Community Health Worker (CHW) Toolkit:

Tobacco Cessation

The Center for Community Health Development's
National Community Health Worker Training Center
The Center for Community Health Department’s National Community Health Worker Training Center has developed this toolkit:

**Community Health Worker (CHW) Toolkit: Tobacco Cessation.**

March 2018

Katherine Nimmons, CHWI, M.Sc., MPH, Director
Denise Martinez, CHWI, MPH, Program Coordinator
Dinorah Martinez, CHW, CHWI, Instructor
Paula Saldana, CHW, CHWI, Instructor

For further information about this toolkit, please contact:
The National Community Health Worker Training Center
1266 TAMU, College Station, TX 77843

Phone: 979.436.9360
Email: CHW-Training@tamhsc.edu
Website: [https://nchwtc.tamhsc.edu/](https://nchwtc.tamhsc.edu/)

Acknowledgements:
The Texas Department of State Health Services (DSHS) Community Health Improvement Division, Health Promotion & Chronic Disease Section - Tobacco Prevention and Control has funded this toolkit.
PREFACE

Texas Statewide Tobacco Cessation Project

This Tobacco Cessation Project is a collaborative effort between the Texas Department of State Health Services (DSHS), Texas A&M University’s Department of Health and Kinesiology, the National Community Health Worker Training Center (NCHWTC), and the University of Texas at Austin’s Tobacco Research and Evaluation Team. Overall, this project aims to decrease tobacco use within vulnerable populations in Texas. This project also supports the delivery of tobacco cessation trainings, resources, and materials to Community Health Workers (CHWs) across the state of Texas.

The NCHWTC developed this Community Health Worker (CHW) Toolkit: Tobacco Cessation to meet the goals of this project.

The National Community Health Worker Training Center

The NCHWTC is a DSHS certified CHW training center. The training center functions within the Center for Community Health Development (CCHD), which is a part of the Texas A&M University School of Public Health.

The NCHWTC vision is as follows:

“Strengthening capacity and building healthier communities through training well-equipped CHWs and Promotores.”

The training center offers four areas of focus: training and education, research and evaluation, curriculum development, and technical assistance.

Additionally, the NCHWTC offers Community Health Worker (CHW) and Community Health Worker Instructor (CHWI) certifications, and Continuing Education Units (CEUs) online and in-person in both English and Spanish. Since 2001, the NCHWTC has delivered certification and continuing education courses to over 4000 CHWs and promotores (Spanish-speaking CHWs).
Moving Forward

The purpose of this Community Health Worker (CHW) Toolkit: Tobacco Cessation is to provide Community Health Workers (CHWs) with a guide for utilizing useful tobacco cessation resources. CHWs may use this toolkit to disseminate valuable tobacco cessation information to vulnerable populations across Texas.

Should you have any questions about this toolkit, please contact the National Community Health Worker Training Center (NCHWTC):

The National Community Health Worker Training Center
1266 TAMU, College Station, TX 77843

Phone: 979.436.9360
Email: CHW-Training@tamhsc.edu
Website: https://nchwtc.tamhsc.edu

We look forward to your inquiries!

March, 2018
INTRODUCTION

Identified Health Problem

Research demonstrates that there is no safe tobacco product, [1] a category which includes the following: cigarettes, light/menthol cigarettes, cigars/pipes, hookahs, snus, chewing/dipping tobacco, and dissolvable tobacco in the form of orbs/pellets, sticks, and strips. [2a]

At a national and global level, tobacco use contributes to a staggeringly high death rates:

- Nationally, one person dies every 72 seconds from a tobacco related cause. [2a]
- Globally, one person dies every 5 seconds from a tobacco related cause. [2a]

Additionally, tobacco contains nicotine, an addictive substance that affects bodily function and increases risk for specific medical disorders. [3] This includes a variety of health problems related to fertility, respiratory diseases, cardiovascular diseases, and cancer. [2b, 3] Researchers conclude that there is no safe level of smoking or secondhand smoke. [3, 4]

Tobacco Use in Texas

According to the Texas Department of State and Health Services (DSHS):

“Tobacco use is a tremendous burden to all Texans... it is the leading cause of preventable disease and death in Texas.” [2a, 2b]

Tobacco use links to many poor health outcomes in Texas. To name a few:

