

**Sinclair Community College, Division of Allied Health Technologies**

**Health Promotion for Community Health Workers – Cardiovascular disease, stroke, and cancer**

Class #18 Tobacco Control  
(date)

**Course Objectives:**

Know risk factors and causes of heart disease, stroke, and cancer  
Work with communities and community members to prevent heart disease, stroke, and reduce risk of cancer by encouraging healthy eating, physical activity, tobacco control, and stress reduction at the individual, family, and community level.  
Show people how to take greater control over their health.

**Class/Learning Objectives: By the end of this session, students will be able to:**

1. List the harmful effects of smoking
2. List the harmful effects of second hand smoke
3. List the positive effects of not smoking
4. Describe methods for helping smokers quit smoking
5. Describe methods for helping people reduce the stress of not smoking
6. Describe methods for helping people stay smoke free

**Participants:**

Instructor(s)  
Students

**Materials/Resources Needed:**

Flipchart, markers, tape, blackboard, chalk and eraser

**Handouts:**

- 18-1 How Smoking Can Harm You
- 18-2 How Can I Avoid Weight Gain When I Stop Smoking?
- 18-3 Are you Ready to Quit Smoking?
- 18-4 Tips to Quit Smoking
- 18-5 How Can I Quit Smoking?
- 18-6 How Can I Handle the Stress of Not Smoking?
- 18-7 Lift the Lid on Chew Tobacco: Get the Truth
- 18-8 What Can Communities Do to Prevent Tobacco Use?

**Training Aids**

- 18-1 How to Ask Someone Not to Smoke Around You

**Class Outline**

I. Overview  
II. Lesson

- A. What makes tobacco smoke so harmful?
- B. Is it harmful to be around smoking?
- C. The positive effects of not smoking
- D. Helping people to quit smoking
- E. Helping smokers stay smoke free
- F. A word about smokeless tobacco
- G. Helping parents prevent smoking

II. Summary

III. Preview of next class

### **Plan for the Class:**

#### **I. Overview**

We've all heard and know that smoking is bad for your health.

In the United States, more than 400,000 people die each year from diseases related to smoking. More than 2,000 persons die each day. Smoking causes about one in every five deaths.

But how, exactly, does smoking affect the heart? When you smoke, you inhale a number of chemicals, one of which is carbon monoxide. Carbon monoxide is bad in itself, but it also keeps blood cells from taking in the oxygen that the rest of your body needs to maintain good health.

Often smokers feel like they have extra energy after smoking a cigarette. But this burst of energy is bad for you in the long run. The energy comes from a hormone called adrenaline. Adrenaline makes the heart speed up and causes the arteries to squeeze tight. This puts an extra strain on the heart and causes blood pressure to rise slightly.

The toxins, or poisons inhaled from cigarette smoke increases the waste products in the blood and makes it more likely to clot. The toxins also damage the lining of the blood vessel, making it easier for plaque to build up or cause a blood clot. (Remind participants about the discussion on atherosclerosis.) Atherosclerosis is a leading cause of heart attack and stroke.

Pregnant women should not smoke. Smoking reduces the oxygen the baby receives, causes the baby to be born too early, contributes to lower birth weight, and increases the chance of a baby to be born dead.

Smoking is the number one cause of lung cancer and the leading cause of preventable death. Community health workers, as trusted members of the community, are in a unique position to pass on important information about the hazards of smoking, the importance of never starting to smoke and the benefits of quitting if you do smoke.

#### **III. Lesson**

**A. What makes tobacco smoke so harmful?**

Tobacco smoke contains nicotine, a drug that you can become addicted to, so it's important to remember when working with people who smoke:

- Smoking is an addiction and
- It is hard to quit smoking.

In addition to nicotine tobacco smoke contains more than 4,000 other chemicals; some are chemicals known to cause cancer. These cancer-causing chemicals are called "carcinogens." They include (write on chalkboard or flipchart):

- Carbon monoxide – the same chemical that exists in car exhaust fumes
- Pyrene – the main ingredient in coal tar
- DDT – a pesticide
- Methanol – a form of alcohol

The toxins and carcinogens in tobacco smoke are the reason that:

- Smoking is the leading cause of preventable death
- A woman who smokes cigarettes shortens her life by 5 to 8 years
- Smoking doubles the risk of heart disease and cervical cancer in women
- Women who smoke are 10 times more likely to get lung cancer than women who have never smoked
- Lung cancer is the leading cause of cancer deaths among women and men
- Cigarette smoking is strongly linked to emphysema and chronic bronchitis.

