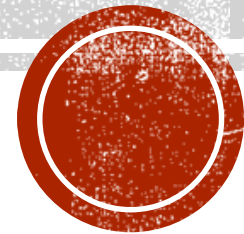



TOBACCO CESSATION BASICS

Flipbook for Community Health Workers



HOW TO USE THIS FLIPBOOK

- Each page in the flipbook has two sides.
 - If you are printing this PDF, make sure to print as double-sided.
- Face the side with the crossed-out cigarette image in the corner ...  ... towards your participant and use the bullets on this side to guide your discussion.
- Show your audience the side with the larger picture on it.

ACKNOWLEDGMENTS:

This flipbook was developed in partnership with the Tobacco Prevention and Control program at the Texas Department of State Health Services (DSHS) and the Center for Community Health Development's (CCHD's) National Community Health Worker Training Center (NCHWTC), housed at the School of Public Health at Texas A&M University.

This flipbook is for Community Health Workers (CHWs) to use to educate their communities about the following topics related to tobacco use and cessation efforts.



INTRODUCTION



Using this flipchart, we will discuss the following topics related to tobacco use and cessation efforts:

1. How tobacco use effects the body,
2. What emerging tobacco products are in the market,
3. National and Texas Statistics,
4. Laws in Texas related to tobacco,
5. Steps on who to contact to quit smoking.



INTRODUCTION

Using this flipchart, we will discuss the following topics related to tobacco use and cessation efforts:

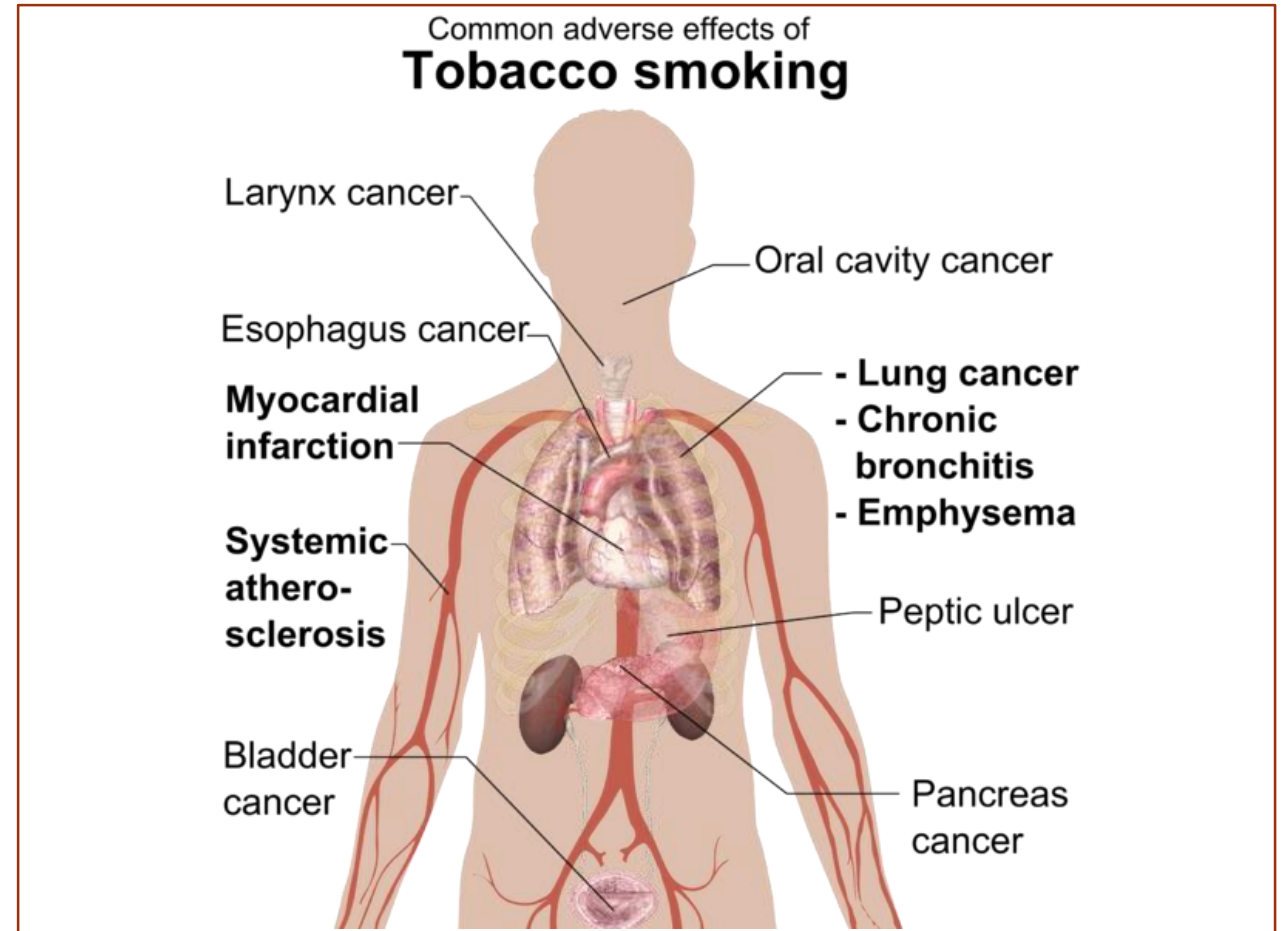
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5. Steps on who to contact to quit smoking.



