, Suite 575  
Honolulu, HI 96817  
Oahu (808) 537-5966 ext. 216

**Hawaii Acupuncture Association**  
P.O. Box 11202  
Honolulu, HI 96828  
(808) 538-6692

**HMSA  
Ready Set Quit**  
Telephone counseling, case management,  
tobacco cessation classes and NRT  
Oahu (808) 952-4400  
Neighbor Islands Call 1 (800) 225-4122

**Kaiser Permanente  
Health Education Department  
Tobacco Cessation Program**  
Oahu (808) 432-2274  
Maui (808) 243-6483  
Hawaii (808) 934-4077

**U.S. Coast Guard  
Work Life Center  
Tobacco Cessation Program  
(for Coast Guard and their families)**  
400 Sand Island Parkway  
Honolulu, HI 96819  
(808) 842-2088

## Oahu

**Alliance of Hawaii Hypnotherapist  
Hawaii Hypnotherapist Association**  
126 Kaluamoo Street  
Kailua, HI 96734  
(808) 261-2618

**American Lung Association of Hawaii  
Freedom from Smoking**  
680 Iwilei Road, Suite 575  
Honolulu, HI 96817  
(808) 537-5966 ext. 216  
Services available on  
(Oahu, Maui, Kauai & East Hawaii)

**Castle Medical Center & Castle Center  
for Nicotine Dependency Treatment**  
Group and individual sessions  
642 Ulukahiki Street, Suite 105  
Kailua, HI 96734  
(808) 263-5050

**Free For Life  
Tobacco Cessation Program**  
44-160 Kou Place, #2  
Kaneohe, HI 96744  
(808) 235-2284  
(Location varies with class booking)

**Hickam Air Force Base  
Health and Wellness Center (HAWC)  
Tobacco Cessation Program**  
800 Scott Circle, Hickam AFB  
Honolulu, HI 96853  
(808) 448-6170  
(For active duty military, retired military  
DoD civilian and their dependents)

**Kalihi-Palama Health Center  
Smoke Free Families Program**  
(No outside referral)  
915 N. King Street  
Honolulu, HI 96817  
(808) 848-1438

**Ke Ola Mamo  
Native Hawaiian Health Care System of  
Oahu**  
1505 Dillingham Blvd., Room 205  
Honolulu, HI 96817  
(808) 848-8000 ext. 224

**Kokua Kalihi Valley Comprehensive  
Family Services  
Kalihi Stop Smoking Now**  
2239 North School St.  
Honolulu, HI 96819  
(808) 791-9400

**Kokua Kalihi Valley  
Comprehensive Family Services,  
Perinatal smoking cessation and post  
partum relapse prevention to promote  
smoke free families**  
2239 N. School Street  
Honolulu, HI 96819  
(808) 791-9420

**Naval Health Clinic Hawaii  
Health Promotion Department**  
480 Central Avenue  
Pearl Harbor, HI 96860  
(808) 473-1880 ext. 2283

**The Queens Medical Center**  
Health Education & Wellness Department  
Smokeless Program  
1301 Punchbowl Street  
Honolulu, HI 96813  
(808) 537-7117

**Tripler Army Medical Center  
Tobacco Cessation Program  
Department of Psychology**  
1 Jarrett White Road  
TAMC, Honolulu, HI 96859  
(808) 433-1498

**Waianae Coast Comprehensive  
Health Center  
E Malama I Kou Ha  
“Care For Your Life Giving Breath”**  
86-260 Farrington Hwy.  
Waianae, HI 96792  
(808) 696-1599

## Maui

**Community Clinic of Maui  
Tobacco Dependence Treatment  
Program**  
48 Lono Avenue  
Kahului, HI 96732  
(808) 872-4029

**Hana Community Center**  
1501 Ua Kea Road  
Hana, HI 96713  
(808) 248-7502

**Hui No Ke Ola Pono  
Native Hawaiian Healthcare System  
Tobacco Cessation Program  
J. Walter Cameron Center**  
95 Mahalani St., Room 21  
Wailuku, Maui, HI 96793  
(808) 244-4647

