

Living tobacco free

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Objectives

- Discuss facts about tobacco use.
- Describe health risks of tobacco use.
- Identify benefits of quitting tobacco.
- Discuss tips for quitting tobacco.
- Review nicotine replacement therapy options.

This information does not provide medical advice, diagnosis, or treatment. It should not be used as a substitute for healthcare from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

WEBMD MISSION STATEMENT

To empower organizations and their populations to improve well-being through personalized, strategic partnerships.

Tobacco Facts



Tobacco Use In the United States

- 20.8% of adults use some type of tobacco.
- 11.5% of adults smoke cigarettes.
- 68% of tobacco users want to quit.
- 55% of tobacco users have tried to quit in the last year.
- 7.5% of tobacco users have successfully quit in the last year.
- 62% of tobacco users who ever smoked have quit.

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/cigarette-smoking-in-the-us.html



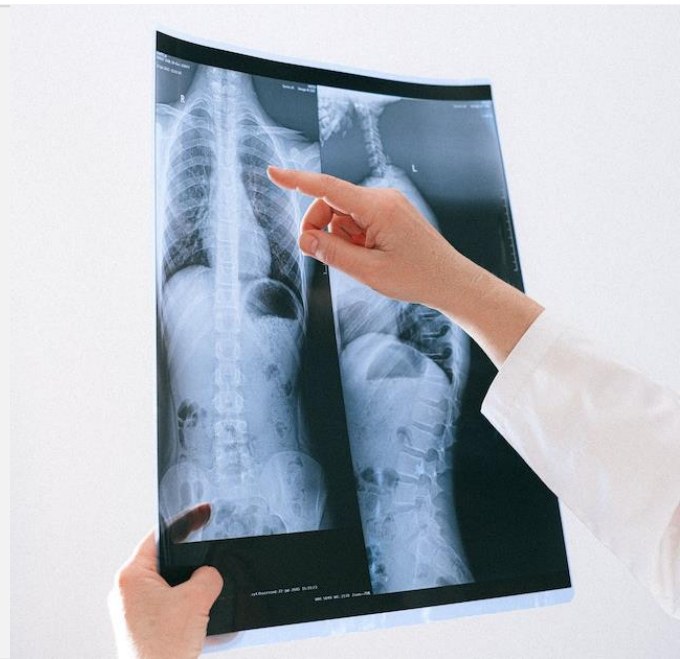
Health Risks of Tobacco Use



Health Risks of Tobacco Use

- Coronary heart disease
- Stroke
- COPD
- Cancer
- Diabetes
- Osteoporosis
- Vision impairments
- High-risk pregnancy

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm



What About Vaping?

- Using e-cigarettes or “vapes” is not a safe alternative to tobacco use
- Contain:
 - Nicotine
 - Chemicals linked to cancer
 - Chemicals linked to lung disease

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html



Health Benefits of Quitting Tobacco

- Improves health
- Improves quality of life
- Can add up to 10 years of life expectancy
- Benefits pregnant women and their fetuses

https://www.cdc.gov/to/bacco/quit_smoking/how_to_quit/benefits/



Additional Benefits of Quitting Tobacco

- Saves money
- Saves time
- Improves skin
- Improves sense of smell and taste
- Expands social opportunities

<https://www.webmd.com/smoking-cessation/reasons-to-quit-smoking>



Benefits of Quitting Smoking Over Time

Time after quitting	Health benefits
Within minutes	Heart rate drops
24 hours	Nicotine level in blood disappears
Several days	Carbon monoxide level in blood drops to level of nonsmoker
1-12 months	Coughing decreases and shortness of breath improves
1-2 years	Heart attack risk drops dramatically
3-6 years	Additional risk of heart disease drops by 50%
5-10 years	Additional risk of mouth and throat cancers drops by 50% Risk of stroke decreases
10-15 years	Additional risk of lung cancer drops by 50% Risk of bladder and kidney cancer decreases Risk of heart disease similar to someone who does not smoke
20 years	Risk of mouth, throat, and pancreatic cancer similar to someone who does not smoke Additional risk of cervical cancer drops by 50%

https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/

How To Quit Tobacco



Know Your Why

- WHY is quitting important to you?
 - How will I benefit from quitting?
 - If I don't quit, what will the consequences be and am I okay with them?
- Write your reasons down on paper and put them where you will see them every day.

<https://smokefree.gov/quit-smoking/why-you-should-quit/why-do-you-want-to-quit>



Set a Quit Date

- Make the commitment to a specific date
- Give yourself time to devise a plan
- Don't give yourself too much time
- Tell others

<https://smokefree.gov/quit-smoking/getting-started/prepare-to-quit>



Identify Triggers

- Triggers can be anything that lead to a desire to smoke.
- 4 general types:
 - Emotional
 - Pattern
 - Social
 - Withdrawal

<https://smokefree.gov/challenges-when-quitting/cravings-triggers/know-your-triggers>



Build a Support Team

- You don't have to do this alone.
- Let others know the kind of support that would be helpful for you.
 - Cheerleading
 - Distraction
 - Information and resources

<https://smokefree.gov/quit-smoking/getting-started/ask-for-help>



Have a Practice Day

- Schedule a practice day to test out your plan.
- Opportunity to practice what to do with triggers and cravings.
- Use Smokefree.gov's Practice Quit and Daily Challenges programs for support.

