

# FREE Stop Smoking Program

## 5-session classes

Take the  
First Step!



### 2020 VIRTUAL SCHEDULE

**Sponsored by**  
The Health  
Promotion  
Council through a  
grant from  
the PA Dept of  
Health

**ALL  
CLASSES  
WILL BE  
USING  
ZOOM. LINK  
WILL BE  
SHARED IN  
ADVANCE**

**Wed 6:00-7:30pm**  
Aug 26th - Sept 23rd

**Wed 7:00-8:30pm**  
Sept 16th - Oct 14th

**Tues 4:30-6:00pm**  
Oct 6th - Nov 3rd

**Tues 6:30-8:00pm**  
Oct 20th - Nov 17th

**Thur 7:00-8:30pm**  
Nov 5th - Dec 3rd

**Mon 7:00-8:30pm**  
Dec 14th - Jan 11th 2021



#### **\*Registration Required**

Register at **BCHIP.org** or call us at **215-710-2201**

follow us on social media to stay informed

#### **@BCHealthEquity**


For Additional Support

Call the Pennsylvania Quit Line @ 1-800-QUITNOW for one-on-one tobacco dependence counseling over the phone. For assistance in español call 1-855-DEJELO-YA (1-855-335-3569)

For more info about our programs visit us @ [bchip.org](http://bchip.org)



**Bucks  
County Health  
Improvement  
Partnership**



# Hazards of Smoking

Ashley Benton, CHES, HSMI

 Doylestown Health

**Basics**

**Coping &  
Relaxation  
Mechanisms**

**Health Hazards**

**Resources &  
Benefits**

# Definitions:

- Tobacco: **plant** grown in which we use leaves
- Nicotine: addictive **chemical** in tobacco plant
- Electronic Nicotine Delivery Systems (ENDS): noncombustible tobacco products - vape pens, hookah pens, e-cigarettes
- Vaping: act of inhaling and exhaling vapor from ENDS



Who?

The background image shows a close-up of a person's hand holding a smartphone. The screen displays several rows of numbers, likely representing stock prices or financial data, such as "5.94,66755.39,0,0,0,0,0,0,0,0".

# Who?

- #'s aren't clear without specifying the type of tobacco product
- Cigarette smoking is down. ~ 34 million adults where 75% smoke everyday (U.S. only, 2018)
  - Highest among men
  - Highest among 25-44 & 45-64 age groups
  - **Higher among psychological distress**
- E-cigarette use is up. 7 million to ~ 41 million (2018)
  - Highest rates among young adults (18-24 yr old)

## E-Cigarette Trends

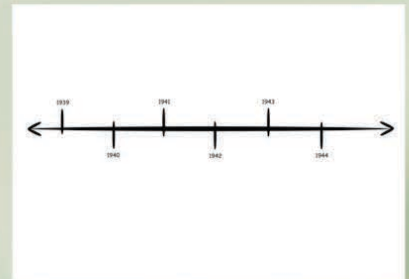
## E-Cigarette Trends

- 5.94,66755.39,0,0,0,0,0,0  
59.12,42826.99,0,0,0,0,0,0  
35.64,50656.8,0,0,0,0,0,0  
115.94,67905.07,0,0,0,0,0,0  
115.94,66938.9,0,0,0,0,0,0  
7192.49,86421.04,0,0,0,0,0,0

## E-Cigarette Trends

- **Early 2000s** - 1st e-cigarette created to deliver nicotine without burning tobacco
  - "Safer alternative" to traditional tobacco products
  - Smoking cessation tool for ADULTS
- **Today** - PH epidemic, JUUL leading (73%)
  - Athletes, young, former NON-smokers
  - Produce fewer toxins than traditional cigarette smoke BUT not safe...
  - Not just flavored e-liquid - THC

Why



# Why Are We Smoking?

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- Nicotine addiction & brain
- Social setting
- Social media - opposite of its stated mission
- Rebellion / image / peer pressure
- Stress



**COVID-19 &  
Smoking**



## COVID-19 & Smoking

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- The bad: COVID-19 has made new smokers or continued smokers
- The good: COVID-19 has helped smokers quit



