



HOW TOBACCO PLAYS A ROLE IN OUR HEALTH

Navigating through the tobacco industry



TOBACCO TOPICS FOR TODAY

- Review of tobacco products available
- Harmful effects of tobacco
- Nicotine and the brain
- Economic trends in tobacco
- Quitting tobacco
- Tips for a healthy lifestyle



WHICH PRODUCTS CONTAIN TOBACCO?

The tobacco industry has marketed certain products as “better for our health”, however, these products still contain harmful chemicals.

Tobacco Products

- Cigarettes
- Smokeless tobacco
- Cigars, cigarillos, little cigars
- Hookah
- Pipe

Newer Alternative Tobacco Products Containing Chemicals

- E-cigarette
- E-hookah



WHAT MAKES TOBACCO HARMFUL?

- The thousands of chemicals!
- Cyanide, arsenic, and lead
- Ashes, tar, and gases
- All the chemicals make it harder for you to taste, smell, and fight infection
- Carbon monoxide!
- Takes the place of oxygen in your blood



What Makes E-Cigarettes Harmful?

- Minimal regulations on e-cigarette content and manufacturing
- E-cigarettes contain harmful chemicals
- E-cigarettes haven't shown to be effective

TOBACCO FAST FACTS



Cigarette smoking is the leading cause of preventable disease and death in the United States



In 2017, 14 of every 100 U.S. adults aged 18 years or older (14.0%) currently smoked cigarettes



Current cigarette smoking was higher among persons aged 18–24 years, 25–44 years, and 45–64 years than among those aged 65 years and older



More than 16 million Americans live with a smoking-related disease

WHAT DO THESE PRODUCTS HAVE IN COMMON?

The Brain and Nicotine

- Inhalation is the fastest way for nicotine to reach the brain
- The quick delivery of the nicotine to the brain is what makes it so addictive
- Nicotine changes your brain chemistry

Nicotine is not what makes these products harmful. However, it is what makes it addictive.

ECONOMIC TRENDS IN TOBACCO



In 2017, tobacco companies spent \$9.36 billion marketing cigarettes and smokeless tobacco in the United States



E-cigarette sales increased by 132% from 2012 through 2016



During 2012–2016, total U.S. cigar unit sales grew by 29%, which was largely driven by increasing sales of cigarillos

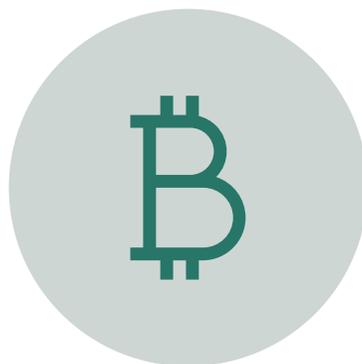


Although U.S. tobacco production has decreased significantly since the 1980s, the United States continues to be a leading producer of tobacco leaves

ECONOMIC TRENDS IN TOBACCO



Smoking-related illness in the united states costs more than \$300 billion each year



A 10% increase in price has been estimated to reduce overall cigarette consumption by 3–5%



Research on cigarette consumption suggests that both youth and young adults are two to three times more likely to respond to increases in price than adults



THE REALITY ABOUT QUITTING

THE TRUTH IS THAT QUITTING IS HARD

Remind yourself of the following if you are thinking about quitting or in the process.

- It takes time!
- It may take more than one time
- Smoking has been a big part of your life!

Quitting works best when you are prepared!

ACTIVITY: PROS AND CONS OF QUITTING

What Do I Like
About Tobacco?

What Do I Dislike
About Tobacco?

What Will I Not
Like About
Quitting Tobacco?

What Will I Like
About Quitting
Tobacco?

**In 2015,
among all
current U.S.
adult cigarette
smokers,
nearly 7 out of
every 10
reported that
they wanted to
quit
completely.**

BENEFITS OF QUITTING

Time Frame	Effect
20 Minutes	Heart rate and blood pressure drops
12 Hours	Carbon monoxide level in the blood drops to normal and oxygen levels increase
48 Hours	It becomes easier to taste and smell
72 Hours	Your bronchial tubes in the lungs relax making breathing easier
2 Weeks-3 Months	Risk of heart attack drops due to improved circulation and lung function improves increasing stamina.
1-9 Months	You have more energy. Shortness of breath decreases. Lungs are better able to clear mucous and infection risk decreases.
1 Year	Heart disease risk becomes half of someone who smokes.
5 Years	Stroke risk decreases to a nonsmokers. Cancers of the mouth, throat, esophagus, and bladder risk are half of what a smoker's is and cervical cancer risk is now the same as a nonsmoker.
10 Years	Risk of lung cancer is half of what a smoker's is. Pancreatic cancer risk is now the same as a nonsmoker.
15 Years	Heart disease and overall death risk is now the same as a nonsmoker.