***Handout 18-1 How Smoking Can Harm You.***

*Distribute and review the handout. Ask which item would most likely convince them to quit smoking.*

It can be difficult to convince some people to quit smoking because of the serious health effect. If they feel OK at the time, it is easy to put off quitting. Money is often a stronger motivator than health issues. If someone you are trying to help stop smoking doesn't seem concerned about the health effects, try emphasizing how much smoking costs.

***Activity: "Do the Math"***

*Break into small groups of 3 or 4. Ask the whole group how much an average pack of cigarettes costs. Write the cost that most of the students agree is average on the flipchart or blackboard. With the entire group multiply the cost by two to determine how much a 2 pack a day smoker spends on cigarettes. Then multiply each of these numbers by seven to determine how much the smoker*

*would spend in a week. Write all of these numbers on the flipchart. Ask each group to make a list of things that a smoker could do with the amounts of money written on the flipchart. Have the group come back together and share their findings and ideas. If no one mentions health care costs, bring up the issue of the tremendous cost of smoking-related diseases.*

## **B. Is it harmful to be around smoking?**

Even if YOU don't smoke, you can develop smoking-related health problems if you are around other people who are smoking. The smoke you inhale from other people's cigarettes is called second-hand smoke. If you inhale second hand smoke, you have a greater risk of developing the diseases associated with smoking.

Non-smokers should also know of the dangers of second-hand smoke, especially if they have family members or friends who smoke. They will need help finding a way to ask others not to smoke around them or in their house, or at the very least, only smoking in certain rooms.

The risks that non-smokers face from second hand smoke are:

- Second hand smoke increases the risk of developing diseases associated with smoking.
- Second hand smoke can cause lung cancer, heart disease, aggravate asthma and impair blood circulation.

The risk of developing a disease increases with the amount of smoke you breathe in. The husband or wife of a smoker is at a 35% greater risk of developing lung cancer than one living with a non-smoker. The health risks of second hand smoke for the children are even greater. Children of smokers have a greater chance of developing:

- Colds
- Bronchitis and pneumonia, especially in the first two years of life
- Chronic coughs
- Ear infections
- Reduced lung function.

The more smoke a child is exposed to, the more he/she is at risk of developing illnesses associated with smoking.

For smokers who are NOT thinking about quitting, you can help by educating them about the harm of second hand smoke to their family members. By helping smokers understand why they shouldn't smoke around others, you are helping to create a more heart-healthy environment for everyone.

**Activity: How to ask someone to not smoke around you**

*Distribute copies of Training Aid #1: How to ask someone to not smoke around you. Have the participants break out into groups of three. Explain that one will play the role of the new mother, one the role of the smoker and one the role of an observer. Give each group a few minutes to act out the scenario. Then ask them to change roles. After each person has had an opportunity to play the role of the new mother, bring the group back together. If there is time, you may ask for a group to volunteer to act out the scenario for the whole group. At the least, spend some time asking each person how it felt to be the new mother, how it felt to be the smoker and what observations they had as the observer. Encourage participants to act out this exercise with their clients, giving their clients a chance to practice being assertive in a situation in which they are not comfortable.*

Although non-smokers who are exposed to second hand smoke breathe less tobacco smoke than those who actually smoke, you can still inhale a significant amount of smoke each day if you live with a heavy smoker. When you help people in your community understand the dangers of second hand smoke, they are more likely to insist on smoke-free rooms and buildings.

**Discussion: Avoiding second hand smoke**

*Ask students to come up with ideas on how to instruct community members to minimize the dangers of second hand smoke for themselves if they are ones exposed, or for members of their family, if they are the ones smoking. Write down their responses on the flip chart. Possible responses include:*

- *Educating people on the hazards of smoking and second-hand smoke, so they can quit smoking or so they can urge their family members or friends to quit smoking.*
- *Encouraging smokers to quit smoking*
- *Encouraging people to make their homes non-smoking homes*
- *Encouraging smokers to smoke outdoors*
- *Encouraging people to never smoke or allow anyone to smoke around children*
- *Encouraging smokers to smoke only when others are not exposed*
- *Encouraging people to designate a special smoking area in their home for smokers*
- *Encouraging people to take measures to ensure that their work environment is smoke-free*
- *Encouraging people to speak up when they feel uncomfortable around smokers*

**C. The positive effects of not smoking**

Even if you have smoked for a long time, there is always a benefit to quitting. The positive effects to your health begin almost immediately.