- 24,000 deaths occur in Texas per year due to smoking-related illnesses such as cancer, cardiovascular, or respiratory disease.[2b]
- 1 person dies every 22 minutes in Texas from a Tobacco related cause.[2a]
- 39% of Texas youth in substance abuse treatment services are regular smokers.[2a]
- 70% of Texas adults in substance abuse treatment services are regular smokers.[2a]

Proposed Solution

With adequate tools, Community Health Workers (CHWs) could be better equip to deliver useful information and resources to communities with disproportionate rates of tobacco use. In doing so, the roles of CHWs could align to aid tobacco cessation efforts.
APPLICATION OF TOOLKIT

Designed for Community Health Workers

Community Health Workers (CHWs) and promotores (Spanish-speaking CHWs) are individuals who can connect others to health care and social services.[24] They are trusted members of the community who share a close understanding of the ethnicity, language, socio-economic status, and life experiences with the community they serve. Moreover, CHWs and promotores are able to build individual, community, and systems capacity by increasing health knowledge and self-sufficiency through a variety of activities, including: outreach, patient navigation and follow-up, community health education and information, informal counseling, social support, advocacy, and participation in clinical research.

This toolkit reflects the roles and skills of CHWs for promoting tobacco prevention and cessation messages.

Transference of Information

The Community Health Worker (CHW) Model is an established effective model for health promotion worldwide. [5] Targeting multiple levels of the Social Ecological Model (e.g., individual level, interpersonal level, organizational level, and environmental level), CHWs could also be effective assets in disseminating information. [6]

DSHS CHW Core Competencies

Texas Department of State Health Services (DSHS) approved CHW certification courses cover 8 core competencies: communication, interpersonal, service coordination, capacity-building, advocacy, teaching, organizational skills, and knowledge based on specific health issues. [2c]

This toolkit will be an extension of these core competencies.
# COMPONENTS OF TOOLKIT

## Tools Provided

Tools will be discussed as they relate to the 8 Texas Department of State Health Services (DSHS) CHW Core Competencies previously mentioned (see Table 1).

Noted, Table 1 also defines core competencies in accordance to standards set by DSHS. [2d]

In this toolkit, tools be discussed as if a CHW is navigating thru self-preparation (knowledge based on specific health issues) and pursing to empower others (capacity building).

