

To sign up, please call, mail or deliver your inquiry to the nearest BABY & ME – Tobacco Free program site:

BABY & ME – Tobacco Free Program  
Noel Will, Tobacco Cessation Specialist  
**Sarah Bush Lincoln Health Center**  
1000 Health Center Drive  
Mattoon, IL 61938  
Tel. 217-238-4691

BABY & ME – Tobacco Free Program  
Valerie Mullen, Nursing Coordinator  
**Clark County Health Department**  
997 N York St , P.O. Box 266  
Martinsville, IL 62442  
Tel. 217-382-4207

BABY & ME – Tobacco Free Program  
Lee Ann Bryant, Health Educator/Tobacco  
Coordinator  
**Coles County Health Department**  
825 18th St  
Charleston, IL 61920  
Tel. 217-348-0530

BABY & ME – Tobacco Free Program  
Sheri Drotor, Administrator  
**Cumberland County Health Department**  
200 South Indiana  
PO Box 130  
Toledo, IL, 62468  
Tel. 217-849-3211

BABY & ME – Tobacco Free Program  
Amanda S. Minor, Administrator  
**Douglas County Health Department**  
1250 E. US Hwy. 36  
Tuscola, IL 61953  
Tel. 217-253-4137

BABY & ME – Tobacco Free Program  
Suzy Tribby, Health Educator  
**Edgar County Health Department**  
502 Shaw Ave  
Paris, IL 61944  
Tel. 217-465-2212



BABY & ME – Tobacco Free is made possible by grants from the Rural Health Initiative of the SIU School of Medicine and Women-Connected, a women's philanthropic giving circle within the Sarah Bush Lincoln Health Foundation.

 *SIU School of Medicine*

womenConnected

 **Sarah Bush  
Lincoln**  
Trusted Compassionate Care



**Quit Smoking  
and get  
Free Diapers  
for up to  
Six Months**

# Here's How You Get Your FREE Diapers

## PROGRAM REQUIREMENTS

Participate in 4 smoking cessation programs.

Quit smoking and stay quit during your pregnancy.

Agree to take a simple breath test to verify your non-smoking status. This breath test will be repeated on a monthly basis after delivery to qualify for the vouchers.

After the birth of the baby, continue to be smoke-free and receive a monthly voucher for FREE DIAPERS, that can be used at participating local stores.

**BABY & ME – Tobacco Free**  
is recognized as a Model Practice program  
by the National Association of County &  
City Health Officials (NACCHO.)

For more information, see  
[www.babyandmetobaccofree.org](http://www.babyandmetobaccofree.org)

## Quit smoking with the BABY & ME – Tobacco Free™ Program



# Healthy Moms Have Healthy Babies.

**Pregnancy is a perfect time to quit smoking.**

*When you avoid tobacco, you...*

- Decrease your risk of a miscarriage.
- Help baby's lungs grow strong.
- Improve baby's overall health.
- Help ensure your baby is born on time and at a healthy weight.
- Live longer, healthier, and happier with your baby.

*There are 7,000 chemicals in a cigarette with 62 cancer-causing agents. Your unborn baby receives those poisons every time you smoke.*

## Please Contact Me

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

County: \_\_\_\_\_

Daytime Telephone: \_\_\_\_\_

Baby's due date: \_\_\_\_\_

No. of cigarettes smoked daily: \_\_\_\_\_

I want to quit smoking and would like to learn more about the BABY & ME – Tobacco Free program. I give my permission for the project director of my local program to contact me to determine my eligibility to participate in the program.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

To sign up, please call, mail or deliver this form to the local program office nearest you (see other side for locations.)

Valid through December 2015.