<https://smokefree.gov/tools-tips/text-programs/practice-quitting/practice-quit>



On Your Quit Day

- Get rid of all tobacco paraphernalia.
- Make plans with people who don't smoke.
- Get some physical activity.
- Avoid places where you would normally smoke.
- Have gum, hard candy, or straws available.
- Talk with a tobacco cessation counselor.

<https://smokefree.gov/quit-smoking/getting-started/steps-to-manage-quit-day>



A photograph of a man climbing a rock wall. He is wearing a grey t-shirt and a climbing harness, and is holding a rope. The wall is covered in colorful climbing holds. In the background, a woman is also climbing the wall. The image is partially obscured by a white rectangular overlay on the left side.

Prepare for Challenges

Tobacco Cravings

- Do something – anything – else
- Practice mindfulness
- Talk back to the urge
- Allow the craving to just be there

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/tips-for-quit/index.html>



Nicotine Withdrawal

- Symptoms of nicotine withdrawal:
 - Irritability
 - Anger
 - Restlessness
 - Difficulty concentrating
 - Anxiety
 - Hunger

<https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/withdrawal-fact-sheet>



Nicotine Replacement Therapy

- May double the chances of tobacco cessation success
- Variety of therapies
 - Medications
 - Patches
 - Lozenges
 - Gum
 - Nasal spray

<https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quitteing-smoking/nicotine-replacement-therapy.html>



Managing Withdrawal Symptoms

- Engage in a fulfilling hobby or project
- Limit caffeine
- Practice relaxation techniques
- Be active
- Have healthy foods available

<https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/withdrawal-fact-sheet>



Slips and Relapses

- If you have a slip:
 - Be kind to yourself.
 - Get right back on track.
 - Remind yourself of how far you have come.
 - Use support systems.
 - Have a plan for what you will do differently next time.

<https://www.lung.org/quit-smoking/i-want-to-quit/be-prepared-for-challenges>



Resources and Benefits

- PEBB/SEBB Live Tobacco Free Benefits
- Quitlines
- Youth and Vaping
- Online and App Based Resources
- SmartHealth



Living Tobacco Free



Offerings depend on the employee's medical plan.

- Coaching
- Medications
- Nicotine replacement therapy
- "Living Tobacco Free SEBB"
- "Living Tobacco Free PEBB"
- All subscribers and their dependents (ages 18 and older) enrolled in a PEBB or SEBB medical plan are eligible.
- Some plans also offer tobacco cessation resources for teens.

Living tobacco free: PEBB

- [Kaiser Permanente NW](#)
 - Digital coaching
 - Wellness coaching by phone
- [Kaiser Permanente WA](#)
 - Quit for Life tobacco cessation program
 - Counseling
- [Uniform Medical Plan](#)
 - Quit for Life tobacco cessation program
 - Nicotine replacement therapy
 - Counseling



Living tobacco free: SEBB

- [Kaiser Permanente NW](#)
 - Digital coaching
 - Wellness coaching by phone
- [Kaiser Permanente WA](#)
 - Quit for Life tobacco cessation program
 - Counseling
- [Uniform Medical Plan](#)
 - Quit for Life tobacco cessation program
 - Nicotine replacement therapy
 - Counseling
- [Premera Blue Cross](#)
 - Quit for Life Tobacco cessation program
 - Preventive coverage for services, prescription medications, and over-the-counter medications.



Smart [Heart] Health

- New Features and resources to support your overall well-being:
 - Well-being Assessment
 - Activities
 - Featured Activities
 - Benefits Activities
 - Core Activities
 - Device and App Connections
 - Health Trackers



Online and Mobile App

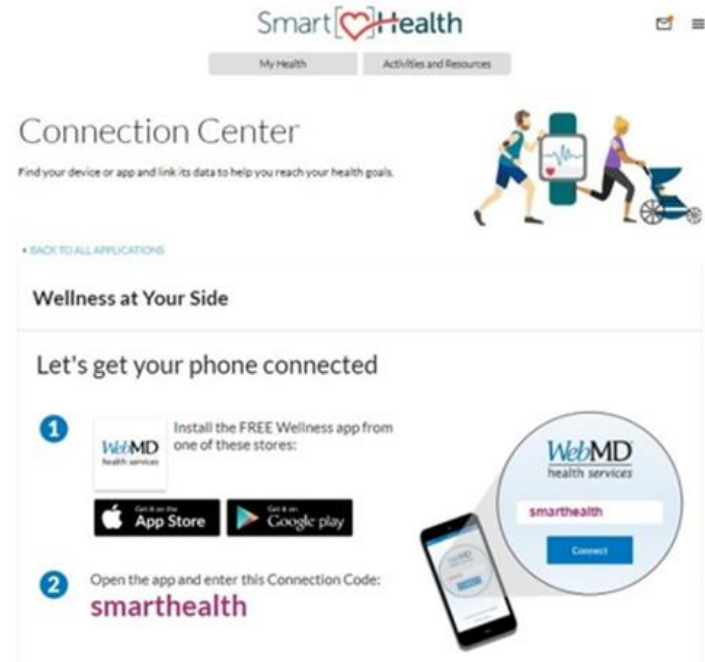
SmartHealth.hca.wa.gov


Wellness At Your Side App

Smart[]Health



Continue with SecureAccess Washington (SAW)



