



Tobacco Cessation Tool Kit

BECOME TOBACCO FREE TODAY!

An Educational Guide to Help You Become Tobacco Free

If you use tobacco, you are not alone. An estimated 28.3 million people currently smoke cigarettes and more than 1 in 10 young adults use e-cigarettes in the United States. If you or a loved one wants to quit tobacco for the first time or give it another try, now is your chance! Review this guide whenever you need some additional guidance.



Why smoking / vaping is so addictive

Smoking and / or vaping is highly addictive due to nicotine, the main substance in cigarettes and other forms of tobacco. Nicotine impacts many parts of your body, including the brain. Nicotine can reach the brain within 10 seconds of when it enters the body and causes the brain to release adrenaline.

This forms a strong feeling of pleasure and energy, but it fades quickly leading you to crave it again. Ultimately, this behavior can become highly addictive, and the more nicotine consumed leads to a higher tolerance. Given its addictive properties, people can feel strong pulls of withdrawal when they're not consuming nicotine such as feeling down, sad, difficulty sleeping, irritability and restlessness.

Harmful effects of smoking / vaping

Tobacco use damages almost every organ in the body, and it can cause more than 20 types of cancer. People who use tobacco have two times the risk of stroke and four times the risk of heart disease. Smoking is also a risk factor for dementia. For women it can also lead to the worsening of menstruation and menopausal symptoms. Smokers are also more likely to

experience gastrointestinal disorders, including stomach ulcers, inflammatory bowel disease and cancers of the gastrointestinal tract.

Secondhand smoke is a serious concern that can cause lung cancer, heart disease, stroke, among other diseases. Secondhand smoke contains many toxic chemicals that someone who is near a cigarette could inhale. Over 1 million people die every year because of second-hand smoke.

The danger of e-cigarettes and vaping

E-cigarettes are a relatively new tobacco product sold in the U.S and are still undergoing investigations by the Food and Drug Administration for the impact on lung health. E-cigarettes do in fact cause health risks and contain several toxic substances which may lead to asthma, lung cancer, COPD and more. E-cigarettes are not safe and effective in helping smokers quit, rather they are highly addictive.



28.3 million

U.S. people smoke cigarettes

How to prepare for quit day

Deciding to quit is the first step towards success. You should be proud of your accomplishment and desire to become smoke-free. This will not be an easy process so preparing for quit day with a few key tips will help.



Pick a quit day: Setting aside a specific day to begin this journey will encourage you to maintain focus and motivation.



Tell your support system: Tell your family, friends, or coworkers about your desire to quit so that you can feel support and reminded not to give into any temptations or cravings during this process.



Curb your cravings: While quitting tobacco, there may be times you feel an urge. During this time, find ways to distract yourself, such as taking deep breaths, going on a walk, or reading.



Speak with your provider: Inform your provider on the decision to quit smoking to understand if there are over the counter (OTC) or prescription drugs available to help you through this process. USFHP covers both OTC and tobacco cessation drugs, with little to no out-of-pocket cost for the member.

Over 1 million

people die every year because of second-hand smoke.



Behavioral changes to help you quit

Make lifestyle changes

Engaging in new healthy behaviors can serve as a distraction while also setting you up for a successful routine as you become smoke-free. Physical activity specifically can help distract you from your cravings. Smoking may have also been the way you handled stress, so it is important to take up other relaxing activities. Certain mindfulness techniques could be helpful in managing cravings, whether it be through meditation or yoga.



Eat a healthy diet

Eating a healthy diet is another key step in lifestyle changes. People may tend to eat more after quitting; therefore it is best to plan for a healthy diet ahead as you transition towards becoming tobacco free.



Minimize time with smokers

Try to separate yourself from those who smoke or from environments where you used to smoke or chew tobacco. Avoid any environmental triggers and take this time to reset your routine to give yourself the best chance at becoming and maintaining smoke-free.



Recognize cravings

Cravings are to be anticipated given the addictiveness of nicotine, but it is important to remember that cravings can go away in a few minutes. During these moments it is helpful to engage in other activities, call your support system, or reach out to your healthcare provider for medications that may help.



Stress management during withdrawal

“Relapse is Okay”: You may relapse at some point in this process, but it is important to understand what the triggers were and how you can avoid it for next time. Symptoms typically decrease over time and within the 3-to-4-week period they will begin to subside.



Quitting smoking can **improve health and grow life expectancy.**

Below is a list of quit lines both on the national and state level. Please refer to your state's resources.