1. HOW TOBACCO USE EFFECTS THE BODY

Tobacco use is the leading cause of preventable disease, disability, and death in the United States.

The image shown shows some of the damages that smoking has on the body.



1. HOW TOBACCO USE EFFECTS THE BODY

- Tobacco use is the leading cause of preventable disease, disability, and death in the United States (CDC, 2019).
- Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis (CDC, 2019).
- The image shown shows some of the damages that smoking has on the body.
- Also, smoking while pregnancy increases the risk for pregnancy complications (CDC, 2019).

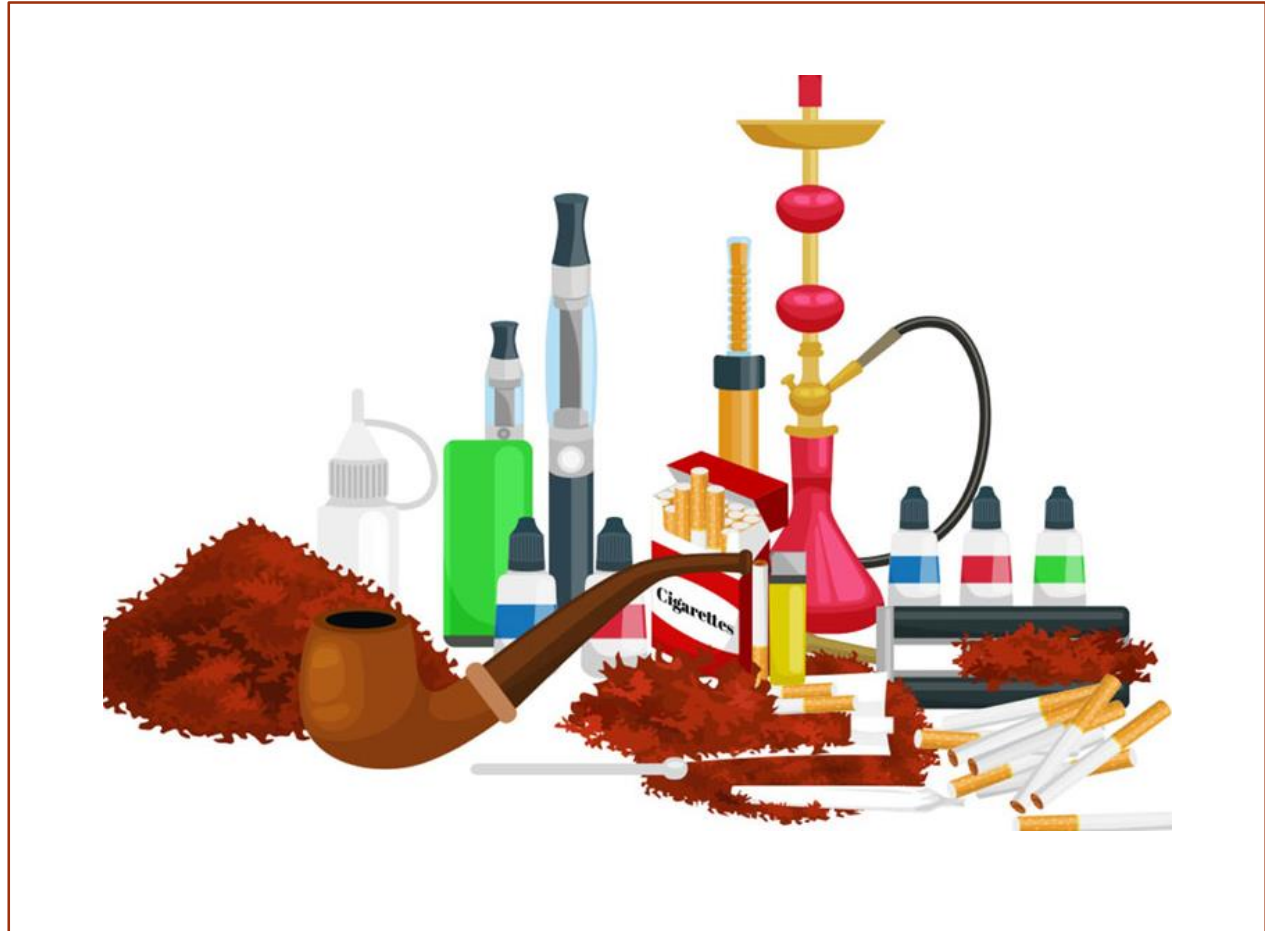


2. EMERGING TOBACCO PRODUCTS



The term “tobacco use,” refers to a variety of tobacco products.

How many of these products do you recognize?



2. EMERGING TOBACCO PRODUCTS

- The term “tobacco use,” refers to a variety of tobacco products.
- Most people relate tobacco use to cigarettes or cigars, but, tobacco use also includes the use of:
 - Little cigars or cigarillos – which are small flavored cigars that resemble cigarettes
 - Chewing tobacco, that requires to be spit out
 - Lozenges, strips, or sticks – dissolvable products that may look like candy that are not smoked)
 - Electronic cigarettes, vape pen, e-Hookah, Hookah pen– which is usually powered by a battery and converts an “e-liquid” (electronic liquid) into an aerosol that is inhaled
 - Traditional smokeless tobacco products such as chewing tobacco and moist snuff
 - Waterpipes such as Hookah, Shisha, Narghile, Argileh (FDA, 2016).
- How many of these products do you recognize?