KNOW YOUR QUITTING OPTIONS

- Cold Turkey
- Over the Counter Medications
- Prescription Medications
- Tobacco Treatment Counseling
- Quit Lines
- Combining a quit medication with counseling, in-person or via phone, provides the greatest chance of success for most people

“More than 4 out of 10 adults quit smoking for more than 1 day each year because they are trying to quit.”

GET STARTED ON STOPPING

Only you can decide when to quit smoking. There are many factors that go into making a decision to quit.

Three Important Questions to Ask are:

- How important is it for me to quit smoking?
- How confident am I that I can quit smoking?
- How ready am I to quit smoking?



TIPS FOR CREATING AN ALL-AROUND HEALTHY LIFE

Choosing to go tobacco and chemical free is amazing! Taking steps towards the following actions will help you stick with your tobacco and chemical-free life!

- Eat a healthy diet, with whole grains, a variety of fruits and vegetables, and plenty of water.
- Maintain a healthy weight
- Manage stress
- Stay Active



**YOUR NEXT STEPS TO BECOMING BALANCED
AND TOBACCO FREE!**

READY TO SET A QUIT DAY?

If you are ready to take the next step, it's time to set a quit day! It's important to prepare yourself for the day you quit. Try some of these to help you get ready!

- Find new things to do
- Make plans with support people
- Throw away all ashtrays and lighters
- Dispose of all tobacco
- Make an appointment to see your health care provider

Make a list of things you're going to do in the weeks right after quitting!

STATE OF OHIO TOBACCO CESSATION PROGRAM

Employees, spouses, and dependents 18 and over that are covered by a state medical plan are eligible for the following resources for quitting tobacco:

- Phone coaching sessions with a trained counselor
- Free nicotine replacement therapy (if actively engaged with a Sharecare health coach)
- E-mail tips offering motivation and encouragement

To get started, call 1-866-556-2288 and select Option 3

Health Coaching

- What is it?
- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

To get started, call 1-866-556-2288 and select Option 2

RESOURCES AND SUPPORT

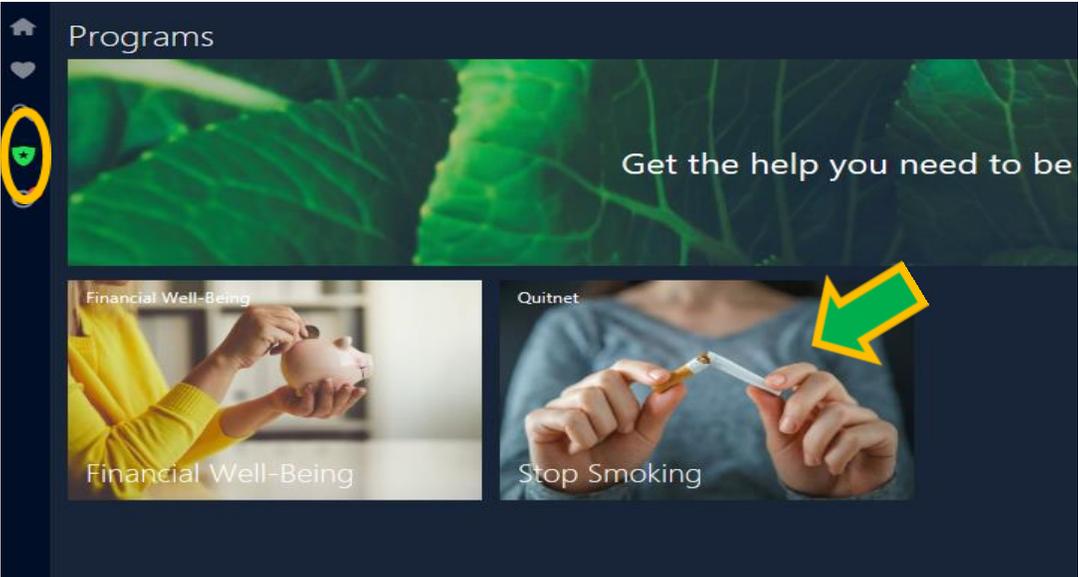
- **Your doctor!**
 - Your state Quit line:
- **1-800-QUIT-NOW**
 - Organizations such as:
- **The American Cancer Society**
 - www.cancer.org
 - The American Lung Association
 - www.lung.org
 - The National Cancer Institute
 - www.cancer.gov

**“It always seems
impossible until
it’s done.”**

- Nelson Mandela

TOBACCO CESSATION

- All employees, spouses and dependents over 18 enrolled in the State of Ohio medical plan can join at no cost.
- Members get access to unlimited online and phone coaching at no cost to you. For members in the Ohio Med PPO, prescriptions and most over-the-counter products are available to you at no additional cost if you are actively working with a Sharecare health coach.
- To enroll in health coaching, call Sharecare Customer Service, 866-556-2288.





THANK YOU!

[Das.ohio.gov/wellness](https://das.ohio.gov/wellness), 1-866-556-2288