- **Within 12 hours:** levels of carbon monoxide and nicotine in the body decrease. Heart and lungs begin to repair the damage caused by cigarettes.
- **Within 3 months:** circulation improves. Breathing becomes easier. Walking becomes easier. Voice becomes less hoarse.
- **Within 1 year:** Risk of heart attack decreases by 50 percent. Coughing, sinus congestion, fatigue and shortness of breath decrease.
- **Within several (5-15) years:** risks of life-threatening diseases such as lung cancer, cancer of the mouth, and heart disease are reduced almost to that of a non-smoker.

Many smokers are afraid they will gain weight if they quit smoking. Nicotine does keep you from getting hungry, and some ex-smokers may still have the urge to put something in their mouth – most likely food. When people who quit smoking gain weight, it is often because they eat more after they quit and the benefits of not smoking far outweigh the disadvantages of gaining a few pounds.

***Handout 18-2: How can I avoid weight gain when I stop smoking?***

*Review the handout with the students. Ask them to name the most important activities for avoiding weight gain. Encourage students to share these strategies with smokers who are considering quitting smoking. Help them answer these questions:*

- *What should I eat?*
- *How can exercise help?*
- *What are good activities to help keep weight off?*
- *What can I do instead of smoking?*
- *What else can I do?*

**D. Helping People to Quit Smoking**

As trusted members of the community, Community Health Workers play a key role in helping people to adopt healthier habits, such as not smoking. It is important for Community Health Workers to understand how to share information about the hazards of smoking in a positive and supportive way.

When talking to smokers and community groups about the dangers of smoking and the benefits of not smoking, remember to:

- Understand that people smoke and quit smoking for different reasons
- Be non-judgmental, even if clients choose not to quit smoking

- Be a friend and offer support. Make it OK for smokers to approach you at a later date, when they have had time to think about your suggestions to quit smoking. By being non-judgmental, you leave the door open for people to seek help and assistance from you – when they are ready to quit smoking or when they need other health information.

Share this information with the smokers you are working with, when appropriate. As a first step in helping someone to stop smoking, ask the person to answer the questions on Handout 3: Are You Ready to Quit Smoking?

***Handout 18-3: Are You Ready to Quit Smoking?***

The next step might be to ask the person to think about the reasons he or she smokes.

- Explain to smokers that knowing what leads them to smoke and keeps them smoking, can help them modify their smoking habits. Have the smoker make a list of the reasons that he or she smokes.
- Ask the person to review his or her answers and to think of ways to avoid a smoking opportunity or to do something else when he or she wants a cigarette. By recognizing activities which trigger smoking (e.g., driving, talking on the phone, after they eat), they can begin to think of other things to do during those times.
- Encourage smokers to keep a diary of when they smoke. This will help identify certain times of the day when they smoke or activities that lead to smoking that they weren't able to identify the first time.

***Activity: Reasons people smoke***

*Ask the students to think of reasons people smoke. Ask a volunteer to write down their responses on a flip chart. Be sure to cover all of the following possible responses:*

- *For enjoyment and relaxation*
- *To keep from slowing down*
- *To keep their hands busy*
- *To make themselves happy*
- *Because they are angry*
- *Because they are upset*
- *Because they are worried*
- *Because they crave cigarettes/are addicted to nicotine*
- *People smoke without being aware of it*

Another way to help people quit smoking is to have them think of reasons to quit. Have them repeat the reasons to themselves or,

better yet, write the reasons down and read them often before they quit and while they are trying to quit.

If they are having a hard time thinking of the positive benefits of not smoking, you might help by mentioning:

- Gaining better health
- Living longer
- Gaining more energy
- Saving money
- Setting a good example for their children, friends and family members
- Smoking is unattractive
- Smoking harms their loved ones
- Clothes, car, home won't smell of cigarettes

If you are working with smokers who are committed but still having a hard time quitting or who don't believe they can quit on their own, let them know there is hope...and help.

The first thing smokers should do is talk to their doctor or other health care professional.

Over the counter nicotine gum and patches or prescription pills are available to help you quit smoking. Medical treatment is usually combined with counseling.

Support groups and counseling are also available in most communities. By providing support to smokers, individual or group counseling can help them quit smoking.

And there are other non-traditional methods such as hypnosis. This method has helped many smokers quit smoking.

