

Smoking Cessation

Secondhand news: How smoking affects others around you



Overview



- Facts and stats
- The physical dangers of secondhand smoke
- Current trends
- What can you do to prevent secondhand smoke exposure?
- Tips for supporting a current tobacco user (yourself, or someone else)
- Tobacco cessation resources



Facts and Stats

- The negative health effects from cigarette smoking account for one in every five deaths, each year in the US
- Nonsmokers live about 10 years longer than smokers
- Since 1964, approximately 2,500,000 nonsmokers have died from health problems caused by exposure to secondhand smoke
- Most exposure to secondhand smoke occurs in homes and workplaces
- **There is no risk-free level of secondhand smoke exposure**



What is In a Cigarette?



Secondhand Smoke is toxic

Cancer Causing Chemicals
All are extremely toxic

Toxic Metals
Can cause cancer
Can cause death
Can damage the brain and kidneys

Poison Gases
Can cause death
Can affect heart and respiratory functions
Can burn your throat, lungs, and eyes
Can cause unconsciousness

Secondhand smoke has more than 4,000 chemicals.

Many of these chemicals are toxic and cause cancer.

You breathe in these chemicals when you are around someone who is smoking.

The infographic features a central skull with text and is surrounded by 14 circular icons, each representing a chemical found in secondhand smoke. The chemicals and their uses are:

- Formaldehyde [Used to embalm dead bodies]
- Chromium [Used to make steel]
- Arsenic [Used in pesticides]
- Lead [Once used in paint]
- Cadmium [Used in making batteries]
- Toluene [Found in paint thinners]
- Ammonia [Used in household cleaners]
- Butane [Used in lighter fluid]
- Hydrogen Cyanide [Used in chemical weapons]
- Carbon Monoxide [Found in car exhaust]
- Vinyl Chloride [Used to make pipes]
- Polonium-210 [Radioactive and very toxic]
- Benzene [Found in gasoline]