## Table 1. Tobacco Cessation Toolkit Overview.

<table>
<thead>
<tr>
<th>Core Competency</th>
<th>Core Competency Defined</th>
<th>Tools</th>
</tr>
</thead>
</table>
| 1. Knowledge Base on Specific Health Issues | Broad knowledge about the community. Knowledge about specific health issues. Knowledge of health and social service systems. Ability to find information.                                                                                                                                                                           | NCHWTC Tobacco Cessation DSHS-CEUs: [https://nchwtc.tamhsc.edu/become-a-student/](https://nchwtc.tamhsc.edu/become-a-student/)  
NCHWTC Handouts & Materials [https://nchwtc.tamhsc.edu/training-resources/](https://nchwtc.tamhsc.edu/training-resources/)  
| 2. Organizational Skills              | Ability to set goals and plan. Ability to juggle priorities and manage time.                                                                                                                                                                                                                                                                           | Template to set SMART goals on the Tobacco Cessation goals of their community.  
Organize a list of contacts to accomplish goals: DSHS, and DSHS Help to Quit App: [https://www.dshs.texas.gov/tobacco/](https://www.dshs.texas.gov/tobacco/)                                                                 |
<table>
<thead>
<tr>
<th></th>
<th>Teaching Skills</th>
<th>Ability to share information one-on-one. Ability to master information, plan and lead classes, and collect and use information from community people.</th>
<th>Tobacco cessation class activity example.</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Capacity Building</td>
<td>“Empowerment.” Ability to identify problems and resources to help clients solve problems themselves. Leadership. Ability to strategize. Ability to motivate.</td>
<td>DSHS Help to Quit App - Share tobacco cessation resources. Overview of current tobacco cessation Texas model: Ask, Advise, Refer, Pharmacology, and Electronic Medical Record/Electronic Health Record; overview of tobacco cessation national models: 5 A’s, 5 R’s, Pharmacology.</td>
</tr>
<tr>
<td>5</td>
<td>Interpersonal Counseling</td>
<td>Counseling. Relationship-building. Ability to work as a team member. Ability to work appropriately with diverse groups of people.</td>
<td>Resources for counseling/reaching community members appropriately - English &amp; Spanish Brochures and Video Links: <a href="https://www.dshs.texas.gov/tobacco/">https://www.dshs.texas.gov/tobacco/</a></td>
</tr>
</tbody>
</table>
| 6. Service Coordination Skills | Ability to identify and access resources. Ability to network and build coalitions. Ability to provide follow-up. | Navigate thru DSHS media campaigns:  
[https://www.dshs.texas.gov/tobacco/youthcpn.shtm](https://www.dshs.texas.gov/tobacco/youthcpn.shtm)  
[https://www.dshs.texas.gov/tobacco/mediacampaigns.aspx](https://www.dshs.texas.gov/tobacco/mediacampaigns.aspx)  
Resources for multi-unit homes:  
[https://www.dshs.texas.gov/tobacco/Public-Housing-Smoke-Free-Toolkit.doc](https://www.dshs.texas.gov/tobacco/Public-Housing-Smoke-Free-Toolkit.doc)  
Navigate thru DSHS community tools:  
[https://www.dshs.texas.gov/tobacco/bestpractices/](https://www.dshs.texas.gov/tobacco/bestpractices/) |
<p>| 7. Communication Skills | Listening. Use language confidently and appropriately. Ability to read and write well enough to document activities. | Developing a tobacco cessation PowerPoint. Voice tobacco cessation concerns to politicians. |</p>
<table>
<thead>
<tr>
<th>8. Advocacy</th>
<th>Ability to speak up for individuals or communities and withstand intimidation. Ability to use language appropriately. Ability to overcome barriers.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="https://www.dshs.texas.gov/tobacco/Public-Housing-Smoke-Free-Toolkit.doc" alt="Policy Toolkits:" /></td>
</tr>
<tr>
<td></td>
<td><img src="https://www.dshs.texas.gov/tobacco/regions.shtm" alt="Voice tobacco cessation support to politicians or community members:" /></td>
</tr>
<tr>
<td></td>
<td><img src="https://www.dshs.texas.gov/tobacco/ttpi.shtm" alt="Success/importance of tobacco prevention initiatives:" /></td>
</tr>
<tr>
<td></td>
<td><img src="https://www.dshs.texas.gov/tobacco/laws.shtm" alt="Current tobacco cessation law information:" /></td>
</tr>
</tbody>
</table>
KNOWLEDGE SKILLS

As it relates to Community Health Workers (CHWs), the “Knowledge Base on Specific Health Issues” core competency is the first item addressed. Below are listing of current education opportunities CHWs could take a part of:

**DSHS-certified CEUs for CHWs**

The National Community Health Worker Training Center (NCHWTC) offers free 4.0 DSHS-certified Continuing Education Units (CEUs) available online in English and Spanish. To become a student, use the following link: [https://nchwtc.tamhsc.edu/become-a-student/](https://nchwtc.tamhsc.edu/become-a-student/).

The NCHWTC also offers in-person trainings, with handouts and materials posted online, see link: [https://nchwtc.tamhsc.edu/training-resources/](https://nchwtc.tamhsc.edu/training-resources/). “Dejar de fumar: La llave para una vida más saludable” is an example of a 4.0 DSHS-certified CEU in-person Spanish training provided by the NCHWTC.

**PPTs on Tobacco Cessation**

Additionally, the Texas Department of State Health Services also have an available PowerPoint presentation related to tobacco cessation. The link is as follows: [http://www.foundationforbetterhealthtx.org/admin/resources/pph-conf-tobacco-cessation-021913.pdf](http://www.foundationforbetterhealthtx.org/admin/resources/pph-conf-tobacco-cessation-021913.pdf).
ORGANIZATIONAL SKILLS

Secondly, CHWs will practice and rely on their organizational skills for the following activities: setting SMART goals related to tobacco cessation, organize a list of contacts to accomplish goals.

Setting SMART Goals

Setting specific [S], measurable [M], achievable [A], relevant [R], and time bound [T] goals is important when trying to set a guide of objects for either a project or personal development. Below is a blank template provided: CHWs may use to set SMART goals on the Tobacco Cessation goals of their community.

