

## Five Keys to quitting

- ◆ Get ready
- ◆ Get support
- ◆ Learn new skills and behaviors
- ◆ Get medication and use it correctly
- ◆ Be prepared for relapse or difficult situations

*Help!*

*QUIT*



## Benefits of quitting tobacco

- ◆ Quitting tobacco decreases the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.
- ◆ People who quit smoking before age 50 have half the risk of dying in the next 15 years compared with continuing smokers.
- ◆ Women who stop smoking before pregnancy or during the first three to four months of pregnancy reduce their risk of having a baby with low birth weight.
- ◆ Quitting tobacco helps stop the damaging effects on appearance, including premature wrinkling of skin, bad breath, stained teeth, gum disease, bad smelling clothes and hair and yellow fingernails.

## Tobacco-Free Policy



*What you need to know  
about our tobacco-free  
campus at  
Deschutes County  
Health Services.*



# To preserve our healing environment, Deschutes County Health Services is a tobacco-free campus

## TOBACCO-FREE POLICY

Effective October 2009, DCHS will maintain a 100% tobacco-free environment. This policy applies to employees, patients, residents, visitors, vendors and anyone who enters DCHS-owned property or off-campus employee worksites.

## PHYSICAL BOUNDARIES OF THE POLICY

This policy shall apply to all indoor and outdoor spaces owned or leased by DCHS, including:

Parking lots and driveways that are used by DCHS.

Adjoining sidewalks DCHS owned or leased property



## Why?

Smoking is a known health risk. As a health-care facility, it doesn't make sense for us to allow smoking on our campus.

## Important facts:

- ◆ Every year, more than 223 deaths in Deschutes County are caused by smoking.
- ◆ Smoking costs Deschutes County an estimated \$35-million annually.
- ◆ Secondhand smoke contains more than 4,000 chemicals and at least 40 known cancer causing agents.
- ◆ Children of smokers have many more respiratory infections than children of nonsmokers.
- ◆ Based on data collected in the late 1990s the U.S. Centers of Disease Control (CDC) estimates that the average life span of a smoker is reduced by 13.2 years for men and 14.5 years for women.

## Resources for quitting

(3 out of 4 tobacco users want to QUIT)

**Oregon Health Plan (OHP):** The plan will cover generic prescriptions up to 70 patches per year.

**Clearchoice clients (Medicare):** with part D, the plan will cover generic (prescriptions) up to 70 patches a year

**Volunteers in Medicine (VIM):** Prescription Assistance program for clients who qualify for VIM income requirements. Programs offers Chantix and Wellbutrin.

In addition, the following resources are available:

### **Oregon Tobacco Quit Line**

1-800-QUIT-NOW: 1-877-270-7867

1-877-266-3863 (es el numero gratis en espanol)

1-877-777-6534 (TTY number for people with hearing impairment)

[www.quittobacco.org](http://www.quittobacco.org)

**National Cancer Institute's Smoking Quit Line** 1-877-44U-QUIT

**Nicotine Anonymous**

[www.nicotineanonymous.org](http://www.nicotineanonymous.org)