More than three million Americans quit smoking every year. Some are successful on the first try, but it takes others many attempts before they finally quit.

***Activity: Ways to Quit***

*Ask the group if they or someone they are close to has ever tried to quit smoking. What were some of the techniques they used to help them quit? Explain that there is no one right way to quit smoking.*

*Record responses on a flipchart. Possible responses might be:*

- *Cut down on the number of cigarettes they smoke*
- *Switch brands, so they don't enjoy smoking as much as before*
- *Don't smoke automatically. Do something else instead of smoking, e.g., go for a walk, have a healthy snack, wait a while before you smoke.*



- *Pick a day to quit smoking totally (cold turkey) or begin quitting by cutting down on the number of cigarettes they smoke*
- *Envision themselves in various situations without a cigarette. This way they can prepare themselves mentally for being a non-smoker*
- *Find a quitting partner*
- *Make smoking inconvenient, e.g., stop carrying cigarettes*
- *Practice not smoking*

There are four key steps that people can take to overcome the urge to smoke. These are:

1. Find new habits. Replace those situations with new activities. If stress causes you to light up, try breathing deeply to calm down.
2. Keep busy. Get involved in activities that require the use of your hands such as beading, weaving, and a fixing-up project around the house.
3. Keep moving. Try going for a nature walk, work in the garden, do stretch exercises, or practice your favorite dance steps.
4. Know what to expect. During the first week after quitting, a person may experience temporary withdrawal symptoms. These include headaches, irritability, tiredness, and trouble concentrating. While these feelings are not pleasant, it is important to know that they are signs that your body is recovering from smoking.

***Handout 18-4: Tips to Quit Smoking***

*Review handout with students. This is a good handout to give to people who are trying to quit smoking.*

***Handout 18-5: How Can I Quit Smoking?***

*Break into groups of 2-3. Tell the students to take turns having one person role play a smoker while the other is the CHW trying to convince the smoker to quit. The CHW should use the handout to discuss the steps in quitting with the "smoker."*

*Allow about 10-15 minutes for this activity. Ask the students if they found it difficult to talk with the "smoker" about smoking and why it was difficult.*

*Ask the students how they would help smokers answer the following questions:*

- *Why should I quit smoking?*
- *How do I quit?*
- *What if I smoke after quitting?*
- *What happens after I quit?*

### **E. Helping smokers stay smoke-free**

Successful ex-smokers usually tried to quit smoking several times before they were able to quit for good.

#### **Activity: Staying Smoke Free**

Ask students why so many people try to quit smoking but fail. List their answers on the flipchart. Possible responses include:

- Lack of emotional support
- Lack of positive reinforcement or encouragement
- Nicotine addiction
- Stress
- Fear of gaining weight
- Need to occupy hands

A smoker's family and friends play an important role in helping that person kick the habit. They can be supportive by:

- Encouraging their friend or family member to keep trying
- Be positive. Let them know you are proud of them for trying and that you appreciate the effort.
- Not judging the person, especially if he or she fails at first relapse
- Rewarding the person. Even a certificate of accomplishment is a good idea
- Calling or visiting just to let them know how proud you are of their efforts to quit smoking.

Smoking helps many people deal with stress and not smoking only increases feelings of stress and anxiety.

#### **Handout 18-6: How Can I Handle the Stress of Not Smoking?**

Review the handout with the students and ask them how they might help people trying to quit to deal with the stress of not smoking. How would they help a smoker answer the following questions?

- How can I cope with the urge?
- How can I relax?
- How can exercise help?

#### **Activity: Alternatives to Smoking**

Ask each student to write down as many alternatives to smoking that they can think of that meet the following criteria:

- Does not cost a lot
- Does not contribute to weight gain, and
- Will improve a person's general health

Give the group a few minutes, but set a clear start and stop time. When time is up, have everyone put down their pens. Ask each person to tell how many ideas they came up with on their list. Have

*the person with the longest list of ideas read her list. Record the ideas on the flipchart, then move on the person with the next longest list if ideas and add those that have not already been mentioned. Proceed around the room until everyone had had a chance to contribute his/her ideas to the list. Before ending the activity, ask if anyone came up with any new ideas during the time you were writing.*

Emphasize these quitting tips in working with smokers:

- Quitting is hard. Be proud of your accomplishments
- Take quitting one day at a time
- Set daily goals
- If you give in to smoking, don't give up on quitting.