<table>
<thead>
<tr>
<th>Specific</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>What exactly do I want to do?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Measurable</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>How do I track my progress?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Attainable</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Is this realistic for me to accomplish?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Relevant</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Why am I doing this? Does it matter to me?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time-Oriented</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>When do I need to have this completed?</td>
<td></td>
</tr>
</tbody>
</table>

Organizing Contact Lists

CHWs may also practice organizational skills when trying to achieve their goals. For example, a CHW may reach out to different community entities at local and state levels to create a contact list that will help them attain their goals. In the process, CHWs may add DSHS and the Help to Quit App as contacts.

See link for DSHS and Help to Quit App info, [https://www.dshs.texas.gov/tobacco/](https://www.dshs.texas.gov/tobacco/).
TEACHING SKILLS

CHWs also have teaching skills that aid them disseminate information. Listed below is an example of a tobacco cessation CHW-led activity. However, note CHWs can come up with their own tobacco cessation related activities, or visual aids.

CHW-Led Activity

Purpose: This activity illustrates how you would breathe if you were living with reduced lung capacity due to tobacco use.

Materials: Straws.

Duration: 5-7 minutes of instruction.

SCRIPT

As a class choose a physical activity such as jogging in place, dancing, jumping jacks for 5 minutes

GO!

STOP!

Okay now sit down and only breathe through the straw

Okay now do the same recreational activity you did before and only breathe through the straw for 2 minutes

GO!

STOP!

How does everyone feel?

The straw is illustrating how you would breathe if you were living with reducing lung capacity due to tobacco use

As a class we will now discuss how you felt in the previous activity, how did you feel having difficulty breathing?

Do you think this activity was a useful demonstration on the consequences of tobacco use?
CAPACITY BUILDING SKILLS

CHWs have capacity building skills that allow them to strategize and motivate others. CHW could be used to connect community members with the DSHS Help to Quit App, or help navigate others in the current Tobacco Cessation Texas Model, or in national models.

DSHS Help to Quit App

The DSHS Help to Quit App may help CHWs educate the public on the dangers of tobacco use and exposure. The app provides quick access to Texas Quitline referral. This app is available for Android and Apple devices.

Tobacco Cessation Texas Model & National Tobacco Cessation Models

**Tobacco: Case for Cessation** [PowerPoint].

The current Tobacco Cessation Texas Model and national models are best practice treatment models that CHWs should familiarize themselves with. The DSHS PowerPoint and link is as follows:

INTERPERSONAL SKILLS

The following videos and brochures are resources for CHWs to provide counseling and reach community members appropriately. Resources are available in English and Spanish.

YouTube Videos

Listed below are informative tobacco cessation videos CHWs may want to watch and share:

**CDC: Tips From Former Smokers - Brian: Part of Who I Was.**

"By the time Brian was 11 years old, he was already smoking close to a pack of cigarettes a day. In this video from CDC's *Tips from Former Smokers* campaign, he talks about how he smoked during his youth, marriage, and throughout his career in the Air Force. He had a heart attack at age 35 and spent months in hospital rooms."

Source: Centers for Disease Control and Prevention (CDC).
Published: January 19, 2016.

[https://www.youtube.com/watch?v=v-h2M7LxuMU](https://www.youtube.com/watch?v=v-h2M7LxuMU)

**Epidemiology of Tobacco Use.**

"This video can be used as a training tool for educating healthcare providers on the health effects of tobacco use. It presents material on the epidemiology of tobacco use, second hand smoke, different tobacco products and environmental factors."

Source: CDC.
Published: June 23, 2015.

[https://www.youtube.com/watch?v=ESIYUXRwvQQ](https://www.youtube.com/watch?v=ESIYUXRwvQQ)

TIP: These videos and more are also available on the CDC's website: [https://www.cdc.gov/tobacco/campaign/tips/resources/videos/index.html](https://www.cdc.gov/tobacco/campaign/tips/resources/videos/index.html)
Lung cancer; a family fight.

