

## Tobacco Free Sarpy

### *Mission*

To promote and to advocate for healthy tobacco-free lifestyles through public policy, education and enforcement.

### *Vision*

To empower the community to advocate for reduction of tobacco use by changing norms. TFS will promote prevention and policy change through increased community education and awareness.

### *Goals*

- Reduce exposure to secondhand smoke
- Reduce health disparities related to tobacco use in Sarpy County
- Reduce youth access to tobacco
- Reduce tobacco use within Sarpy County

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

## Heartland Family Service

Heartland Family Service is a place where people can find the help they need to be safe, healthy and happy. We can help you with information about:

- Parents and children
- Early childhood development
- Alcohol, drugs and gambling
- Child abuse
- Juvenile delinquency
- Family violence
- Poverty and homelessness
- Counseling (depression, stress, etc.)
- Summer and after-school care for girls

Call 402-552-7400

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

## Tobacco-Free Resources

### Ready to quit?

Call 1-800-QUIT-NOW (1-800-784-8669)

[QuitNow.ne.gov](http://QuitNow.ne.gov)

### Tobacco Free Sarpy

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

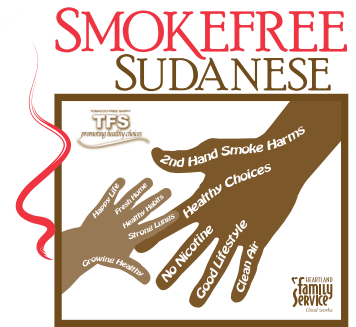
402-593-3022

### Tobacco Free Nebraska

[dhhs.ne.gov/tfn](http://dhhs.ne.gov/tfn)

### Heartland Family Service

402-553-3000



Funding provided by the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.

## Secondhand Smoke Hurts Your Unborn Baby

# Smoking and secondhand smoke during pregnancy causes . . .

low birth  
weight and  
premature birth

miscarriages  
and  
stillbirths

SIDS  
(sudden infant  
death syndrome)

heart  
defects in  
babies

problems with  
brain and lung  
development

birth  
defects

