

Supporting Oregonians with Disabilities to be Tobacco Free

November 29, 2017



Oregon
Health
Authority



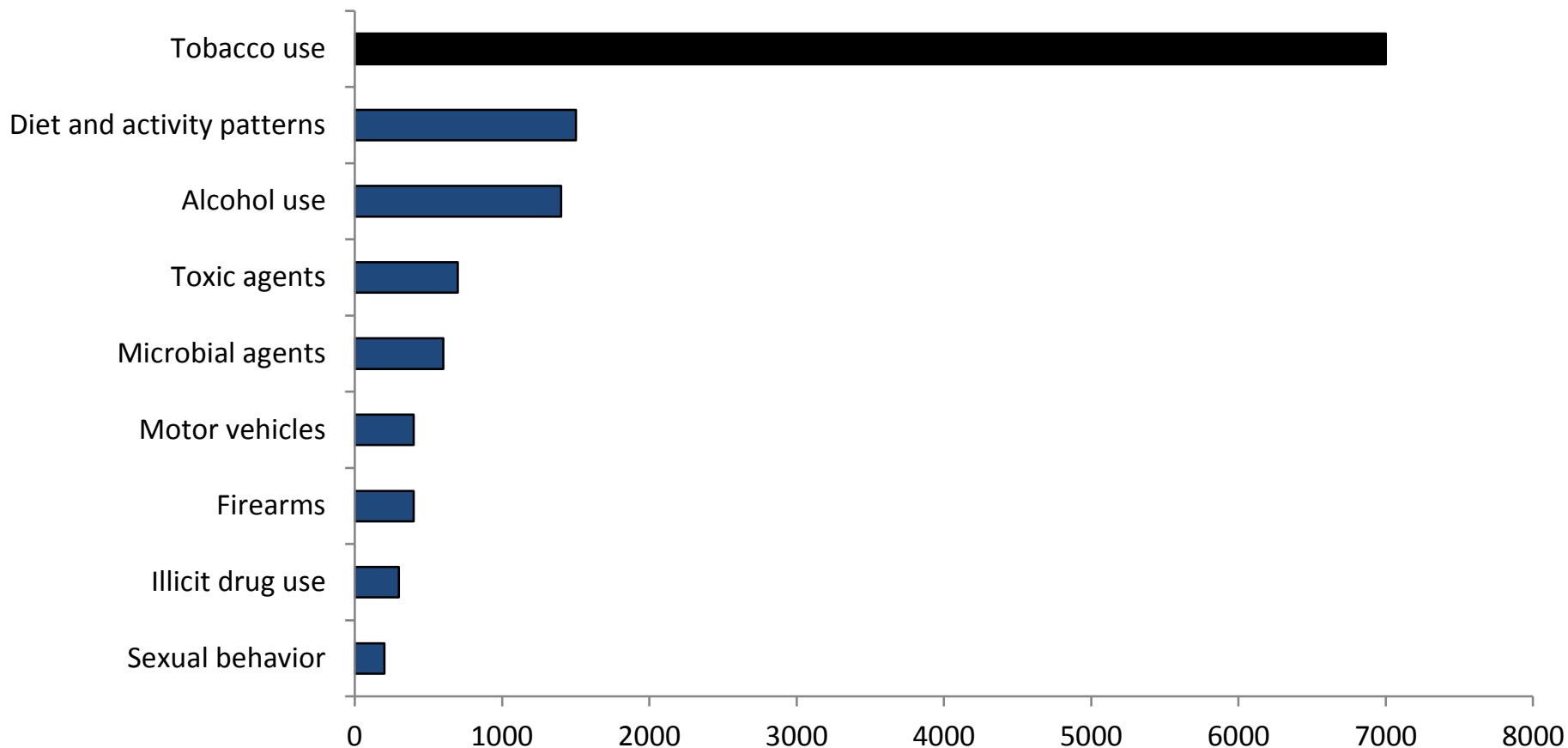


This webinar is brought to you by the Oregon Health Authority, Special Olympics Oregon, and the Oregon Office on Disability and Health. It is supported in part by Grant/cooperative Agreement # 5 U59 DD000942 from the Centers for Disease Control and Prevention's Disability and Health Program located at Health at Oregon Health and Science University. The contents of this webinar are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