“A husband, a wife, a mom diagnosed with lung cancer. Lung cancer survivors and their family members share their journey and give advice for others diagnosed with lung cancer. *Cancer is not a disease of one person; it affects the whole family.*

Source: MD Anderson Cancer Center
Published: July 9, 2012.

https://www.youtube.com/watch?v=f-nPkZH7VO8

The Benefits of Smoking.

This video discusses the positive effects of quitting smoking and how the body improves its health.

Source: Taking Texas Tobacco Free.
Published: December 16, 2016.

https://www.youtube.com/watch?v=aq_TkcdXeb8

TIP: When selecting and sharing information, assess the credibility of source. Ask yourself: Who is providing this information? When was it published?
YouTube Videos (Continued)

Additionally, listed below are tobacco cessation videos available in Spanish.

CDC: Consejos de exfumadores: La historia de Felicita.

“Felicita started smoking at age 12. In her 30s and 40s, she already had gum problems and loose teeth, but she did not know that smoking could damage her gums. Felicita contracted gum disease and, like many people, she did not feel much pain as the condition worsened. In this video from CDC’s Tips from Former Smokers campaign, Felicita talks about the news her dentist gave her that changed her life forever.”

Source: CDC.
Published: July 23, 2014.

https://www.youtube.com/watch?v=P9KU_ExA7do

Anuncio de servicio público: 5.6. millones de niños.

“This is a public service announcement (PSA) designed to educate adults about the long-term effects of tobacco use on the nation's future, their children. This public service announcement highlights that 5.6 million children alive today will end up dying prematurely due to smoking, if we do not do more to reduce the current rates of smoking.”

Source: CDC.
Published: May 19, 2014.

https://www.youtube.com/watch?v=M6aGUWt8Q8E&t=0s&index=12&list=PL184B81EA3136E9FE

TIP: Videos specific by group (e.g., Hispanics/Latinos, Pregnant or Planning, Military Service Members & Veterans, LGBT, African Americans, American Indians/Alaska Natives) are also available on the CDC’s website:

https://www.cdc.gov/tobacco/campaign/tips/resources/videos/index.html
Brochures
Listed below are a series of links to brochures CHWs may want to read and share; noted, samples of these brochures can be found in the APPENDIX section. Additionally, all files are on the DSHS website: https://www.dshs.texas.gov/tobacco/

Cessation Brochures by the Texas Department of State Health Services:

a. You’re Never Too Young to Get Addicted.
   file:///E:/You_re%20Never%20Too%20Young%20to%20Get%20Addicted.pdf
b. No, I’m Not Ready to Quit.
   file:///E:/Not%20Ready.pdf
c. Yes! I’m Ready to Quit.
   file:///E:/Yes%20Ready%20(1).pdf
d. Maybe. I’m Thinking About Quitting.
   file:///E:/Maybe%20Quit.pdf
e. Breathing easy for two.
   file:///E:/Smoking%20and%20My%20Baby.pdf

Additionally, listed below are tobacco cessation videos available in Spanish.

f. No, Estoy Listo para Dejar de Fumar.
   file:///E:/Not%20Ready%20SPANISH.pdf
g. Sí, Estoy Listo para Dejar de Fumar.
   file:///E:/Yes%20Ready%20SPANISH.pdf
h. Quizá Estoy Pensando en Dejar de Fumar.
   file:///E:/Maybe%20Quit%20SPANISH.pdf

Infographics

Centers for Disease Control and Prevention

a. Smoking and Pregnancy
   file:///E:/Smoking-and-Pregnancy.pdf
SERVICE COORDINATION SKILLS

CHWs have service coordination skills that allow them to navigate health campaigns. Listed below are various tools which CHWs could access.

**DSHS media campaigns:**
- a. [https://www.dshs.texas.gov/tobacco/youthcpn.shtm](https://www.dshs.texas.gov/tobacco/youthcpn.shtm)
- b. [https://www.dshs.texas.gov/tobacco/mediacampaigns.aspx](https://www.dshs.texas.gov/tobacco/mediacampaigns.aspx)
- c. [https://www.dshs.texas.gov/tobacco/Public-Housing-Smoke-Free-Toolkit.doc](https://www.dshs.texas.gov/tobacco/Public-Housing-Smoke-Free-Toolkit.doc)
- d. [https://www.dshs.texas.gov/tobacco/bestpractices/](https://www.dshs.texas.gov/tobacco/bestpractices/)

COMMUNICATION SKILLS

CHWs have communication skills that can be used to aid tobacco cessation needs. Consider planning out the following activities: developing a tobacco cessation PowerPoint, voicing tobacco cessation concerns (writing a letter) to politicians.