The screenshot shows the SmartHealth website interface. At the top, the logo "Smart[]Health" is displayed, along with navigation tabs for "My Health" and "Activities and Resources". Below the header is the "Connection Center" section, which includes the text "Find your device or app and link its data to help you reach your health goals." and an illustration of a family (a man, a woman, and a child) with a stroller. A link "BACK TO ALL APPLICATIONS" is visible. The main content area is titled "Wellness at Your Side" and features the heading "Let's get your phone connected". Step 1 instructs users to "Install the FREE Wellness app from one of these stores:" and provides buttons for the "App Store" and "Google play". Step 2 instructs users to "Open the app and enter this Connection Code: **smarthealth**". A circular graphic on the right shows the "WebMD health services smarthealth" app logo and a "Connect" button, with a smartphone displaying the app interface.

SmartHealth Tobacco Activities and Resources

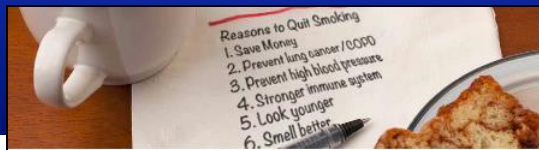


How to help someone live tobacco free

Learn tips to help your loved ones quit tobacco.

50 POINTS

[LEARN HOW](#)



Talking to loved ones about tobacco use

Learn how to talk to your loved ones about tobacco use.

50 POINTS

[LEARN HOW](#)



Create a personalized nicotine quit kit.

Manage nicotine cravings with a personalized quit kit.

50 POINTS

[LEARN MORE](#)

Quitline's

- WA State Quitline
 - Call **1-800-QUIT-NOW** (1-800-784-8669)
 - Visit quitline.com
 - Text READY to 200-400
- Population Specific Quitlines
 - [Asian Smokers Quitline](#)
 - Mandarin or Cantonese: 1-800-838-8917
 - Korean: 1-800-556-5564
 - Vietnamese: 1-800-778-8440
 - [Outlast Tobacco Quitline](#) – LGBTQ+
 - 1-800-QUIT-NOW (1-800-784-8669)
 - Text QUITNOW to 333888
 - [Quit Vet](#) – Veterans
 - Call 1-855-QUIT-VET (1-855-784-8838)



Youth and Vaping

- [2Morrow Health](#)
 - Ages 13+
 - Smartphone app
- [Live Vape Free](#)
 - Text VAPEFREE to 873373
- [NOTforMe.org](#)
 - Teens 13-19
- [Smokefree TXT](#) for Teens
 - Teens 13-17
- [Vaping Prevention and Education](#)
 - Resources for parents, students, and teachers



App, Texting, and Phone Based

- [Live Vape Free](#)
 - Text VAPEFREE to 873373
- [NOTforMe](#)
 - Self guided program for teens and young adults (13-24)
- [quitSTART](#)
 - Smartphone app
- [SmokefreeTXT](#)
 - Text START to 47848
- [Become an EX](#)
 - Online program with text support and interactive guides and tools



Summary

- The benefits of quitting tobacco use are worth the challenge it takes to quit.
- While quitting tobacco is not easy, it is possible, and many people are successful every year.
- Create a plan for your path to success.
- Take advantage of any resources to support you.



Wellness Moment: Using Mindfulness in Your Quit Journey

Being mindful can help you get past a craving. If a craving hits, try to:

- Stop, take a breath, and notice what's going on right now. How does your body feel? What thoughts are you having? Notice what is happening and take in the experience.
- Imagine your craving like an ocean wave. It might feel like it gets bigger and bigger. But eventually, it will become smaller and less intense, just like a wave.
- Recognize the physical feelings in your body that mean you're becoming stressed. Take a moment to step away from what you're doing and notice your breathing.
- Take a walk outdoors. Walk slowly and really focus on being there. Notice what you see, hear, and smell.
- Involve yourself fully in something you enjoy, like a hobby. You'll get positive effects from keeping your brain busy and having something else to think about instead of the craving.
- Take a journey in your mind. Think of yourself at the beach or in a garden or the mountains...anywhere you want. Close your eyes and think about what it would feel like to be there right now. Enjoy all the little things in this beautiful place. Focusing on something else can help you get through your craving.

– Resource from [Smokefree.gov](https://www.smokefree.gov)

Q & A

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