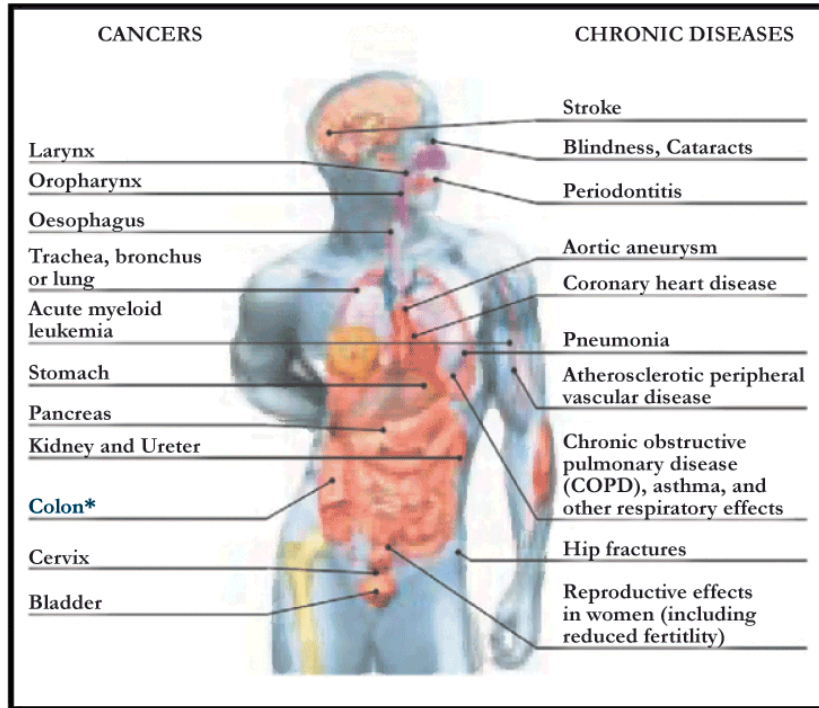
Leading causes of preventable death

Tobacco use is the leading cause of preventable death in Oregon



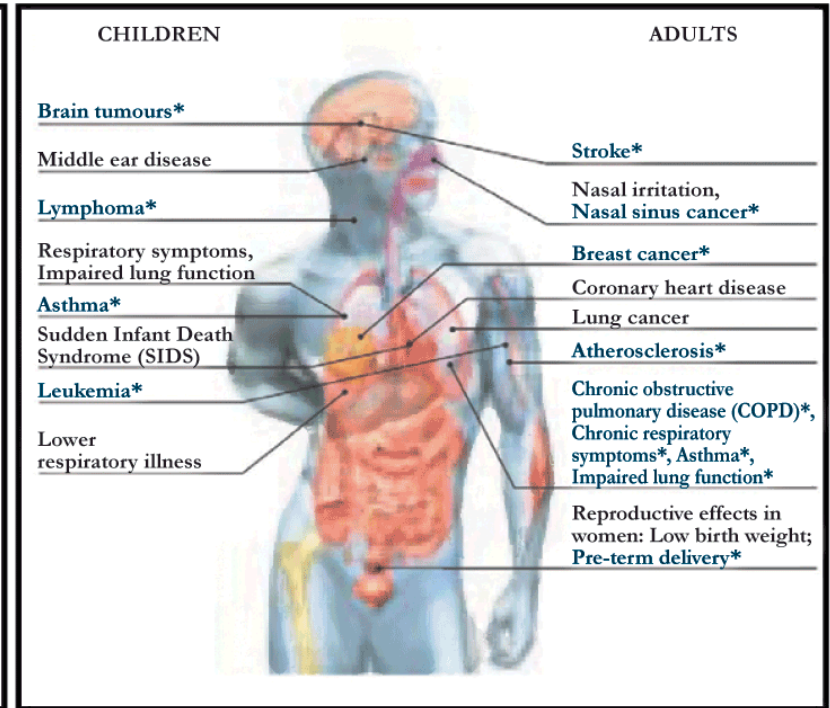
Smoking and Secondhand Smoke Damages the Entire Human Body

Smoking



Source: Adapted from reference 9.