ADVOCACY SKILLS

CHWs communication skills also tie into their ability to advocate. Listed below are various tools in which CHWs can use to advocate for tobacco cessation needs:

**DSHS resources:**
- a. Policy Toolkits
  [https://www.dshs.texas.gov/tobacco/Public-Housing-Smoke-Free-Toolkit.doc](https://www.dshs.texas.gov/tobacco/Public-Housing-Smoke-Free-Toolkit.doc)
- b. Voice tobacco cessation support to politicians or community members
  [https://www.dshs.texas.gov/tobacco/regions.shtm](https://www.dshs.texas.gov/tobacco/regions.shtm)
- c. Success/importance of tobacco prevention initiatives
  [https://www.dshs.texas.gov/tobacco/ttpi.shtm](https://www.dshs.texas.gov/tobacco/ttpi.shtm)
- d. Current tobacco cessation law information:
  [https://www.dshs.texas.gov/tobacco/laws.shtm](https://www.dshs.texas.gov/tobacco/laws.shtm)
REFERENCES


2. Texas Department of State Health Services. (2018). Retrieved from:
   b. file:///E:/1%20Community%20Tobacco%20Prevention%20and%20Control%20Toolkit%20Overview%20(1).pdf


APPENDIX

Brochures

a. You’re Never Too Young to Get Addicted.

b. No. I’m Not Ready to Quit.

c. Yes. I’m Ready to Quit.
d. **Maybe. I’m Thinking About Quitting.**

   **Smoking Myths**
   - "Smoking makes me relax.
   - False. Smoking relaxes only if you smoke enough. Over time, nicotine increases your heart rate and blood pressure, making you feel more anxious.

   **Maybe, I’m Thinking About Quitting.**
   - "It’s too late to quit.
   - False. It’s never too late. You’ll still benefit from quitting even if you’ve smoked for many years.

   **Smoking and Your Family**
   - **Benefits of quitting**
   - Reduced cancer risk for babies and children.
   - Improved lung function.
   - Decreased risk of heart disease.
   - **Smoke-free home**
   - Smokey home = Smokey kids.

   **Quit for Your Loved Ones**
   - More than 5 million Americans die each year.
   - Quit for yourself.
   - If you’re thinking about quitting, just remember: making the decision to quit is one of the most important things you can do for your health.

   **Smokey is responsible for many 80,000 deaths by year in Texas, 400,000 deaths per year in the United States and nearly 9 million deaths per year worldwide.**

---

e. **Smoking and My Baby.**

   **Smoking and My Baby.**
   - **Congratulations!**
   - You now have the BEST reason to quit smoking for good.

   **Breathing easy for two.**
   - 4 in 5 women who smoke are married.
   - Quit for your partner and your baby.

   **Quit for yourself.**
   - More than 5 million Americans die each year.
   - Quit for yourself.
   - If you’re thinking about quitting, just remember: making the decision to quit is one of the most important things you can do for your health.

   **Smokey is responsible for many 80,000 deaths by year in Texas, 400,000 deaths per year in the United States and nearly 9 million deaths per year worldwide.**

---
f. **No, Estoy Listo para Dejar de Fumar.**

   **No, no estoy listo para dejar de fumar.**
   - **Las causas de fumar**
   - **Por qué debo dejar de fumar?**
   - **¿Soy adicto al tabaco?**
   - **Qué hacer después?**

   **Una cronología de la corazón.**
   - Una corona lesión de la fibra muscular que afecta a un área pequeña.
   - Una corona lesión de la fibra muscular que afecta a un área pequeña.
   - Una corona lesión de la fibra muscular que afecta a un área pequeña.

   **Un fumador promedio gasta alrededor de 12,320 dólares al año en cigarrillos.**
   - ¿Qué más podría usted comprar con esos 12,320 dólares?
g. Sí, Estoy Listo para Dejar de Fumar.

h. Quizá Estoy Pensando en Dejar de Fumar.

Infographics

a. Smoking and Pregnancy.