

November is Tobacco Cessation Awareness Month

According to the Centers for Disease Control, smoking is the leading cause of preventable death in the United States.

Every year more than 480,000 Americans die from smoking cigarettes, including more than 41,000 deaths from secondhand smoke. About 34.3 million adults in the US currently smoke cigarettes. The number of middle and high school students using e-cigarettes rose from 2.1 million in 2017 to 3.6 million in 2018. On average, smokers die 10 years earlier than nonsmokers.

Resources

Under the County's health plans, tobacco cessation is covered under preventive services at no cost to you. Coverage includes:

- 4 sessions of group or individual counseling with a network provider
- 90-days supply of FDA-approved smoking cessation medications

You are allowed 2 quit attempts per year at no charge. If you require benefits beyond this, applicable copays and deductibles will apply.

If you are on one of the County's health plans, tobacco cessation is available through AmWell, the County's telehealth vendor, at no cost when you use Coupon Code QUIT.

HDHP Members – scphdhp.amwell.com

- Use Service Key 'SCHDP'

EPO Members – scphepo.amwell.com

- Use Service Key 'SCEPO'

1-800-NO-BUTTS

The California Smokers' Helpline is a free statewide quit smoking service. They offer self-help materials, referral to local programs, and one-on-one telephone counseling to quit smoking. www.nobutts.org

On-Site Classes

The County's Tobacco Prevention Team is offering classes on tobacco cessation and education about adolescent tobacco use including e-cigarettes and vaping. There will be an interactive component as well with visuals and a question and answer period.

There is no charge for the class and space is limited. To register, please login to PeopleSoft and search by Course Name "TOBAC."

Date	Location	Room	Class Time
Nov. 13	County Center III	Room 3	1:30-3:00 p.m.
Nov. 14	10th St. Place	Basement Training Room	9:30-11:00 a.m.
Nov. 14	CSA	Large Training Room	1:30-3:00 p.m.

Event sponsored by HPNC and is open to all Stanislaus County employees.

Health Benefits of Quitting Smoking

Within minutes of quitting smoking, your body begins to recover.

20 minutes after quitting your heart rate and blood pressure drop

12 hours after quitting the carbon monoxide level in your blood drops to normal

2 weeks to 3 months after quitting circulation improves and your lung function increases

1 to 9 months after quitting coughing and shortness of breath decrease

1 year after quitting your heart attack risk drops dramatically

5 years after quitting your risk of cancers of the mouth, throat, esophagus and bladder is cut in half

10 years after quitting your risk of dying from lung cancer is about half that of a person who is still smoking and your risk of cancer of the larynx and pancreas decreases

15 years after quitting your risk of coronary heart disease is the same as a nonsmoker

Source: American Cancer Society. (November 1, 2018) Benefits of quitting smoking over time.



VAPING: Myths & Realities

Myth: Vapes produce a harmless water vapor.

Reality: Vapes produce an aerosol that has nicotine and toxins known to cause cancer.

Myth: Vapes are safe.

Reality: Vapes are NOT a risk-free product. They contain nicotine and low levels of toxins and chemicals.

Myth: Vaping isn't addictive.

Reality: Nicotine is a highly addictive drug.

Myth: Vapes can help people quit tobacco.

Reality: Vapes are not approved by the FDA to help people quit tobacco.

Myth: Big Tobacco doesn't make vape products.

Reality: All major tobacco companies now make vapes.

For more details, please go to: <http://www.schsa.org/PublicHealth/mainpages/tobacco/>

2018, California Department of Public Health



What Parents Need to Know About Vaping

<https://www.dmc-modesto.com/your-health-tips/health-tips-details/what-parents-need-to-know-about-vaping>