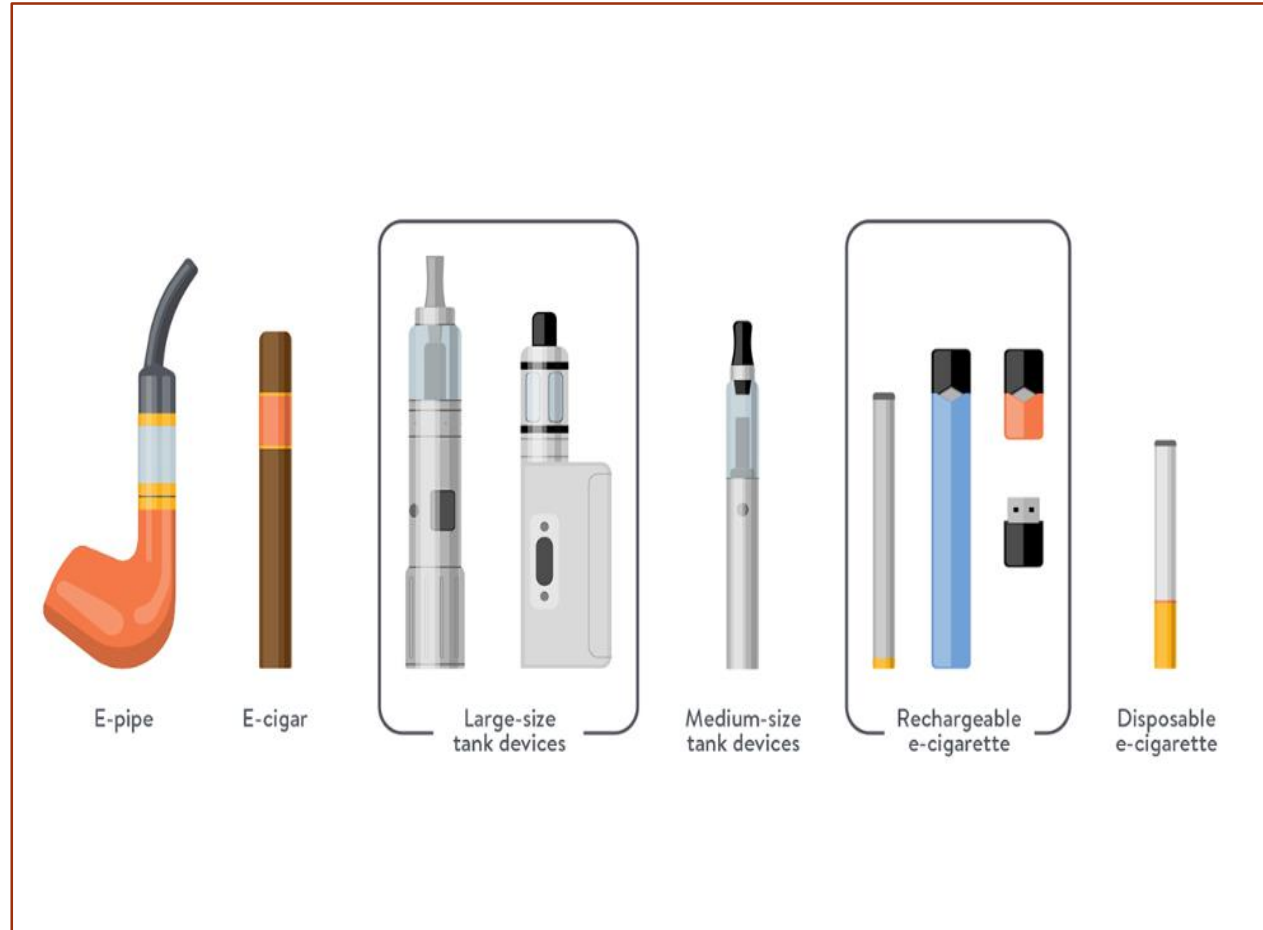


2. EMERGING TOBACCO PRODUCTS



Researchers are still investigating the safety of newer products (such as e-cigarettes and vape pens).

With a modern look and flavored options, these products are popularized among the youth.



2. EMERGING TOBACCO PRODUCTS

- Researchers are still investigating the safety of newer products (e-cigarettes and vape pens).
- Researchers suspect the following associated dangers:
 - Nicotine in e-cigarettes is very addictive and can harm adolescent brain development. It can also be a gateway to using other substances.
 - Some e-cigarette flavorings may be safe to eat but not to breathe.
 - A common ingredient in e-cigarette flavoring is diacetyl which can cause "popcorn lung," scarring the tiny air sacs in the lungs. This causes thickening and narrowing of the airways, which can lead to wheezing, shortness of breath, and is a serious health concern.
 - Defective e-cigarette batteries have caused fires and explosions that can lead to serious injuries and death.
 - Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.
 - There have been reports of youth and young adults experiencing seizures after vaping, which is a potential side effects of nicotine poisoning.
- With a modern look and flavored options, these products are popularized among the youth.



2. EMERGING TOBACCO PRODUCTS



Researchers distinguish vape pens/e-cigarettes from “e-joints.”