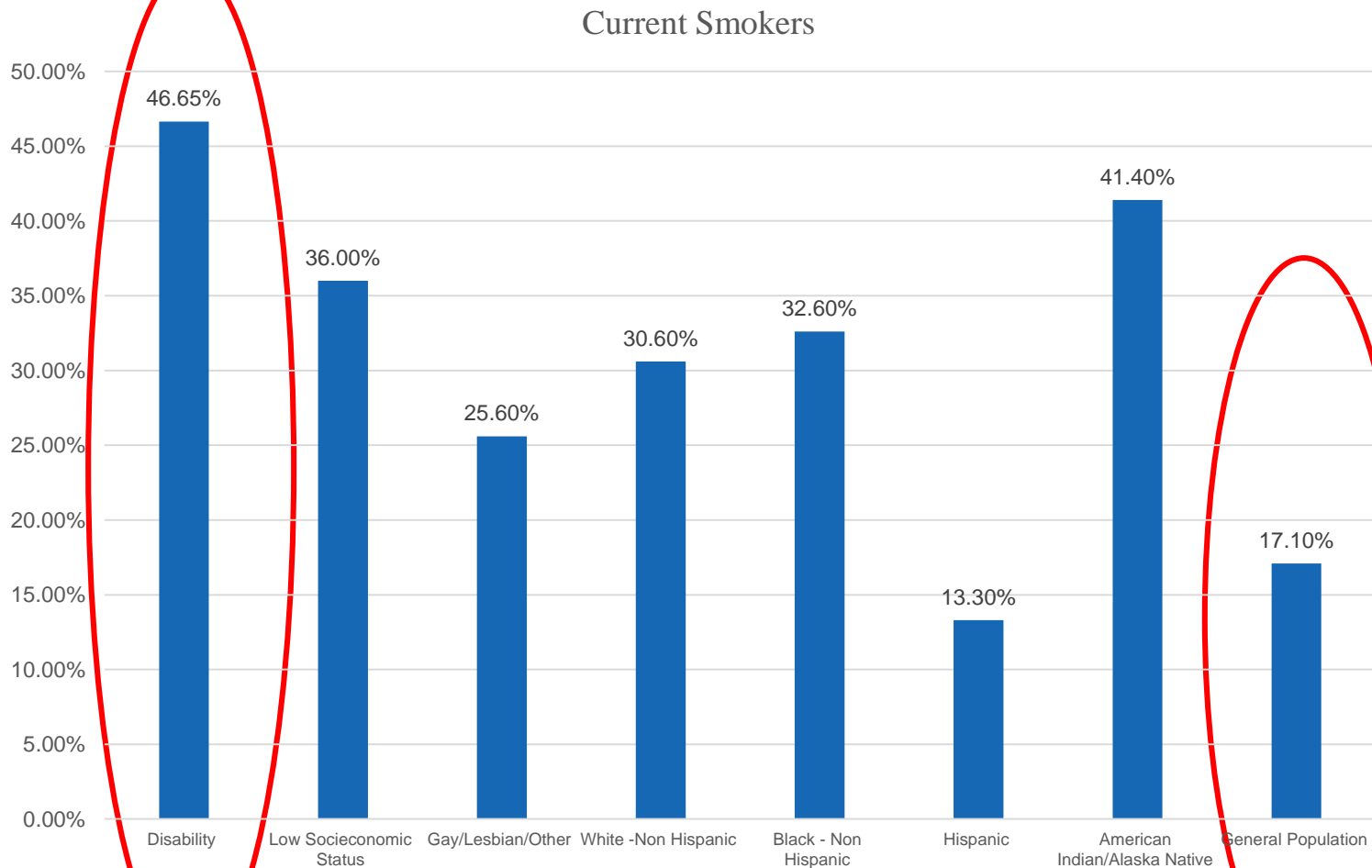
Tobacco Smoke Pollution



* Evidence of causation: suggestive
Evidence of causation: sufficient

Cigarette smoking among select groups

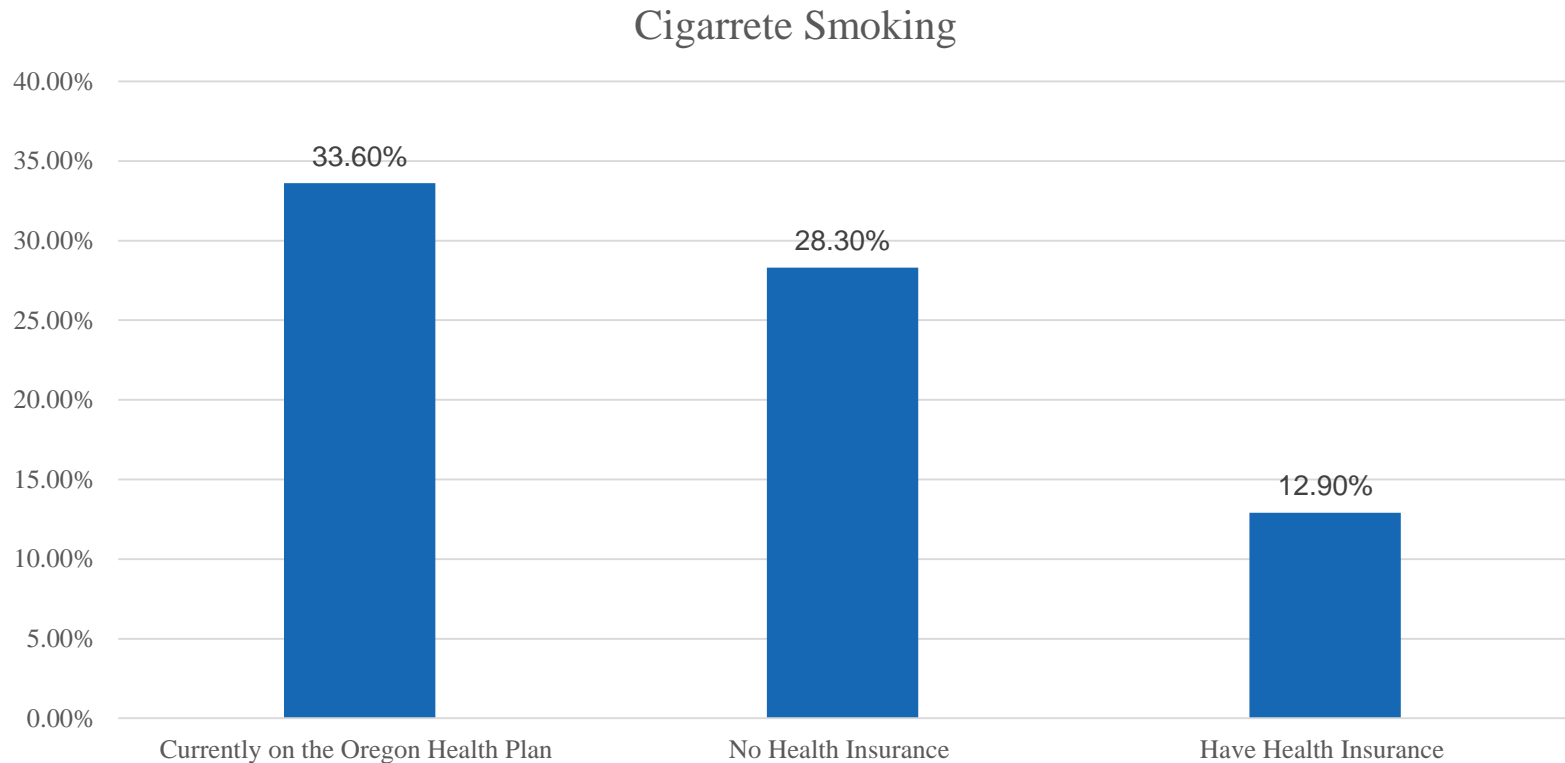
Tobacco use is an issue of health equity



Data Source: Oregon Tobacco Report, 2017

Cigarette smoking by insurance status

Oregon spends **\$374 million** per year through the Oregon Health Plan to treat smoking-attributable diseases



Data Source: Oregon Tobacco Report, 2017

Tobacco Education Project for People with Disabilities

- Reduce tobacco use among both Oregonians with disabilities and their service organization providers who support them
- Increase the number of disability service provider agencies and health organizations, like Special Olympics, that become referral sources for the Oregon Tobacco Quit Line
- Increase the number of agencies that become tobacco free workplaces



Vision of Special Olympics Health

- Create a world where people with intellectual disabilities have the same opportunities to be as healthy as people without intellectual disabilities.



GLOBAL STRATEGIC PLAN 2016-2020

Special Olympics aims to combine high quality sports with a wide audience, and be a driving force for social inclusion of people with intellectual disabilities (ID). For us, this means people with ID of all abilities are welcomed in their communities and join with others to learn, work, compete and play with the same rights and opportunities as others.



GOAL 1

IMPROVE OPPORTUNITIES FOR ATHLETES TO PERFORM AT THEIR BEST

Special Olympics wants people with ID to be fit and healthy, master skills, build confidence and self-reliance, and perform at their best on and off the field. Athletes will have increased, high quality opportunities to participate throughout the year.

STRATEGIES TO IMPROVE ATHLETE PERFORMANCE

A Improve SPORTS QUALITY through coaching, programming and partnerships

- Refine and expand coach education
- Target different settings - schools, disability services, universities/colleges, local communities
- Develop fit, skillful athletes who are focused on improving performance
- Promote a year-round approach that includes more training and local competitions
- Establish partnerships at all levels to support sports programming

B Expand UNIFIED SPORTS and YOUNG ATHLETES to increase inclusion, particularly in schools

- Increase access to Unified Sports for all age groups but especially in schools
- Create flexible ways to expand our Special Olympics Young Athletes program (2-7 year olds)
- Continue to grow, especially in developing countries and underserved populations

C Improve ATHLETE HEALTH to support participation in sport and society

- Help athletes, families and coaches to improve athletes' fitness and general health through expansion of our Healthy Athletes and Healthy Communities initiatives
- Work with governments, non-governmental organizations, universities and the private sector to encourage them to provide better healthcare for people with ID

GLOBAL STRATEGIC PLAN 2016-2020



GOAL 1 IMPROVE ATHLETE PERFORMANCE

GOAL 2 BUILD POSITIVE ATTITUDES



Improve SPORTS QUALITY



Expand UNIFIED SPORTS and YOUNG ATHLETES



Improve ATHLETE HEALTH

GLOBAL VISION
SPORT WILL OPEN HEARTS AND MINDS
TOWARDS PEOPLE WITH
INTELLECTUAL DISABILITIES
AND CREATE INCLUSIVE COMMUNITIES
ALL OVER THE WORLD



BY 2020
WE WILL CREATE 500,000
INCLUSIVE COMMUNITIES



Raise AWARENESS



Connect the MOVEMENT



Increase external IMPACT of SPORTS EVENTS

GOAL 2

BUILD POSITIVE ATTITUDES TOWARDS PEOPLE WITH INTELLECTUAL DISABILITIES

Special Olympics wants everyone to see our athletes competing and leading the way to inclusion in communities. We will create change through people engaging with and witnessing our athletes as they participate in sports.

STRATEGIES TO BUILD POSITIVE ATTITUDES

D Raise AWARENESS through PR, celebrities and government engagement

- Work with key influencers to promote the Special Olympics mission
- Highlight athletes' talents, and use athlete leaders as the voice of our movement
- Ensure that far more people hear about, take part in or watch our activities from local communities to the global stage

E Connect the MOVEMENT so we harness our power and speak with a collective voice

- Gather data on Special Olympics members - athletes, families, volunteers, etc. - so we can improve communication and coordination
- Share messages to communicate externally in a consistent way
- Create opportunities for athletes and families to tell their stories and challenge their communities to see people with ID differently

F Increase external IMPACT OF GAMES AND COMPETITIONS to showcase athletes' abilities

- Improve how Games and competitions are run to deliver a great athlete experience
- From world to local levels, promote Games and competitions as the primary Special Olympics vehicle to develop positive attitudes
- Attract live and virtual audiences to witness and experience the power and joy of sport



SUPPORT GOAL: BUILD CAPACITY

GENERATE MORE RESOURCES

- Increase corporate partnerships, refine and expand digital fundraising, and enhance our global development work, in particular through partnerships
- Improve collaborative fundraising between partners, Special Olympics Programs (countries/states) and Special Olympics International

STRENGTHENING LEADERSHIP, including athlete leadership

- Continue to enhance leadership through better succession planning, training and development opportunities
- Ensure athlete and youth leaders get opportunities to lead at every level
- Improve Program quality, including at the local level

