

# How to be tobacco free

Healthy Utah  
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# Quitting

- Health effects
- Benefits
- Why is it so hard?
- Process
- Resources





# Health Effects

All forms of tobacco are dangerous to smokers & nonsmokers alike





# Chemicals in Tobacco Smoke

- Nicotine
- Carbon monoxide
- Tar
- Hydrogen cyanide
- Arsenic
- Methane



# Chemicals in Smokeless Tobacco

- Formaldehyde
- Lead
- Cadmium
- Hydrocarbons



# Benefits of Quitting

Your health, your wallet, your children, your friends...



Time Period	Health Benefits
20 minutes	Blood pressure drops, pulse rate drops to normal
8 hours	Carbon monoxide levels in the blood return to normal, oxygen level increases
24 hours	Chance of heart attack decreases
48 hours	Food smells and tastes better, nerve endings begin to regrow
72 hours	Breathing gets easier as bronchial tubes relax, lung capacity increases
3 weeks	Mucus in the lungs loosens, lung function and circulation improves
2 months	Blood flows more easily to arms and legs, lung function increases up to 30%
3 months	Lungs become more healthy, breathe more easily, get fewer colds
1 year	Risk of sudden death from heart attack is almost cut in half
5 years	Lung cancer death rate for the average smoker decreases nearly 50%
10 years	Risk of heart attack and stroke becomes almost the same as a nonsmoker, risk of cancer drops significantly




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\_\_\_ packs/day x 7 = \_\_\_ (packs/week)  
 \_\_\_ packs/week x \$ \_\_\_ (cost/pack) = \$ \_\_\_ (cost /week)  
 \_\_\_ cost/week x 52 = \$ \_\_\_ (cost /year)

Example:


2 packs/day x 7 = 14 packs/week  
 14 packs/week x \$4 = \$56/week  
 \$56 /week x 52 = \$2912




## Why is it so hard to quit??

## 3 Battles




- Habit
- Physical addiction
- Psychological addiction



## The Process of Quitting

- Motivation & Commitment
- Personal assessment
- Plan for success
- Slip control
- Personal rewards




## Motivation and Commitment

- How badly do you want it?
  1. Don't care
  - ↓
  10. Want very badly
- How willing are you to do whatever it takes?
  1. Not willing
  - ↓
  10. Very willing




## Personal Assessment

- Why do you use tobacco?
  - Who?
  - What?
  - Where?
  - When?
  - Why?
  - Do you really need the chew or cigarette?




## Personal Assessment

- Why do you want to quit?
  - Short term & long term



## Plan for Success

- Form new behaviors
  - Safe
  - Affordable
  - Legal
  - Healthy
- Ask for support
- Choose a method




## Approaches to Quitting

- Cold Turkey
- Tapering
- Place Postponement
- Time Postponement
- Combination
- For each approach:
  - Method
  - Benefits
  - Drawbacks





## Slip Control

- Eliminate temptation
- Decide if you're ready to quit again
- Have a plan to deal with stress
- Relapsing is normal
- Use it as a stepping stone to success



## Rewards for Success

- Spend the money saved on something special
- Brag to friends, family and co-workers
- Focus on how much better you feel without using tobacco.

## Resources



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

- An interactive, online guide that takes you through the steps to quitting and staying quit



## [www.becomeanex.org](http://www.becomeanex.org)

- American Legacy foundation
- Utilizes proven methods to teach smokers how to quit and stay quit
- Re-learn your life without cigarettes




## [www.utahquitnet.com](http://www.utahquitnet.com)

- Quit Date Wizard
- Community Support (day and night)
- Medication Guide
- Medication Wizard
- Expert Counseling




## Utah Tobacco Quit Line: 1.888.567.TRUTH (8788)

- Phone-based counseling
- Convenient, private, and effective
- All PEHP subscribers receive these FREE services:
  - A personal plan for quitting
  - A Quit Guide to walk you through the quitting process step by step.
  - Nicotine replacement therapy (such as the patch or gum) if eligible and appropriate.



## Healthy Utah Tobacco Cessation Rebate

- \$100 rebate
- Quit for six months AND
- Participate in the Utah Tobacco Quitline
  - 1.888.567.TRUTH (8788)
  - 5 phone conversations with a quit coach
- No pre-registration necessary



## Smokeout Challenge

- November 5 – December 19
- Daily emails to provide motivation and support
- Great American Smokeout quit date – November 19
- Quit for 1 month
- Register in your myHealthyUtah account



## Upcoming Webinars

- **Stop Diabetes in its Tracks!**, Ginny Burns, RN, Certified Diabetes Educator – IHC
  - Date: Wednesday, November 18th 2009
  - Time: 12:00 PM - 12:30 PM MDT
- **Healthy Holidays**, Maria Lichty
  - Date: Tuesday, December 1st 2009
  - Time: 12:00 PM - 12:30 PM MDT
- **Take Ten Tuesdays**, Joni Alonso
  - Dates: November 22 - December 31, 2009
  - Every Tuesday at 10:00 AM