**Judiciary Maui Drug Court**  
2050 Main Street  
Wailuku, HI 96793  
(808) 442-3850

## Hawaii

**Big Island Substance Abuse Council**  
81-947 Halekii Street  
Kealahou, HI 96750  
(808) 322-3100

**Department of Veterans Affairs  
Hilo Community Based Outpatient  
Clinic/Tele-quit and Addiction  
Counseling Program**  
1285 Waiuanue Ave., Suite 211  
Hilo, HI 96720  
(808) 935-5774

**Hamakua Health Center  
Patients Education Center**  
45-549 Plumeria Street  
Honokaa, HI 96727  
(808) 930-2746

**Hui Malama Ola Na Oivi  
Native Hawaiian Healthcare System  
Tobacco Cessation Program**  
69-A Railroad Ave.  
Hilo, HI 96720  
(808) 969-9220

**Lokahi Treatment Center  
Tobacco Cessation Program**  
68-1845 Waikoloa Rd., Suite 224B  
Waikoloa, HI 96738  
(808) 883-0922

**Tobacco Education and Assistance  
Program, KICK-THENIC!  
Group Treatment**  
P.O. Box 2087  
Keaau, HI 96749  
(808) 557-4838

**Tutu's House  
Ready or Almost Ready to Quit  
Program**  
64-1032 Mamalahoa Hwy, Suite 305  
Kamuela, HI 96743  
(808) 885-6777

**West Hawaii Community Health Center  
Tobacco Cessation Program**  
75-5751 Kuakini Hwy Suite 101  
Kailua-Kona, HI 96704  
(808) 326-5629

## Kauai

**Ho'ola Lahui Hawaii  
Native Hawaiian Healthcare System  
Pau Tobacco**  
4491 Rice Street  
Lihue, HI 96766  
(808) 240-0107  
(For registered users of Ho'ola Lahui Hawaii,  
Kauai Community Health Center only)

**Kauai Family Center  
Tobacco Cessation Program**  
Two Locations: Nana's House  
9875 Waimea Road, Waimea, HI 96796  
Ph: (808) 338-0252  
Hale Ho'omalua: 4-1112 Kuhio Highway  
Kapaa, HI 96746  
Ph: (808) 841-2520

**Tobacco Free Kauai  
Kauai East Side School Complex  
Tobacco Control Program  
Kapaa High School  
Kauai Rural Health Association**  
4695 Maillihuna Road  
Kapaa, HI 96740  
(808) 821-4401 ext. 140

**Waimea High School  
Tobacco Prevention Program  
(for youth & pregnant teens)**  
9707 Tsuchiya Rd.  
Waimea, HI 96796  
(808) 338-6810 ext. 155

## Molokai

**Na Puuwai Native  
Hawaiian Healthcare System**  
P.O. Box 130  
Kaunakakai, HI 96748  
(808) 553-8288

## Lanai

**Coalition for a Drug Free Lanai  
Tobacco Cessation Program**  
730 Lanai Avenue, Suite #10  
Lanai City, Lanai, HI 96763  
(808) 565-6043

# Tobacco Cessation Resources in Hawai'i

## Telephone Quitlines:

**American Cancer Society**  
(800) ACS-2345 / (800) 227-2345

**American Legacy Foundation**  
*Great Start* (for pregnant women)  
(866) 667-8278

**American Lung Association**  
(800) 548-8252  
(800) LUNG-USA / (800) 586-4872  
toll free: (866) QUIT-YES

**HMSA: Ready, Set, Quit!**  
For HMSA members  
O'ahu: 952-4400  
Neighbor Islands: (888) 225-4122

**Kaiser Permanente**  
Free & Clear telephone-based counseling  
\$25 registration fee is refundable if you  
participate in all five appointments  
(800) 292-2336

**National Cancer Institute (NCI)  
Cancer Information Service (CSI)  
Smoking Quitline**  
Cessation support counseling  
Free  
(877) 448-7848 (877-44U-QUIT)  
or (800) 422-CANCER / (800) 422-6237  
TTY (for deaf and hard of hearing callers):  
(800) 332-8615

**Queen's Quit Tobacco Hotline**  
(808) 537-7300