SUPPORT GOAL: Build capacity by GENERATING MORE RESOURCES and STRENGTHENING LEADERSHIP

Special Olympics Healthy Athletes



Healthy Athletes

- provides free health screenings in a welcoming environment
- educates athletes on healthy lifestyle choices
- identifies problems that may need additional follow-up
- has the world's largest database of health data for people with intellectual disabilities
 - Including data on tobacco use

Healthy Athletes – Results

	Global		SONA		SO Oregon	
	%	n	%	n	%	n
Health Promotion Total	100.0	125830	100.0	46304	100.0	947
Low Bone Density (adults)*	24.8	5425	25.2	3337	25.8	39
Obese (child)*	15.5	8539	31.4	3648	23.4	55
Overweight (child)*	14.8	8157	17.4	2022	19.2	45
Obese (adult)*	31.0	18213	44.8	12658	48.2	273
Overweight (adult)*	28.1	16536	28.2	7957	30.7	174
Use Tobacco Products*	8.0	8640	6.6	2416	22.3	159
Exposure to Second Hand Smoke*	38.4	37241	36.1	11450	25.6	131

We Know What Works: Evidence-Based Interventions

- 100% tobacco-free policies
- Sustained funding of comprehensive programs
- Tobacco price increases
- Hard-hitting media campaigns
- Access to self management supports
- Comprehensive point of sale restrictions



Establishing or enhancing tobacco-free campus policies for your agency

Office of the Governor
State of Oregon



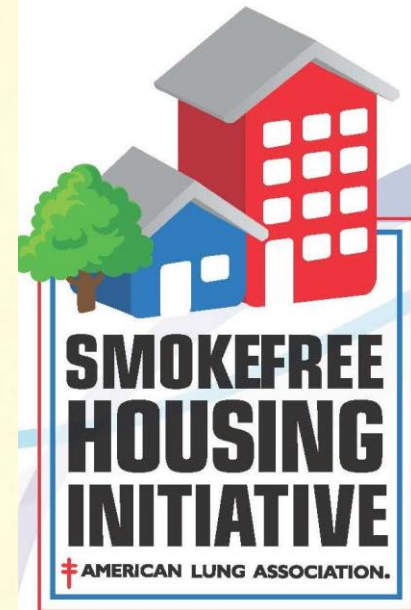
EXECUTIVE ORDER 12-13

TOBACCO FREE PROPERTIES

Creating tobacco-free state properties will improve the health, wellness and productivity of employees, clients, volunteers and visitors. Tobacco use remains the No. 1 preventable cause of death in Oregon.

Death and disability resulting from tobacco use costs Oregon lives, and dollars. In 2009, tobacco cost Oregonians nearly \$2.4 billion, with \$1.25 billion in direct costs and \$1.15 billion in lost productivity due to early death.

...that the state employees who smoke cost the state more than those who do not. Because taxpayers pay the bill for state employees' health care, agencies bear some responsibility for assisting those employees to quit as soon as possible.



Tobacco-free
Property

...For a Healthier Clatsop County



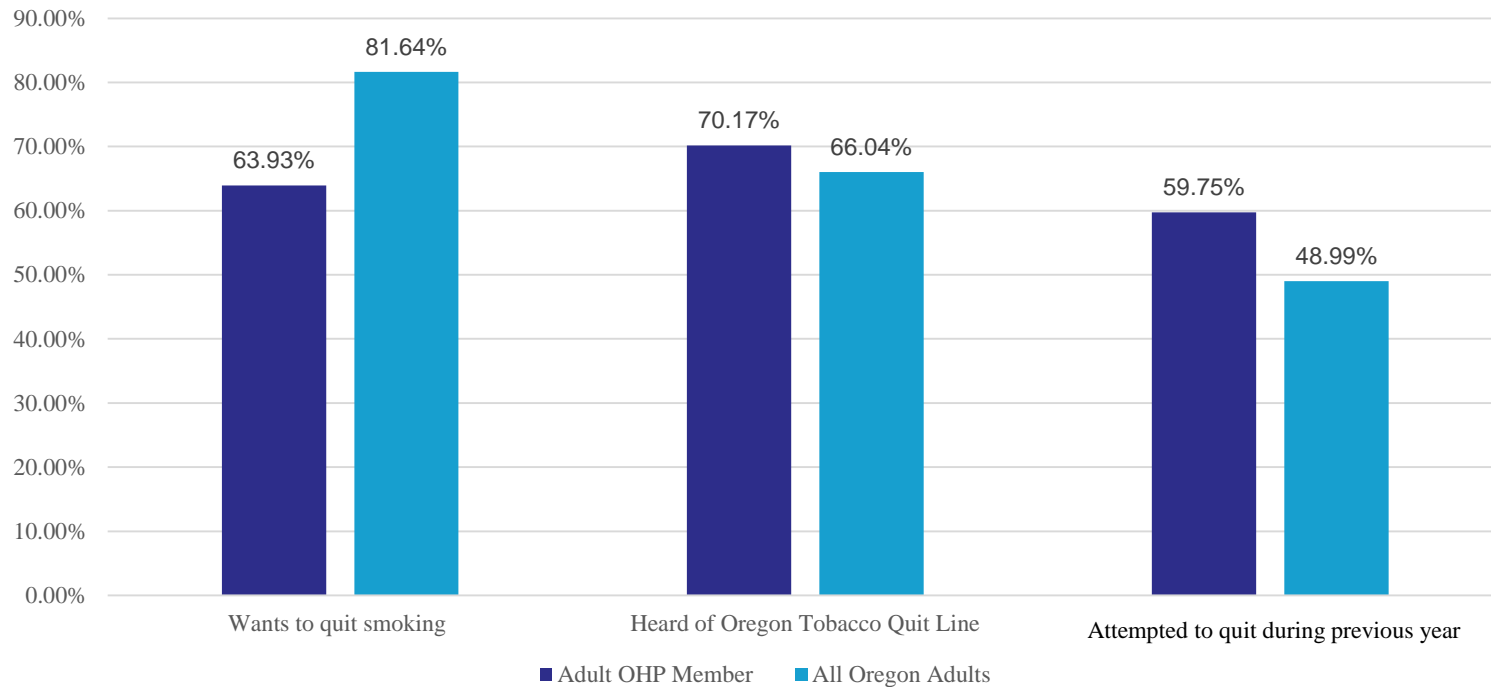
For a healthier community and cleaner environment, the University of Oregon is smoke and tobacco-free.