Source: US Surgeon General

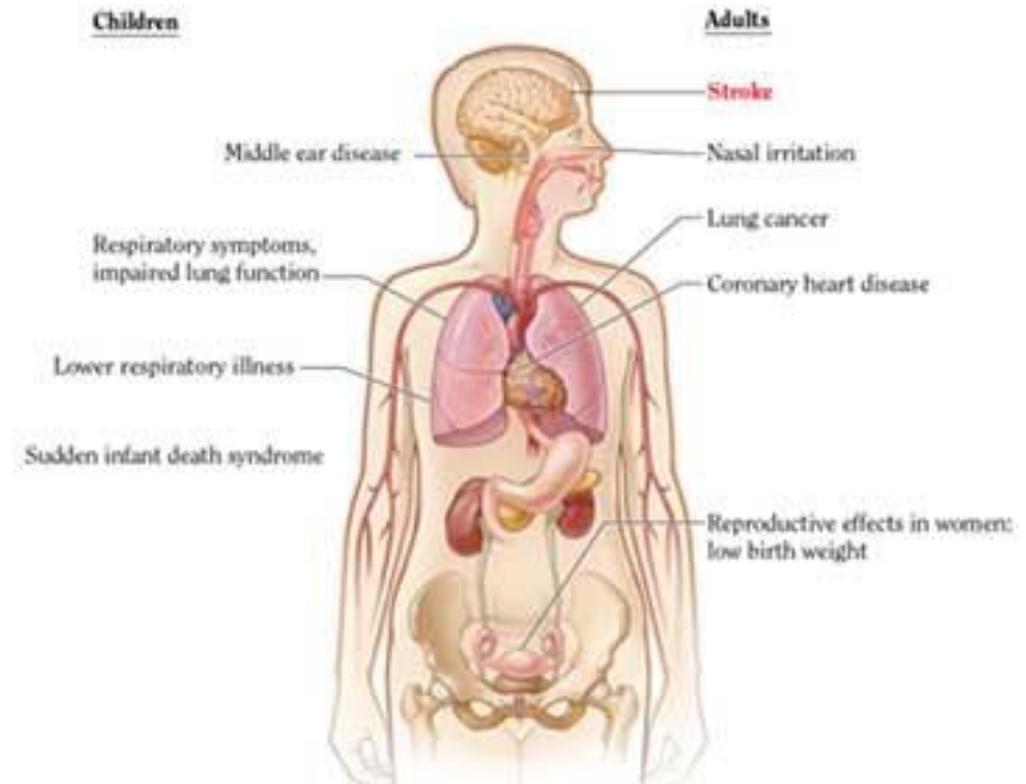
Secondhand Smoke's Physical Effects

Potential Health Effects in Children

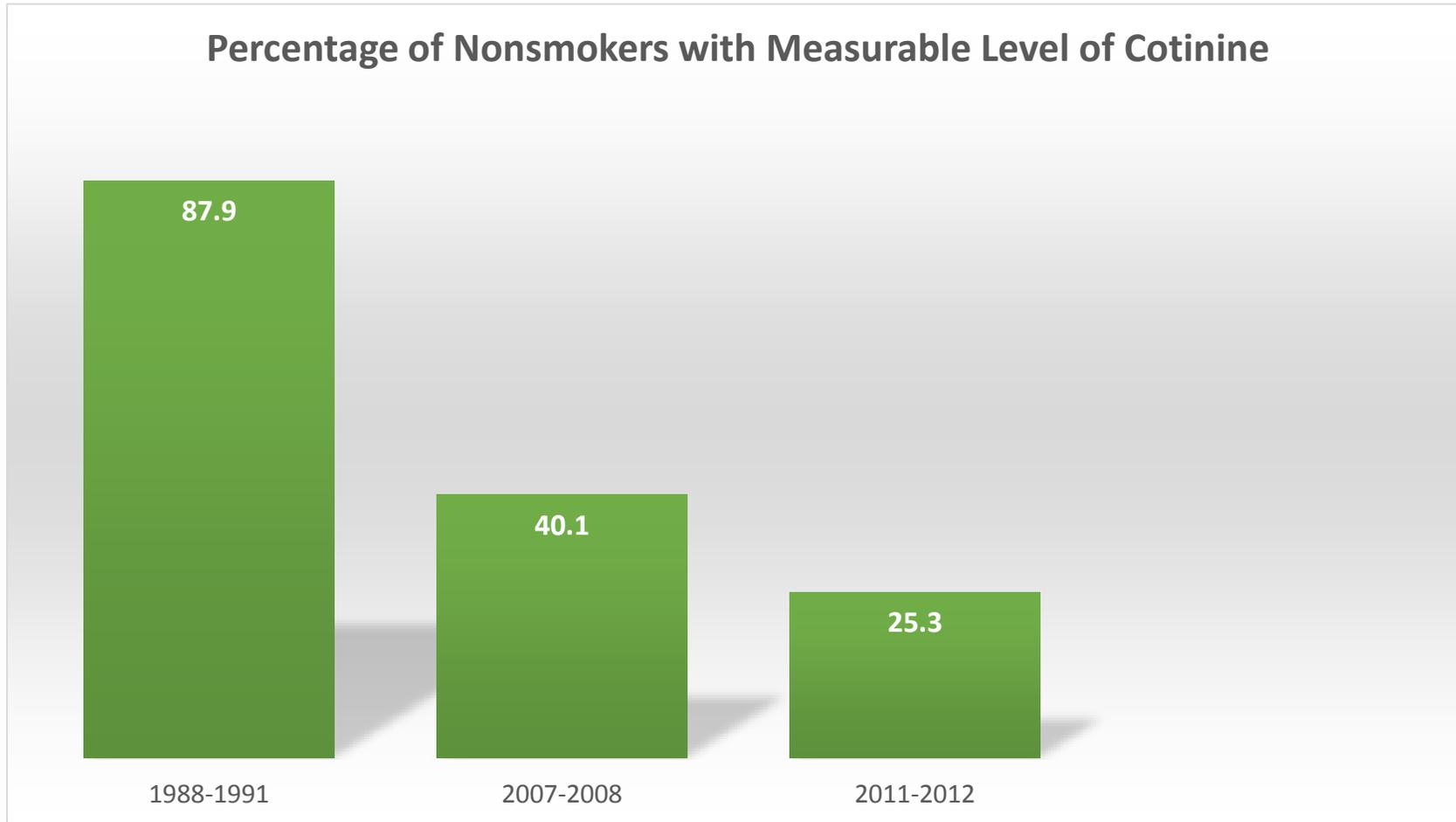
- Ear infections
- Respiratory symptoms (i.e. wheezing, coughing)
- Respiratory infections (i.e. bronchitis, pneumonia)
- Asthma complications
- Increased risk for sudden infant death syndrome (SIDS)