CORONAVIRUS

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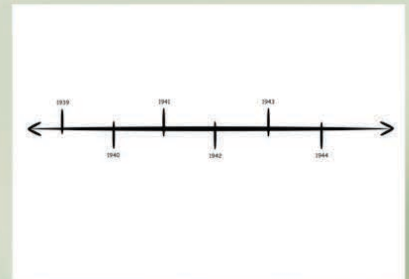


**COVID-19 &  
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The background of the slide features a close-up photograph of two hands. One hand is holding a lit cigarette, with smoke visible. The other hand is positioned near it. The image is slightly blurred, focusing attention on the central text overlay.

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E-Cigarette Trends

A small, stylized barcode graphic is located at the bottom center of the slide. It consists of vertical black bars of varying heights on a white background, resembling a standard retail barcode.

## E-Cigarette Trends

- [illegible]

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**Basics**

**Coping &  
Relaxation  
Mechanisms**

**Health Hazards**

**Resources &  
Benefits**

# Effective Coping Mechanisms

*Address the cause of stress*

- Problem solving
- Relationship building/maintaining
- Change in thoughts - reframing
- Ex: counseling, re-framing wrksht, creative problem solving, journal, art therapy



**Effective  
Relaxation  
Mechanisms**

# Effective Relaxation Mechanisms

*Address the symptoms of stress*

- Identify the 5 senses
- Breathing exercises
- Diet & sleep
- PMR
- Ex: yoga, meditation, exercise, music, journal, pets, essential oils, friends, massage



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**Effective  
Relaxation  
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# Health Hazards

- Leads to disease of and harm to every organ of body
- Cigarette smoking causes 480,000+ deaths/year
- Cancer, lung diseases, HBP, strokes, vision problems, pregnancy implications, coughing, yellow teeth, wrinkles, ulcers, etc...



Nicotine

Smoking & CVD

Smoking &  
Respiratory  
Disease

Smoking &  
Cancer

Secondhand  
Smoke

Dual Use

# Nicotine

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- Highly addictive stimulant drug
- Possible side effects:
  - Increases BP, breathing & HR
  - Sore throat
  - Ulcers
  - Increased salivation
  - Dizziness
  - Headaches
  - Nausea



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Nicotine

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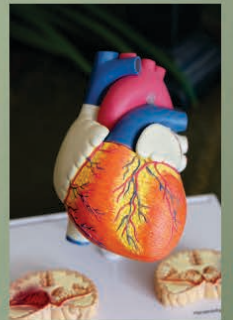
Smoking &  
Cancer

Secondhand  
Smoke

Dual Use

## Smoking & CVD:

- CVD: generic term consisting of heart disease, HBP, heart attack, stroke, aneurysms
- Carbon monoxide, a by-product of smoke:
  - decreases oxygen to organs
  - increases fatty buildup in arteries
  - causes BVs to narrow and harden - heart beats faster and BP raises
  - causes changes in clotting of blood - heart attack
- CVD accounts for 800,000 deaths in US/year



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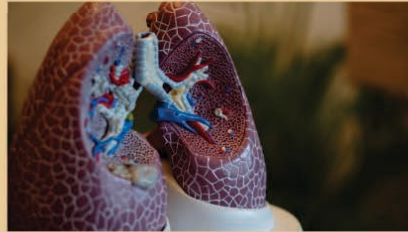
Smoking &  
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## Smoking & Respiratory Health

- Causes lung disease by damaging airways
- Smoking causes most cases of lung cancer
- Tobacco smoke triggers asthma attack
- COPD: Lung disease caused by smoking. People living with COPD at increased risk of severe COVID-19



# Health Hazards

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Smoking & CVD

Smoking &  
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Smoking &  
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Dual Use

# Smoking & Cancer

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- Smoking can cause cancer almost anywhere in your body
  - Bladder, blood, cervix, colorectal, kidney, liver, stomach, lung, etc.
- If no one smoked, 1 in every 3 cancer deaths would not occur