“E-joints” look like vape pens and e-cigarettes.

“E-joints” are used to smoke THC (the psychoactive ingredient of marijuana).



2. EMERGING TOBACCO PRODUCTS

- Researchers distinguish vape pens and e-cigarettes from “e-joints,” (Center on Addiction, 2015).
- “E-joints” look like vape pens and e-cigarettes. They are used to smoke THC (the psychoactive ingredient of marijuana). One device brand name is JuJu Joints (Center on Addiction, 2015).
- “E-joints” do not produce smoke or smell (Center on Addiction, 2015).
- “E-Joints” can only be purchased by adults 21 and older, but law enforcement agencies say they are concerned the devices are already being abused by teenagers (Center on Addiction, 2015).

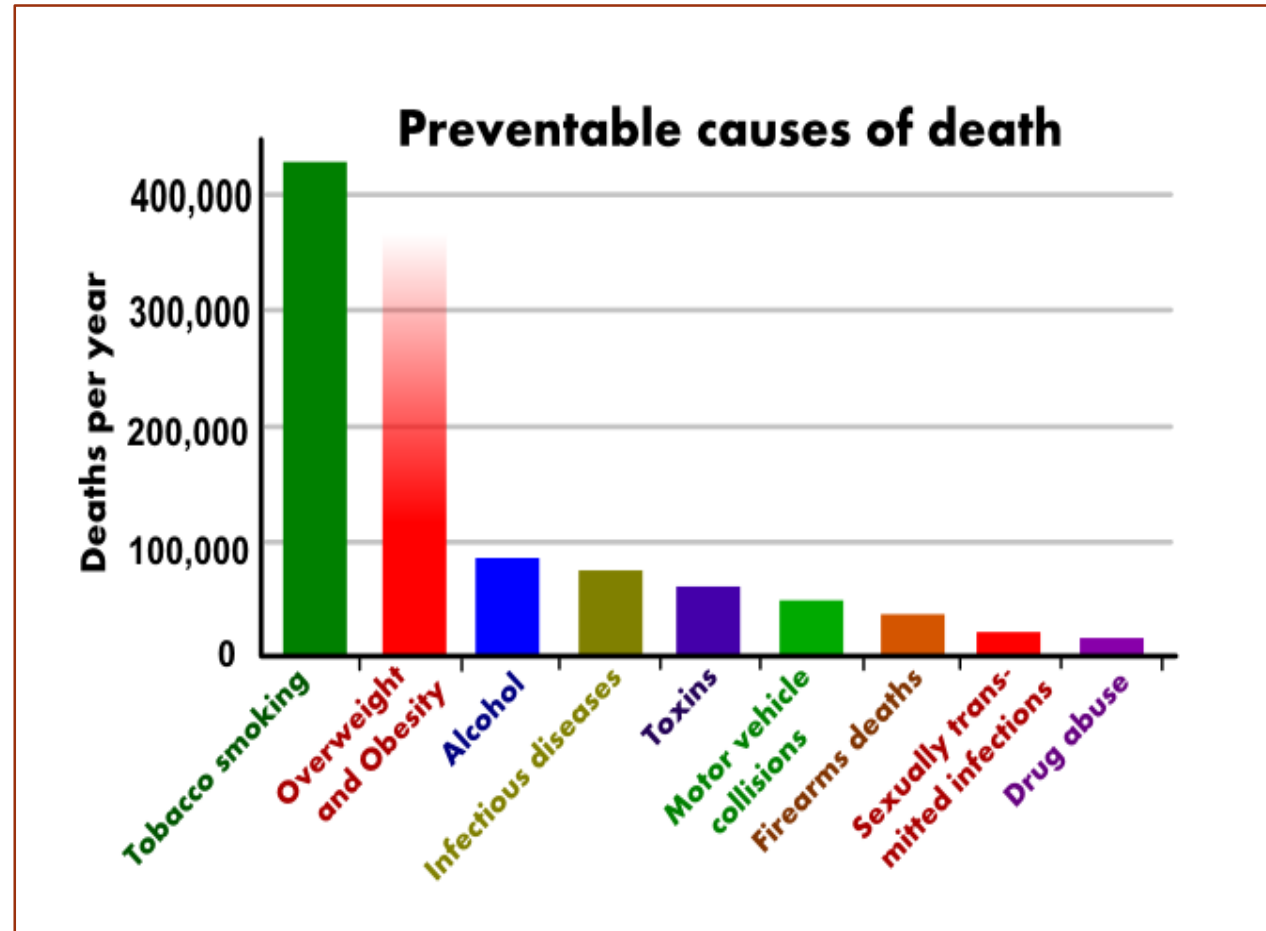


3. NATIONAL AND TEXAS STATISTICS



The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing more than 8 million people a year around the world.

In the United States, tobacco use is the leading cause of preventable deaths, and it kills more than 480,000 people annually.



3. NATIONAL AND TEXAS STATISTICS

- The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing more than 8 million people a year around the world (WHO, 2019).
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3. NATIONAL AND TEXAS STATISTICS



In 2017, 15.7% of TX adults smoked. Nationally, the rate was 17.1%.

The youth use of e-cigarettes has more than quadrupled from 3% in 2012 to 13% in 2018.

There are no safe levels of exposure to first or second-hand smoke.



3. NATIONAL AND TEXAS STATISTICS

- In 2017, 15.7% of TX adults smoked. Nationally, the rate was 17.1%. (Truth Initiative, 2020).
- The youth use of e-cigarettes has more than quadrupled from 3% in 2012 to 13% in 2018 (DSHS, 2019).
- Currently, the Texas Department of State Health Services (DSHS) and local health departments are investigating cases of severe lung illness in people with a recent history of vaping (DSHS, 2020).
- It is important to note that there are no safe levels of exposure to first or second-hand smoke.



4. LAWS IN TX RELATED TO TOBACCO USE

- Clean indoor air ordinances
 - 100% smoke-free laws in municipalities
- Youth access laws
 - Min. age 21 years old
- Local tobacco laws
 - Kirby
 - Leon Valley