Everyone Has Access to Self Management Supports

- Employer-based health plans
- Coordinated Care Organization members
- The uninsured

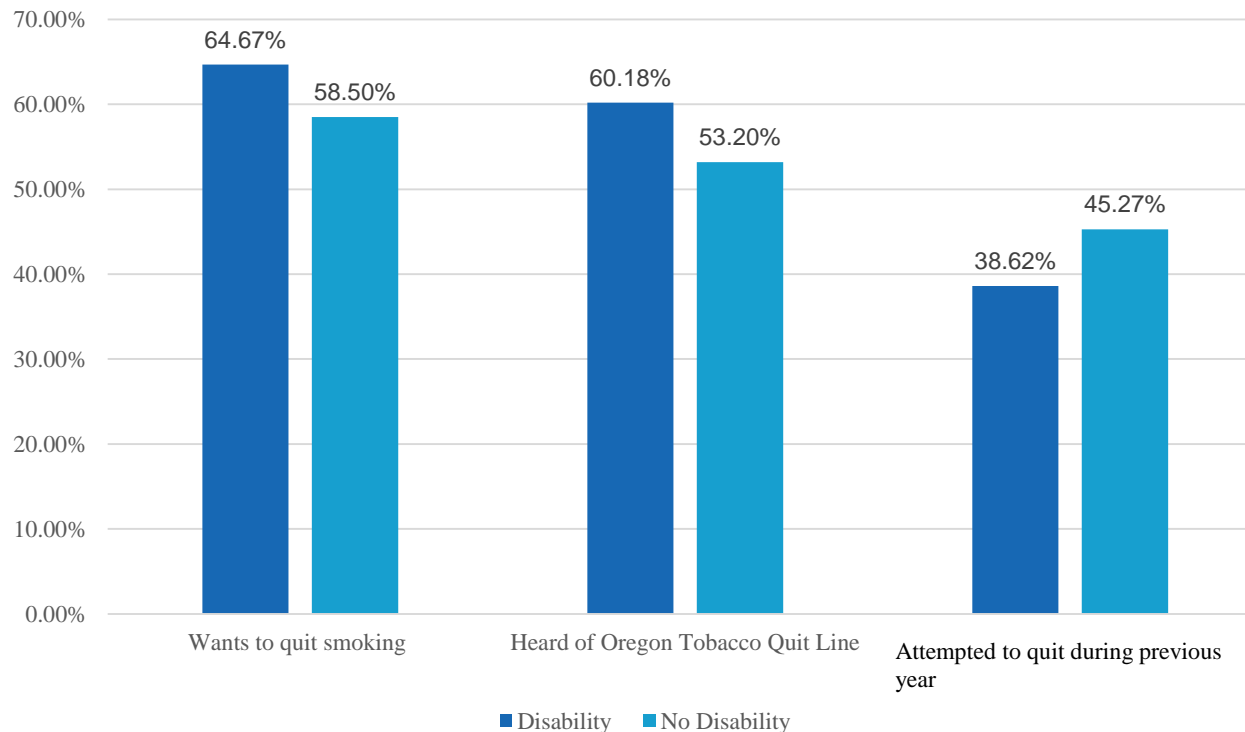


Tobacco Users Want to Quit Smoking



Source: Oregon Behavioral Risk Factors Surveillance System 2015.

Tobacco Users Want to Quit Smoking by Disability Status



- 64.7% of Oregonians with disabilities would like to quit smoking

Source: Oregon Behavioral Risk Factors Surveillance System 2015.

People Want to Quit!

- People **with** disabilities are ***just as likely*** to want to quit as people **without** disabilities (CDC, 2013).
- Common motivators to quit:
 - Personal health, wellness and fitness
 - Children
 - Social stigma
 - Financial

Tobacco users who receive effective treatment are 2 - 3 times more likely to quit.

Supports Essential for Persons with Intellectual Disabilities

Attempting to quit requires skills that those with ID may struggle with including:

- Self-confidence
- Planning ahead
- Remaining focused
- Self-control to resist urges
- Long-term risk of smoking over instant gratification

Social support essential for success

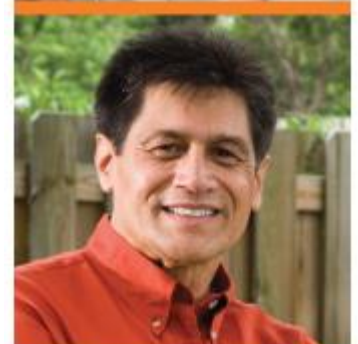
- Role modeling is KEY!
- Having a champion for change

People Can Quit!

- Counseling, Medication, and a Quit Plan help

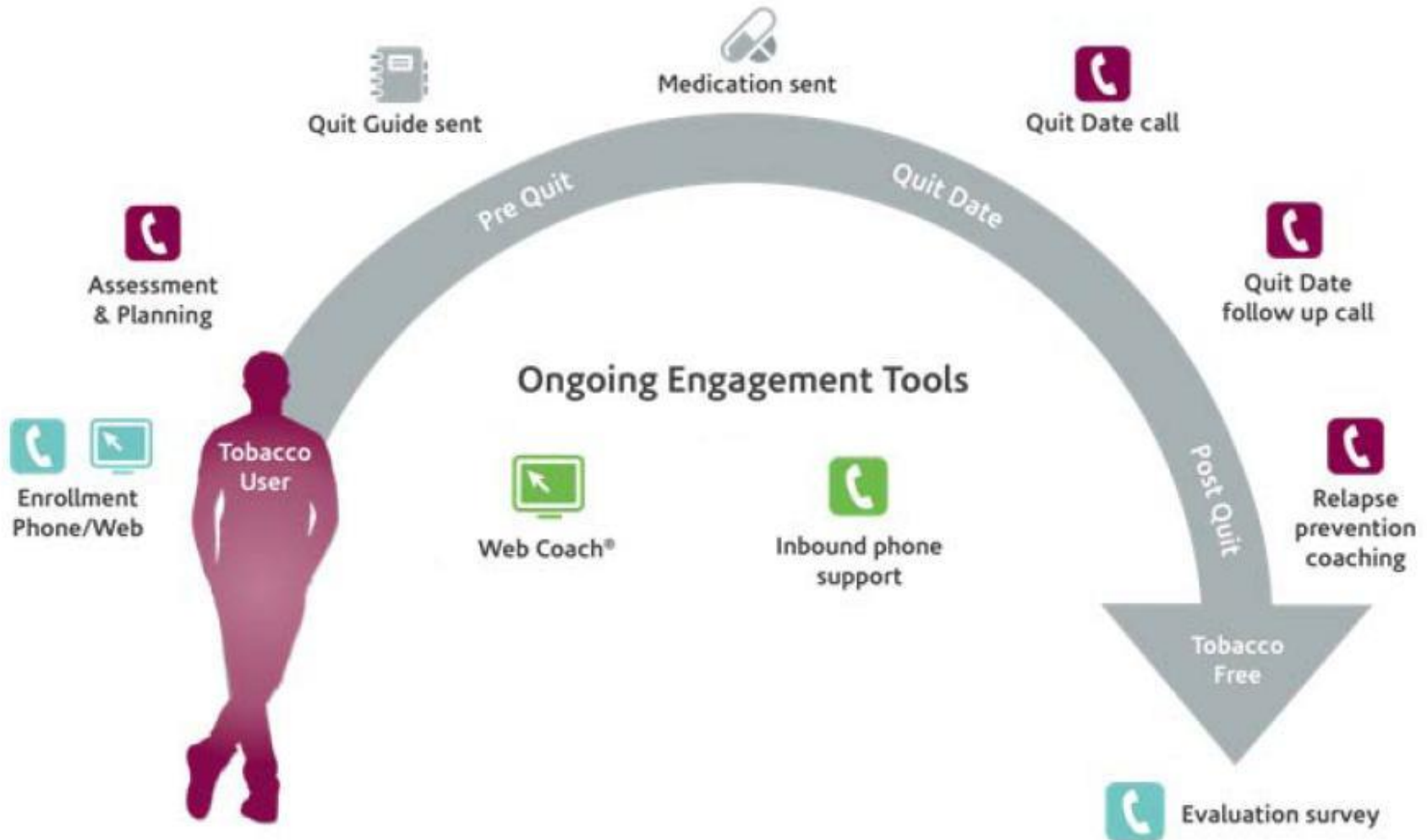
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Treating Tobacco Use and Dependence: 2008 Update Clinical Practice Guideline. U.S. Department of Health and Human Services. Public Health Service. <http://www.surgeongeneral.gov/tobacco/>