#### **F. A word about smokeless tobacco**

Smokeless tobacco or chew tobacco or snuff is not as harmful to your blood vessels and heart as cigarettes and cigars, but it IS dangerous to your health in other ways.

Chewing or dipping should never be used as a substitute for smoking. You are simply exchanging one harmful habit for another. Chew tobacco contains nicotine also and is just as addictive as the nicotine in cigarettes.

Smokeless tobacco has been directly linked to cancer of the mouth, throat, tongue, windpipe, and larynx or voice box. It can also cause gum disease and tooth loss.

***Handout 18-7: Lift the Lid on Chew Tobacco: Get the Truth***  
*Ask the students to quickly review the handout. Ask if they have any questions. Remind them that smokeless tobacco should never be used as a substitute for cigarettes or cigars.*

#### **G. Helping parents prevent smoking**

Every day, 6,000 young people try cigarettes for the first time – and one out of three smokers will die from addiction.

Preteens who report they regularly eat meals, follow a family calendar, and discuss free-time activities with their parents are less likely to smoke and, are more likely to live longer, healthier lives.

Most parents don't expect their child to smoke. But children and teenagers are exposed to millions of images that make smoking look glamorous. That's one reason one out of eight middle school students use tobacco.

If your teenager is smoking or chewing tobacco, it will be up to him or her to quit. But you can help.

Avoid threats. Find out why your child is smoking. He or she may want to be accepted by other kids, or may want your attention. Plus the preteen and teenage years can be very difficult and stressful.

Ask questions that will help you understand why your teen is smoking but don't make him feel threatened or afraid to talk to you.

Are there changes that need to be made in his or her life to help your child stop smoking? What about others in the family?

If you smoke, quit. If you did smoke and have already quit, talk to your child about your experience. Talk honestly about how hard it is to quit. Tell your child personal stories about problems you had when you smoked (for example, someone asking you not to smoke in their house or your teeth becoming stained and yellow).

Teens and preteens often believe they can quit smoking whenever they want, but many teens never do.

Your job, as a parent, is to be supportive. Both you and your teen will need to prepare for the mood swings and crankiness that can come with nicotine withdrawal. Offer your teen the 5 D's to get through the tough times:

- **Delay:** The craving will eventually go away
- **Deep Breath:** Take a few calming deep breaths
- **Drink Water:** It will flush out the chemicals
- **Do Something Else:** Find a new habit
- **Discuss:** Talk about your thoughts and feelings.

Quitting for a day is easy. Quitting for life is a bit tougher.

Tell your child to make a list of all the reasons they want to quit. Remind him to read the list when tempted. It is best to quit cold turkey. Gradually reducing the number of cigarettes only delays the withdrawal symptoms.

Finally, reward your child when he or she quits. Plan something special for you to do together. Helping your child quit is one of the best parenting activities you could ever do.

***Handout 18-8: What Can Communities Do to Prevent Tobacco Use?***

*Encouraging and helping individuals to not start smoking or to stop smoking is very important for the health of your community, but it is also very important to create an environment and policies that*

*help people who want to quit smoking and discourage people from smoking, especially in public places.*

## II. Summary

To summarize what we've learned today, remember:

- Community Health Workers can help community members quit smoking, but should realize that people decide to quit smoking for many different reasons – there is no “one size fits all” solution to quitting smoking.
- Community Health Workers can encourage and support smokers who want to quit smoking, and can encourage those who do not quit on the first, second, or third try to keep trying until they do succeed.
- A Community Health Worker may be the only one who is encouraging a person to quit smoking.
- Community Health Workers can provide smokers with the skills to make their efforts to quit smoking successful.

## IV. Preview of next class

Depression and Stress

### Resources:

*Pathways to Freedom: Winning the Fight Against Tobacco.* Centers for Disease Control and Prevention. Department of Health and Human Services.

American Heart Association. [www.americanheart.org](http://www.americanheart.org)

National Heart, Lung, and Blood Institute; National Institutes of Health; Department of Health and Human Services. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

*Honoring the Gift of Heart Health.* National Heart, Lung, and Blood Institute; National Institutes of Health; Department of Health and Human Services.

*Your Heart, Your Life – A Lay Educator's Manual.* National Heart, Lung, and Blood Institute; National Institutes of Health.

Centers for Disease Control and Prevention. Tobacco Information and Prevention Source (TIPS). [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

Get Into Your Kid's Head. Here's How. Centers for Disease Control and Prevention; U.S. Department of Health and Human Services. 2003. #6996