Potential Health Effects in Adults

- Heart disease
- Lung cancer
- Stroke



Exposure to Secondhand Smoke in the US



Protection from Secondhand Smoke



- Taking a trip outside of Ohio? Seek out restaurants, hotels, etc. that do not allow smoking
- Create smoke-free zones in your home and car
- Ensure sure your childcare location is tobacco-free
- Teach the little ones in your life about the dangers of tobacco
- Quit (or don't start)
 - Find free resources to help you quit and stay tobacco free
- Be supportive when a loved one tries to quit

Separating smokers from nonsmokers, opening windows, or using air filters does not prevent people from breathing secondhand smoke.

Supporting a Quit

Q. How can I help a loved one who wants to quit smoking?

A. Your help may be the best chance your loved one has at quitting. Smokers who have support are more successful when they try to quit.

- Tell them you believe in them, even if earlier attempts didn't work out. **Call those "practice quits," not failures.**
- Encourage them to choose a date to quit, and help them write a list of why they want to do it.
- Be a sounding board when they struggle, and help them avoid situations when they are likely to reach for a cigarette.
- Be sure to **praise them** every time they skip a usual smoke break.

Nagging doesn't help, but compliments and rewards do.



Understanding Addiction

Nicotine is the addictive drug in tobacco

- Addiction is not rational
- Nicotine reacts in the brain to release dopamine and serotonin
 - Hits the brain in 10 seconds when smoking cigarettes
 - Hits the brain in 5-10 minutes when nicotine is from smokeless tobacco or cigars
- 10 puffs for one cigarettes
 - 20 cigarettes = 20 habits x 10 puffs = 200 triggers!

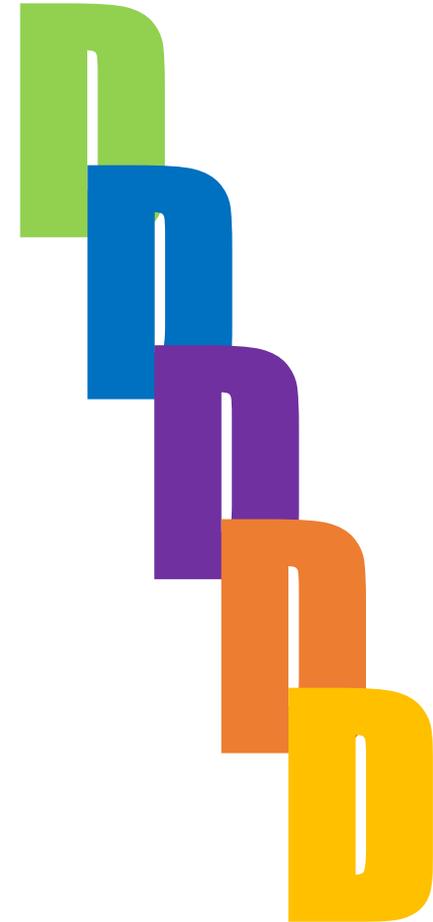


Take a moment to think about your habits...



Quit Tips: The 5 D's

- **D**elay
 - Most urges only last a few minutes
- **D**istract
 - Keep hands and mind busy
- **D**rink Water
 - Drinking water (especially cold) helps quiet cravings
- **D**eep Breathe
 - Deep breathing is relaxing and replenishing
- **D**iscuss
 - Make a phone call, log onto Quitnet.com, or talk it out



The Benefits of Quitting

When you quit, you lower the risk for:

- Lung and other types of cancers
- Stroke
- Peripheral Vascular Disease
- Coronary heart disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Respiratory symptoms
- Infertility (for women in reproductive years)
- Having a low birth weight baby (for pregnant women who quit smoking)
- Help protect your children, family, and friends from secondhand smoke

Almost 50 million smokers HAVE successfully quit

Since 2002, the number of former U.S. smokers has exceeded the number of current smokers

Quit Tips: Practice a Healthy Lifestyle

- Stay hydrated
- Eat crunchy foods (think carrots!)
- Manage your stress levels and identify your triggers
- Increasing exercise decreases tobacco cravings
- Finding some enjoyable type of exercise that can fill the void quitting can leave
- Exercise can also combat weight gain, stress and depression that can occur during a quit



TCLW Resources: Telephonic Health Coaching

- Working with a health coach provides personalized support to help lower risks, manage conditions, and change behaviors
- A health coach can help set goals and help keep you on track to help them achieve goals
- Each coaching program will be created and personalized based on someone's unique needs and goals



To get started, call 1.866.556.2288 and select “Wellness or Tobacco Cessation Coaching.”