Oregon Tobacco Quit Line: One Stop for all Oregonians

- Free counseling and medication to help people quit
- Quit coaches available 24 hours a day, seven days a week
- 1-800-QUIT-NOW (784-8669) www.quitnow.net/oregon/
- Español: 1-855-DÉJELO-YA (3353-5692) www.quitnow.net/oregonsp/
- Deaf & Hard of Hearing people can call TTY line @ 1-877-777-6534 or use a relay service to connect with 1-800-QUIT-NOW



What services are available?

Uninsured

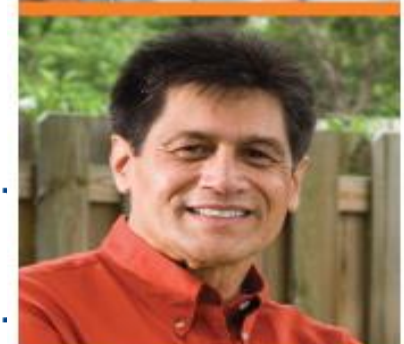
- 4 counseling calls
- 2 weeks of combined Nicotine Replacement Therapy (patch/gum)

Insured – with Quit Line benefit

- Whatever their own health plan covers, typically 4-5 counseling calls.

Insured – without Quit Line benefit

- 1 counseling call



Practical Counseling Tips for those with Intellectual Disabilities

Social Support

- Caregiver, coach, or champion present when calling the Quit Line
- Establish roles for the support team

Practical Counseling Tips

- Provide communication card for Quit Line staff
- Use adapted materials with appropriate language, pictures/auditory media
- Clearly define terms like 'urges' or 'cravings'
- Adjust length of counseling time
- Repetition: Allow time to reinforce key concepts
- Emphasis on 'quit date' and planning ahead

Promoting the Oregon Tobacco Quit Line

- **Referral System**
 - #1 way people reach the Quit Line
- **Quit Line Messages**
 - On your agency's website, newsletters, telephone hold message, screen savers, etc.
- **Quit Line Brochure for People with Disabilities**

Referral Systems

Ask. Advise. Refer...in three minutes or less.

Step 1: Ask – Systemically ask all clients if they use tobacco.
“Do you use tobacco?”

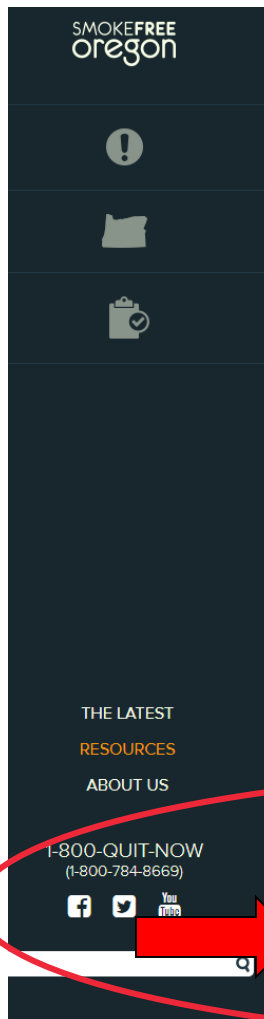
Step 2: Advise - Strongly urge all tobacco users to quit.
“I know quitting smoking is very difficult. Sometimes it takes more than one try. I know you can do it.”

Step 3: Refer – Assist those willing to quit by referring them to the Quit Line or other programs (e.g. Living Well with Chronic Conditions). *“Let me refer you to the Quit Line for assistance.”*

Contact us to set up an electronic referral system

Smokefree Oregon

<http://smokefreeoregon.com/resources/referral-to-quit-for-health-systems-and-social-service-agencies/>



that people hear about the Quit Line is from their doctor's office.

All health systems and organizations can

Ask every patient or client if they use tobacco.

Advise them to quit.

Refer them to cessation resources.

Health Systems, Providers, Medical Assistants, Health Navigators

Why refer your patients to the Quit Line or other programs?

Research indicates that provider referral of patients to tobacco cessation programs is associated with a significantly higher participation rate than simply telling patients they should quit. By using an electronic health/medical record system to refer your patients to cessation resources, it also assists your organization in achieving **Meaningful Use** and **Patient Centered Primary Medical Home** standards, and reduces the burden on staff.

How to Send E-Referrals to the Quit Line Using Electronic Health/Medical Record Systems

Read these **E-Referral Frequently Asked Questions (FAQS)**

If E-Referrals are not feasible, the Fax Referral process can be used (see below)

Who is Asking, Advising and Referring Patients to Cessation Resources?

Multnomah County Health Department

Benton County Health Services

Social Service or Behavioral Health Agencies

Why refer your clients to the Quit Line or other programs?

Using the fax referral form to refer clients who use tobacco to the Quit Line provides social service and behavioral health agency staff with a quick and easy way to direct their clients to make an attempt to quit tobacco and ~~relieves clients of the barrier of having to initiate first contact with the Quit Line.~~

How to Send Fax Referrals to the Quit Line

Read these **Fax Referral Frequently Asked Questions (FAQS)**

Fax Referral Form – Use any one of these three options:

Verbal Consent Fax Referral Form – New! A staff signature is now only needed to note that a client gave consent to be referred to the Quit Line.

Standard Fax Referral Form (English)

Standard Fax-Referral-Form (Spanish)

Who is Asking, Advising and Referring Clients to Cessation Resources?



Oregon Tobacco Quit Line Fax Referral Form

Fax Number: 1-800-483-3114

FAX SENT DATE: ____/____/____

Provider Information:

CLINIC NAME

CLINIC ZIP CODE

HEALTH CARE PROVIDER

CONTACT NAME

FAX NUMBER

PHONE NUMBER

I AM A HIPAA COVERED ENTITY (PLEASE CHECK ONE)

YES ☐

NO ☐

DON'T KNOW ☐

Patient Information:

PATIENT NAME

DATE OF BIRTH

GENDER

☐

MALE

☐

FEMALE

ADDRESS

CITY

ZIP CODE

PRIMARY PHONE NUMBER

HM

☐

WK

☐

CELL

☐

SECONDARY PHONE NUMBER

HM

☐

WK

☐

CELL

☐

LANGUAGE PREFERENCE (PLEASE CHECK ONE)

ENGLISH

☐

SPANISH

☐

OTHER

☐

____ I am ready to quit tobacco and request the Oregon Tobacco Quit Line contact me to help me with my quit plan.

Verbal Consent

____ I DO NOT give my permission to the Oregon Tobacco Quit Line to leave a message when contacting me.

Verbal Consent ** By not initialing, you are giving your permission for the quitline to leave a message.