Nation-Wide Quit Lines

Name	For More Information
Smokefree.gov	www.smokefree.gov Call: 1-800-QUIT-NOW (784-8669) or Text: QUIT to 47848
American Lung Association Lung Helpline and Tobacco Quitline	www.lung.org/help-support/lung-helpline-and-tobacco-quitline Call: 1-800-LUNGUSA (1-800-586-4872 and press 2)
This is Quitting	www.truthinitiative.org/thisisquitting Text: DITCHVAPE to 88709
Quit VET	mentalhealth.va.gov/quit-tobacco/quit-vet.asp Call: 1-855-QUIT-VET (1-855-784-8838) <i>Offered in Spanish & English</i>

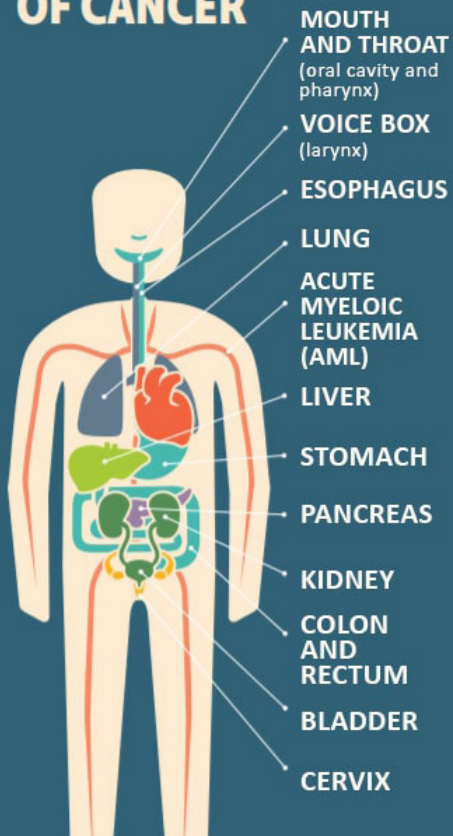
State Specific Quit Lines

Name	For More Information
New York	
NY State Smokers Quitline	www.nysmokefree.com/Home/Contact Call: 1-866-697-8487 or Text: 716-309-4688
	www.nysmokefree.com/FactsAndFAQs/Vaping Vaping and E-Cigarette Specific for those 12 to 24: Text "DROPTHEVAPE" to 88709
New Jersey	
New Jersey Quitline	www.njquitline.org/ Call: 1-866-NJ-STOPS
Pennsylvania	
Pennsylvania Department of Health	www.pa.quitlogix.org/en-us/about-the-program/quitline-programs/ Call: 1-800-QUIT-NOW (784-8669)
Connecticut	
Connecticut Quit Line	www.quitnow.net/connecticut Call: 1-866-784-8454

Sources

- <https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/nicotine-craving/art-20045454>
- https://cdn.who.int/media/docs/default-source/world-no-tobacco-day-2021/who-quitting-toolkit.pdf?sfvrsn=eb787df5_8&download=true
- <https://www.uptodate.com/contents/quit-smoking-beyond-the-basics>
- https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm
- [https://www.aafp.org/news/health-of-the-public/young-adults-e-cigarettes.html#:~:text=Analysis,45%20and%20older%20\(2.0%25\)](https://www.aafp.org/news/health-of-the-public/young-adults-e-cigarettes.html#:~:text=Analysis,45%20and%20older%20(2.0%25))
- <https://www.lung.org/quit-smoking/e-cigarettes-vaping/impact-of-e-cigarettes-on-lung>

QUITTING SMOKING LOWERS RISK OF 12 TYPES OF CANCER



US FAMILY
HEALTH PLAN

St Vincent Catholic Medical
Centers of New York

530 7th Avenue - 10th Floor
New York, NY 10018

PRESORT
STANDARD
U.S. POSTAGE
PAID
HICKSVILLE, NY
PERMIT NO. 885

Become Tobacco Free Today!

Health benefits of quitting smoking

Quitting smoking reduces your risk of several critical diseases and is the best way to protect family members and friends from health risks associated with secondhand smoke.

The health benefits to quitting can include the following:

- Improve health and grow life expectancy
- Reduce the risk of 12 types of cancer
- Reduce the risk of cardiovascular diseases
- Reduce the risk of COPD (chronic obstructive pulmonary disease)
- Reduce some harmful reproductive health outcomes

Resources to help YOU quit FREE Smoking Cessation App



USFHP is excited to share news about a smoking cessation app available to you for free! There is no cost to download, and the app does not collect any of your information. The app was created by the US Department of Veteran Affairs National Center for PTSD.

The app is called Stay Quit Coach and is designed to help you quit smoking. Within the app, you can do the following:

- Identify your personal reasons for quitting
- Set goals for yourself
- Track your progress over time

Need more resources and individualized help?

Reach out to USFHP's Care
Management team at:
1-800-241-4848



**Use this QR code to
download the app today!**