TCLW Resources: QuitNet

QuitNet's variety of support options:

- Personal coaching
- Quit medications
- Online tools and support
- A Quit Guide
- Quit TipsSM emails



This Focus Area is designed to help you quit using all forms of tobacco - even if you're just starting to think about giving it up. The steps you'll find here are scientifically designed to reinforce positive health habits. If you stick to the path we've laid out for you, we're confident that you'll get closer to a tobacco-free life.

Visit ohio.gov/tclw for more details, or call 1-866-556-2288 to get started

Confidential, voluntary and at no cost to eligible employees and spouses*

* Participants must carry State of Ohio medical insurance to be considered eligible (including covered spouses and dependents 18/+.)

TCLW Resources: Well-Being Connect

Tobacco Cessation

Getting Ready

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Take the Progress Check Survey

Jump to: My Actions | Trackers | My Journal | Tip of the Day

Trackers

Add More Goals & Trackers

Tobacco My Quit Date: 12/01/2012

THIS WEEK: GOAL IN PROGRESS

Track

55 DAYS TOBACCO FREE

My Journal

New Post

Tip of the Day

If you crave tobacco, try distracting yourself with another activity.

Other Goals & Trackers

Add More Goals & Trackers

Exercise Goal: You have not set a goal for yourself

THIS WEEK: STARTING ON: 7/03/2014

NO GOAL SET

Track

OVERALL SUCCESS

TCLW Resources: Well-Being Connect

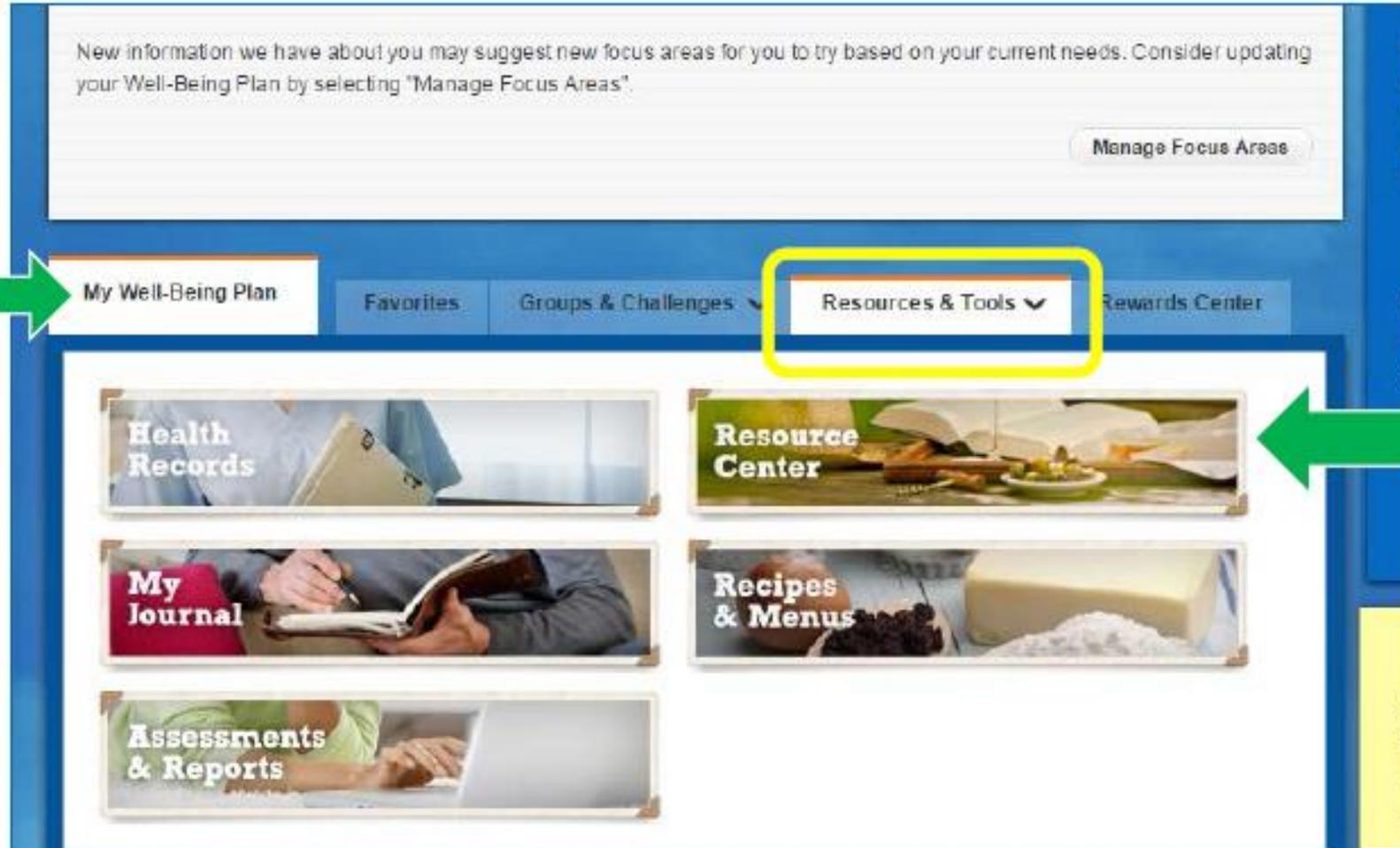
- Trackers
- Action Items
- Journal

New information we have about you may suggest new focus areas for you to try based on your current needs. Consider updating your Well-Being Plan by selecting "Manage Focus Areas".

[Manage Focus Areas](#)

My Well-Being Plan | Favorites | Groups & Challenges | **Resources & Tools** | Rewards Center

Health Records | Resource Center | My Journal | Recipes & Menus | Assessments & Reports