PATIENT SIGNATURE: Consent obtained by: _____ DATE: ____/____/____

The Oregon Tobacco Quit Line will call you. Please check the BEST 3-hour time frame for them to reach you. **NOTE: The Quit Line is open 7 days a week; call attempts over a weekend may be made at times other than during this 3-hour time frame.**

☐ 6AM – 9AM

☐ 9AM – 12PM

☐ 12PM – 3PM

☐ 3PM – 6PM

☐ 6PM – 9PM

WITHIN THIS 3-HOUR TIME FRAME, PLEASE CONTACT ME AT (CHECK ONE):

☐ Primary #

☐ Secondary #

Referrals to Community-Based Resources

Freedom From Smoking, American Lung Association

- <http://www.freedomfromsmoking.org/>

Self Management Programs

- <http://www.oregon.gov/oha/PH/PreventionWellness/SelfManagement/Pages/index.aspx>

Health education program for those with intellectual disabilities

- <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Richmond-Center/Documents/IDDQuitManual.pdf>

Other Programs May Be Available Through
Coordinated Care Organizations and Private Health Plans

OHA – Public Health Division Self-Management Programs

<http://www.oregon.gov/oha/PH/PreventionWellness/SelfManagement/Pages/index.aspx>

← → ↻ 🏠 www.oregon.gov/oha/PH/PreventionWellness/SelfManagement/Pages/index.aspx

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OREGON.GOV About OHA ▾ Programs and Services ▾ Oregon Health Plan ▾ Health System Reform ▾ Licenses and Certificates ▾ Public Health ▾

Oregon Health Authority Self-Management Programs
Health Promotion and Chronic Disease Prevention

🏠 > Public Health Division > Prevention and Wellness > Self-Management Programs

Taking Control of Your Health

Prevention and Wellness

Flu Prevention

Marijuana and Your Health

Nutrition, Physical Activity, and
Obesity Prevention

Oral Health

Injury and Violence Prevention

Self-Management Programs

Substance Use

Tobacco Prevention

Vaccines and Immunization

Contact Us

Find a Self-Management Program Near You

To search for a self-management program near you, please click on the button below. PLEASE NOTE:
This link will take you to an external site, Compass by QTAC-NY, to search for a workshop in Oregon.

[Find a Workshop](#)

For self management programs in Klamath County, please visit [Healthy Klamath](#)



Oregon offers a variety of self-management programs to promote taking control of your life and living healthier.

On this page:

- [Living Well With Chronic Conditions and other Stanford Self-Management Programs](#)
- [Oregon Tobacco Quit Line](#)
- [Oregon Arthritis Program](#)
- [National Diabetes Prevention Program](#)
- [Diabetes Self-Management Education Programs](#)
- [Falls Prevention for Older Adults](#)
- [Self-Management Webinar Series](#)
- [Oregon Best Practices: Guidance on engagement and retention of leaders and participants of self-management programs](#)

Quit Line messages for websites, newsletters & screensavers

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"My Quit Coach didn't judge me. She had used tobacco and knew what I was going through."

"The Quit Line was a huge help. Now I can breathe better and have tons of energy."

"Smoking was controlling my life, so I used web coaching to quit."

SMOKEFREE
oregon

"Mi entrenadora se mostró muy comprensiva. Ella antes había sido fumadora y sabía las dificultades a que me enfrentaba."

"La línea 'Abandona ahora' fue de gran ayuda. Ahora puedo respirar mejor y tengo un montón de energía."

"El hábito de fumar estaba controlando mi vida, por eso decidí que me ayudaran por medio de la computadora a dejar de fumar."

El programa para adolescentes de "La línea 'Abandona ahora' de Oregon" es gratuito para los jóvenes de 13 años o mayor.



For more information:

www.smokefreeoregon.com/resources/quit/quit-resources

Oregon
Health
Authority

For a website...

← → ↻ 🏠 ⓘ smokefreeoregon.com/resources/quit-resources/

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!

THE LATEST
RESOURCES
ABOUT US

1-800-QUIT-NOW
(1-800-784-8669)

Download and print posters and palm cards that promote the Oregon Tobacco Quit Line and provide information on the Quit Line experience from people who have called. Available in:

- English
- Spanish
- Chinese
- Korean
- Vietnamese
- Russian
- Disability Community

Fact Sheet

Share a one-page fact sheet about the Oregon Tobacco Quit Line with anyone who might benefit from knowing more about the resource. [Click here to download](#) it for printing.

Quit Line Story

Include a short story about the Quit Line in your newsletter or on your website. Click to download the customizable [newsletter](#) and customizable [web story](#).

Ads for Web and Print

Include a Quit Line ad on your website, in your newsletter, in your local newspaper or anywhere else where advertising is seen. Click to download:

- A web banner ad
- An ad that can be used in any print medium

Graphics and Buttons

Include a button on your website that directs people straight to the Quit Line. Click to download a “click to call” button or the “click to sign-up” button.

- [Click to Call Button](#)
- [Click to Sign-Up Button](#)

Quit Line Brochure for Oregonians with Disabilities

Oregonians with disabilities smoke more than Oregonians without disabilities. People with disabilities are just as likely to want to quit smoking as people without disabilities. Use the attached brochure to promote the benefits of the Quit Line for people experiencing disabilities.

[Quit Line Brochure for people with Disabilities](#)

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CLICK TO CALL

Placing Click to Call on Your Website

Click to Call is a button that resides on a web site that initiates a telephone call into the Oregon Tobacco Quit Line. Placing a Click to Call button helps promote the Quit Line by:

Providing an easy way for participants to sign up for Quit Line services via phone

Making it easy for participants to contact their Quit Coach for any reason – whether they're dealing with a craving, have a question, or just want to talk about their quit.

Your web pages can do more than introduce the program. They can become the link between the participant and the Quit Coach.

Click to Call calls are handled just like a normal phone call to the Oregon Tobacco Quit Line.

The button can be placed on one or multiple web pages, on internet or intranet sites.

How does Click to Call work from the participant's experience? A participant simply:

- 1) clicks the button on the web page
- 2) enters the phone number of the telephone where they want to talk
- 3) clicks "submit"

Their phone will ring immediately, and the participant is connected with the Quit Line. **How do I place the button on my site?** The code needs to be implemented by someone familiar with HTML code and the code of the web pages where the Click to Call button will be placed. The following is the source code you will

need to use:



Source Code

Place the following code between the <HEAD> and </HEAD> tags of your web page. If you are putting multiple buttons on a single page, include this top section of code **once** per page. <script type="text/javascript" src="http://as00.estara.com/as/InitiateCall2.php?accountid=200106285895"></script>

Place the following code where the Click to Call feature is desired.