 - San Antonio



4. LAWS IN TX RELATED TO TOBACCO USE

There are various policies in TX related to tobacco use.

- **Clean indoor air ordinances (Truth Initiative, 2020)**
 - Smoking is prohibited in childcare facilities.
 - Smoking restrictions are required in schools and recreational/cultural facilities.
 - There are no smoking restrictions for government workplaces, private workplaces, restaurants, bars, casinos/gaming establishments and retail stores.
 - Many municipalities in Texas have local 100% smoke-free laws, to include bars.
 - The use of e-cigarettes is prohibited in schools, at before/after-school programs, inside state Department of Criminal Justice facilities, at childcare homes and centers, in residential child care facilities and in vehicles transporting children, in licensed pediatric extended care transportation vehicles, and in foster homes or when transporting foster children by car.

- **Youth access laws (Truth Initiative, 2020)**
 - The minimum age of sale for tobacco products in Texas is 21. Members of the military are exempt, regardless of active status.
 - Minors are prohibited from buying alternative nicotine products, including e-cigarettes.
 - Establishments are required to post signs stating that sales to minors are prohibited.

- **Local tobacco laws (Truth Initiative, 2020)**
 - Kirby, Leon Valley and San Antonio have banned the sale of tobacco products to those under 21.



5. YES QUIT



Quitting tobacco isn't easy,
but there is help.

Quit by Phone

Call the toll-free Quitline: **1-877-YES-QUIT** (937-7848).

Quit Online

myquitforlife.com

yesquit.org



5. YES QUIT

Quitting tobacco isn't easy, but there is help.

- You can either quit by phone or online.
- The Texas Quitline is funded by the state. By signing-up, you'll receive free and confidential counseling services, support and information from trained professionals. Research shows that the support provided by a quitline can double your chances of successfully quitting smoking.
- The web-based tobacco cessation program will allow you to create an easy-to-follow online Quitting Plan and have access to a coach.



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CREDITS

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