ADDRESSING SMOKE EXPOSURE AND SMOKING CESSATION WITH CAREGIVERS AND PARENTS

MINIMAL INTERVENTIONS
3 minutes or less - increase overall tobacco abstinence rates

BEGIN THE CONVERSATION,
but don't feel the need to "solve" all problems at once

REFER FAMILIES
to the **Ohio Quit Line** and follow-up with parents at the next visit

PREVENTIVE CARE
is crucial – extra time now helps save time and improve health for the future

PREVENTION is key for pediatric health and smoking is the single largest cause of preventable disease and death in the US

SMOKERS WANT TO QUIT!

70%

70% of tobacco users report wanting to quit

Most have made **at least one** quit attempt

Previous quit attempts are the most important determinant of ultimate success

RESOURCES FOR SMOKING CESSATION:

START A CONVERSATION WITH YOUR DOCTOR ABOUT SMOKING CESSATION

THE OHIO TOBACCO QUIT LINE (ODH)
- **800-QUIT-NOW** or **ohio.quitlogix.org**
- Coaching by phone with additional text/email
- Possible free nicotine replacement therapy for 18+yo

SMOKEFREETXT (NIH)
- **Smokefree.gov**
- Daily text support for 6-8 weeks

MY LIFE, MY QUIT (ODH)
- Text **"Start My Quit"** to **855-891-9989**
- Teen focused

DITCHVAPE (THE TRUTH INITIATIVE)
- Text **DITCHVAPE** to 88709
- Designed for 13-24 year olds

https://sff.ohioaap.org/webinar-resources
Resources available include handouts, websites, and training videos

Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®
Ohio Partners for Smoke Free Families
OHIO COLLEGES OF MEDICINE GOVERNMENT RESOURCE CENTER
Ohio Department of Health
Ohio Department of Medicaid
medtapp

TIPS FOR TALKING WITH FAMILIES ABOUT SMOKING CESSATION

START THE CONVERSATION

Ask the families you see:

- Do you smoke or vape/JUUL/FILL IN THE BLANK?
- Does anyone who lives in your home or spends lots of time with your child smoke or vape?
- Remember the 5 As:
  - **Ask** about tobacco use
  - **Advise** tobacco users to quit
  - **Assess** readiness to make a quit attempt
  - **Assist** with the quit attempt
  - **Arrange** follow up care

MEET PATIENTS WHERE THEY ARE

Ask questions to help you (& them) understand WHY they smoke & HOW they feel about it

- How long have you smoked/vaped? How often?
- How do you feel about your smoking/vaping?
- Have you ever considered cutting down or quitting? Have you recently? Tell me about that last time…

If a family is not ready to quit, that is ok - you can ask again in future encounters.

Ask families what stage they are related to quitting smoking, using a scale like the ladder on this page.

USE QUESTIONS THAT PROMOTE THOUGHT CHANGE

- What do you like about smoking?
- What don't you like about smoking?

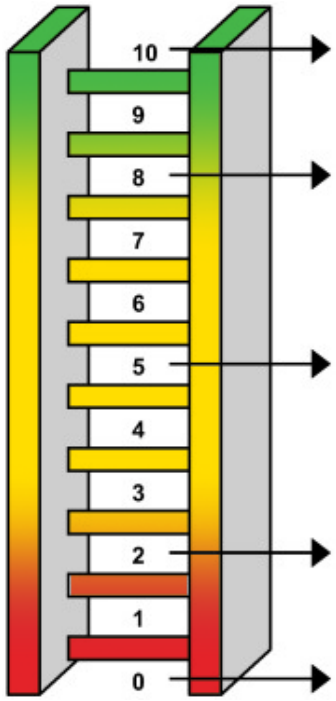
BUILD SELF-CONFIDENCE FOR CAREGIVERS AND FAMILIES

- It sounds like you were successful in quitting while you were pregnant – that's wonderful to hear and shows a lot of grit and determination on your part.

PROVIDE AT LEAST A BRIEF INTERVENTION

- Refer families to the Ohio Quit Line
- Provide a handout to families
- Ask caregivers to save a picture of resources in their phone

CONTEMPLATION LADDER



10 — I am taking action to quit (e.g., cutting down, enrolling in a program.)

8 — I am starting to think about how to change my smoking patterns.

5 — I think I should quit, but I am not quite ready.

2 — I think I need to consider quitting someday.

0 — No thought of quitting.

Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®
Ohio Partners for Smoke Free Families
OHIO COLLEGES OF MEDICINE GOVERNMENT RESOURCE CENTER
Ohio Department of Health
Ohio Department of Medicaid
medtapp