The image shows a screenshot of the 'Well-Being Connect' web application. At the top, there is a white notification box with a blue border containing text about updating a Well-Being Plan and a 'Manage Focus Areas' button. Below this is a blue navigation bar with several tabs: 'My Well-Being Plan', 'Favorites', 'Groups & Challenges', 'Resources & Tools' (highlighted with a yellow box), and 'Rewards Center'. A green arrow points from the 'Resources & Tools' tab to a green box on the left containing a list of features: '- Trackers', '- Action Items', and '- Journal'. Below the navigation bar is a grid of six resource tiles: 'Health Records', 'Resource Center', 'My Journal', 'Recipes & Menus', and 'Assessments & Reports'. A second green arrow points from the right side of the image to the 'Resource Center' tile. At the bottom of the page, there are several horizontal decorative lines in various colors (orange, blue, purple, green).

TCLW Resources: Well-Being Connect

Recommended Resources: Tobacco Cessation



Stay Away from Asthma Triggers

Stay Away from Asthma Triggers

Smoking - Tips on How to Quit

Smoking - Tips on How to Quit

Smokeless Tobacco May Increase Stroke Risk

Results of a new study suggest that the use of oral moist snuff, a type of

Recommended Tools

Calorie Cutter

Learn how to ditch extra calories so you won't miss 'em.

Exercise Benefit Builder

Give yourself a fresh perspective on exercise.

Nutrition Tipster

Get some tips and bust some myths.

Portion Controller

Figure out what portion sizes actually look like.

Tobacco Craving Challenger

Get strategies for coping with your tobacco cravings.



Helpful Resources

- US Surgeon General's Report on Secondhand Smoke
 - <http://www.surgeongeneral.gov/library/reports/secondhandsmoke/secondhandsmoke.pdf>
- Centers for Disease Control and Prevention
 - cdc.gov
- Department of Health and Human Services' agencies for tobacco cessation
 - BeTobaccoFree.gov
- Smokefree.gov
 - smokefree.gov
- American Lung Association
 - lung.org
- Through the Chew
 - throughwithchew.com

Confidentiality

Enjoy all of these benefits knowing your privacy is protected.

The State of Ohio has partnered with Healthways to provide you well-being improvement resources through *Take Charge! Live Well!*

Healthways is committed to protecting the confidentiality of your personal information and will only share individual data with the State of Ohio that's required to administer rewards. In addition, Healthways does not sell your data.





Thank you!

ohio.gov/tclw
1-866-556-2288

