

HOW CHWS CAN ASK, ADVISE, REFER

TOBACCO CESSATION EDITION FOR TEXAS CHWS

Step 1: CHWs **ASK** if person uses tobacco and whether they want to quit.

Are you a current or former user?

What type of tobacco is used (including any exposure to secondhand smoke)?

How often is tobacco used?



During one-on-one casual interactions or clinical visits, ask them about their smoking status. Document the information in the medical record, if applicable.

Step 2: If yes, **ADVISE** them to quit and educate them on treatment options.



It's okay if this is your third time trying to quit. It's worth the effort for your health and loved ones.

People listen to and respect the advice of CHWs. Urge every tobacco user to quit in a clear and personalized way. Remind them that most smokers attempt to quit 3-8 times before quitting for good. Link their current situation to reasons for quitting,



Step 3: **REFER** them to the Quitline using the Texas Quitline App, Explain the benefits and success rate of the Quitline when coupled with Nicotine Replacement Therapy (NRT) or prescription medication. And they get free NRT when referred through the app.

 National Community Health Worker Training Center

 **TOBACCO RESEARCH & EVALUATION TEAM**
THE UNIVERSITY OF TEXAS AT AUSTIN™

The Quitline App is free for download on the App Store and Google Play. The App referral can be accessed in English and Spanish. Alternatively, call 877-YES-QUIT for English or 1-855-DEJELO-YA for Spanish assistance.