Note



Implementation of Click to Call involves working with source code. The Oregon Tobacco Quit Line will support the implementation of the Click to Call button on your web site(s) if the code is implemented exactly as delivered and specified. If the source code is altered on your site, you will be responsible for any issues that arise. If you need additional support or customized code for your website(s), please contact us at 971.673.0984.

For a website or newsletter...

← → ↻ 🏠 smokefreeoregon.com/resources/quit/quit-resources/

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



THE LATEST

RESOURCES

ABOUT US

1-800-QUIT-NOW
(1-800-784-8669)



When you're **ready to quit** tobacco, call 1-800-QUIT-NOW (1-800-784-8669) or go to www.quitnow.net/oregon/

Download and print posters and palm cards that promote the Oregon Tobacco Quit Line and provide information on the Quit Line experience from people who have called. Available in:

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[Quit Line Brochure for people with Disabilities](#)

SMOKEFREE
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THE LATEST
RESOURCES
ABOUT US

1-800-QUIT-NOW
(1-800-784-8669)



QUIT BANNER ADS

To download, right click on the image and "Save As" to your computer.

	<p>The Oregon Tobacco Quit Line is free for all Oregonians. Call 1-800-QUIT-NOW (1-800-784-8669) or go to www.quitnow.net/oregon/ You make the plan. The Quit Line can help.</p>	
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	<p>The Oregon Tobacco Quit Line's Teen Program is FREE to any Oregonian 13 years or older. Call 1-800-QUIT-NOW (1-800-784-8669) or go to www.quitnow.net/oregon/ You can quit. We can help.</p>	
	<p>El programa para adolescentes de "La línea 'Abandona ahora' de Oregon es GRATUITO para los jóvenes de 13 años o mayor. Llame al 1-855-DEJELO-YA (1-855-335356-92) o visite a www.quitnow.net/oregonsp/ Puedes dejar de fumar. Te podemos ayudar.</p>	

SMOKEFREE
oregon



THE LATEST

RESOURCES

ABOUT US

1-800-QUIT-NOW
(1-800-784-8669)



Download and print posters and palm cards that promote the Oregon Tobacco Quit Line and provide information on the Quit Line experience from people who have called. Available in:

English
Spanish
Chinese
Korean
Vietnamese
Russian
Disability Community

Fact Sheet

Share a one-page fact sheet about the Oregon Tobacco Quit Line with anyone who might benefit from knowing more about the resource. [Click here to download](#) it for printing.

Quit Line Story

Include a short story about the Quit Line in your newsletter or on your website. Click to download the customizable [newsletter](#) and customizable [web story](#).

Ads for Web and Print

Include a Quit Line ad on your website, in your newsletter, in your local newspaper or anywhere else where advertising is seen. Click to download:

[A web banner ad](#)

[An ad that can be used in any print medium](#)

Graphics and Buttons

Include a button on your website that directs people straight to the Quit Line. Click to download a “click to call” button or the “click to sign-up” button.

[Click to Call Button](#)

[Click to Sign-Up Button](#)

Quit Line Brochure for Oregonians with Disabilities

Oregonians with disabilities smoke more than Oregonians without disabilities. People with disabilities are just as likely to want to quit smoking as people without disabilities. Use the attached brochure to promote the benefits of the Quit Line for people experiencing disabilities.

[Quit Line Brochure for people with Disabilities](#)



Tobacco Facts

Oregonians *with* disabilities smoke more than Oregonians *without* disabilities.

More than 60% of Oregonians who smoke have tried to quit.

Behavioral Risk Factor Surveillance System (BRFSS), 2012.

People with disabilities are **just as likely** to want to quit smoking as people *without* disabilities.

Center for Disease Control (CDC)

Cancer doesn't care if you have a **disability**.

You can quit.
We can help.

Oregon tobacco **quit line**

English

Call 1-800-QUIT-NOW
(1-800-784-8669) English
www.quitnow.net/oregon

Español

1-855-DEJELO-YA
(1-855-335356-92) Español
<https://www.quitnow.net/oregonsp/>

TTY
1-877-777-6534

SMOKEFREE
oregon

Together,
we're making
Oregon
smokefree
for everyone.



**Are You
Ready?** ☒ **Yes!**

We can help you *succeed.*



Did you know?

Quitting can save you more than \$1500 a year.

Smoking is the top cause of preventable death.

Smokers are 20 times more likely to die of lung cancer than non-smokers.

“I am free...I am healthier... and my family is proud of me.”

-Quit Line Participant

You can receive:

- Free personal coaching for up to 1 year
- All coaching available online or by phone
- Free nicotine replacement therapy
- ***We will help you every step of the way.***



Gabrielle began smoking at age 14 to combat intense anxiety and depression. **At age 19**, although she continued to

deal with stress, she was also dealing with medical issues that her smoking was making worse.

“I wanted to be healthy. People did not believe I could quit, but I did! I refused to give up and found strength by focusing on the future I wanted to create for myself.”

Next Steps: Tobacco Education Project for People with Disabilities

- Oregon Office on Disability and Health, Oregon Health Authority and local Tobacco Prevention and Education programs are available to provide technical assistance
- Increase the number of disability-specific self-management educational and promotional materials
- Tracking monthly Quit Line reports to measure progress
- Create state survey(s) with interested state, county and local agencies

Next steps: Special Olympics' Athletes

- Incorporate Special Olympians in OODH & OHA tobacco programming
 - Provide adapted resources
- Screen athletes for smoking behaviors
 - Become a referral program
- Provide health education at competitions
- Incorporate resources in coaches' training and competition packets
- Establish champions for tobacco prevention and cessation

Questions?

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Project Coordinator

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Special Olympics Oregon Healthy Communities Coordinator

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Resources

Oregon Tobacco Quit Line

www.quitnow.net/oregon/

American Lung Association's Freedom From Smoking Program

<http://www.freedomfromsmoking.org/>

Self Management Programs

<http://www.oregon.gov/oha/PH/PreventionWellness/SelfManagement/Pages/index.aspx>

Smokefree Oregon

<http://smokefreeoregon.com/resources/referral-to-quit-for-health-systems-and-social-service-agencies/>

<http://smokefreeoregon.com/resources/quit/quit-resources/>

www.facebook.com/SmokefreeOregon

Resources

Motivational Interviewing

www.motivationalinterview.org

Disability and Health, Centers for Disease Control and Prevention

www.cdc.gov/ncbddd/disabilityandhealth/smoking-in-adults.html

Oregon Office on Disability and Health

www.ohsu.edu/oodh

Treating Tobacco Use and Dependence: 2008 Update

www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/index.html

Tobacco Free Toolkit for Community Health Facilities

http://smokingcessationleadership.ucsf.edu/tf_policy_toolkit.pdf