

# SECTION EIGHT

## RESOURCES

Useful Websites  
Handouts

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### Web Resources

There are a number of websites devoted to tobacco cessation. The following is a sample of trusted sites available.

**The Tobacco Prevention and Control Branch** works to improve the health of North Carolina residents by promoting smoke-free environments and tobacco-free lifestyles.

<http://www.tobaccopreventionandcontrol.ncdhhs.gov/index.htm>

For **patient education materials** visit:

NC Healthy Start Foundation at: <http://www.nchealthystart.org/>

For **fact sheets and other information** on smoking, visit: <http://www.cdc.gov/tobacco/index.htm>

If you are a **teen and interested in quitting smoking** or becoming a tobacco prevention and control advocate, visit Step Up NC at: <http://www.stepupnc.com/>

For information about **environmental tobacco smoke** training, education and research, visit EnTER at: <http://www.fammed.unc.edu/enter/>

If you are an employer interested in providing a **smokefree work environment** for your employees, visit: <http://www.workingsmokefree.com/>

If you are concerned about exposure to secondhand smoke in your community, visit: <http://www.smokefreenc.org/>

**The National Partnership for Smoke-Free Families** is a national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant smokers quit, and spread the word about effective, evidence-based treatments. <http://www.helppregnant smokersquit.org/>

For **professional education materials** visit:

The American Lung Association at: <http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=22931>

For the **latest drugs and counseling techniques** for treating tobacco use and dependence visit: <http://www.surgeongeneral.gov/tobacco/default.htm>

**NC Prevention Partners (NCP)** is a statewide non-profit, membership organization dedicated to building effective prevention systems in NC communities and health systems in order to improve health of all North Carolinians. <http://www.ncpreventionpartners.org>

**Quit Now NC! (QNNC!)** is a statewide tobacco use cessation partnership that promotes awareness, develops resources, and conducts trainings to help North Carolinians successfully quit tobacco. *QNNC!* conducts outreach and trainings for physicians and health professionals, develops simple cessation tools, maintains a cessation website with a county cessation directory, and promotes two telephone-based quitlines and their associated websites. <http://www.quitnownc.org/index.asp>

## 40 Ways to Give Up Smoking

1. List all the reasons you want to quit. Every night before going to bed, repeat one of the reasons 10 times. Try to avoid negative thoughts about how difficult it might be.
2. Develop strong personal reasons in addition to your health and obligations to others. For example, think of all the time you waste taking cigarette breaks, rushing out to buy a pack, etc.
3. Set a target date for quitting (i.e., your birthday, anniversary). If you smoke heavily at work, quit during vacation so you're already committed to quitting when you return. Don't let anything change your date.
4. Bet a friend you can quit on your target date. Put your cigarette money aside every day and forfeit it if you smoke. (If you do smoke, don't give up; strengthen your resolve and try again.) Ask your spouse or a friend to quit with you.
5. Smoke only half of each cigarette.
6. Each day, postpone lighting your first cigarette one hour.
7. Decide you'll smoke only during odd or even hours of the day.
8. Decide beforehand how many cigarettes you'll smoke during the day. For each additional cigarette, give a dollar to charity.
9. Don't empty your ashtrays. This will remind you of how many cigarettes you've smoked each day.
10. Drink lots of water.
11. Make yourself aware of each cigarette by using the opposite hand or putting cigarettes in an unfamiliar location or in a different pocket to break this automatic reach.
12. If you often light up without thinking about it, try to look in a mirror each time you put a match to your cigarette. You may decide you don't need it.
13. Keep busy. Go to the movies, exercise, take long walks, go bike riding.
14. Clean your clothes to rid them of the cigarette smell, which can linger a long time.
15. Throw away all your cigarettes and matches. Hide your lighters and ashtrays.
16. Visit the dentist and have your teeth cleaned to get rid of tobacco stains. Notice how nice they look. Resolve to keep them that way.
17. Make a list of things you'd like to buy for yourself or someone else. Estimate the cost in terms of packs of cigarettes, and put the money aside to buy these presents.
18. Develop a clean, fresh, nonsmoking environment at work and at home. Buy yourself flowers. You may be surprised how much you can enjoy their scent now.
19. The first few days after you quit, spend as much free time as possible in places where smoking isn't allowed.

## 40 Ways to Give Up Smoking

20. Try to avoid alcohol, coffee, and other beverages you associate with smoking.
21. Strike up a conversation instead of a match.
22. If you miss the sensation of having a cigarette in your hand, play with something else a pencil, paper clip, or marble.
23. If you miss having something in your mouth, try toothpicks or a fake cigarette.
24. Instead of smoking after meals, get up from the table and brush your teeth or go for a walk.
25. If you always smoke while driving, listen to an interesting radio program or your favorite music or take public transportation for a while, if you can.
26. For the first few weeks, avoid situations you strongly associate with the pleasurable aspects of smoking, such as watching your favorite TV program, sitting in your favorite chair, or having a cocktail before dinner.
27. If you must be in a situation where you'll be tempted to smoke (such as a cocktail party or dinner party), try to associate with nonsmokers.
28. Analyze cigarette ads to understand how they attempt to sell you on individual brands.
29. Stretch a lot.
30. Take a shower or bath if possible.
31. See your doctor to make a plan that will work for you.
32. Change your habits to make smoking difficult or impossible. For example, it's hard to smoke when you're swimming, jogging, or playing tennis.
33. Do things that require you to use your hands. Try crossword puzzles, gardening, or household chores. Go bike riding. Take the dog for a walk. Give yourself a manicure.
34. Enjoy having a clean-mouth taste and keep it by brushing your teeth frequently and using mouthwash.
35. Get plenty of rest.
36. Pay attention to your appearance. Look and feel sharp.
37. Try to find time for activities that are the most meaningful, satisfying, and important to you.
38. Keep oral substitutes handy. Try carrots, pickles, apples, celery, or sugarless gum instead of a cigarette.
39. Take 10 deep breaths and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it's a cigarette and crush it out in an ashtray.
40. Learn to relax quickly and deeply. Make yourself limp, visualize a soothing, pleasing situation and get away from it all for a moment. Concentrate on that peaceful image and nothing else.

## THE FAGERSTRÖM TEST FOR NICOTINE DEPENDENCE

Learning your dependence on cigarettes is the first step toward quitting.  
Answer each of these questions about your smoking as accurately as possible.

1. How soon after you wake up do you smoke your first cigarette?	<input type="checkbox"/> 0 - 5 minutes
	<input type="checkbox"/> 6 - 30 minutes
	<input type="checkbox"/> 31 - 60 minutes
	<input type="checkbox"/> After 60 minutes
2. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church, library, movie theater)?	<input type="checkbox"/> Yes
	<input type="checkbox"/> No
3. Which cigarette would you hate most to give up?	<input type="checkbox"/> First one in the morning
	<input type="checkbox"/> Any of the others
4. How many cigarettes per day do you smoke?	<input type="checkbox"/> 10 or less
	<input type="checkbox"/> 11 to 20
	<input type="checkbox"/> 21 to 30
	<input type="checkbox"/> 31 or more
5. Do you smoke more frequently during the first hours after waking than during the rest of the day?	<input type="checkbox"/> Yes
	<input type="checkbox"/> No
6. Do you smoke if you are so ill that you are in bed most of the day?	<input type="checkbox"/> Yes
	<input type="checkbox"/> No

## THE FAGERSTRÖM TEST FOR NICOTINE DEPENDENCE

Scoring the Test		Scoring
1. How soon after you wake up do you smoke your first cigarette?	<input type="checkbox"/> 0 - 5 minutes	3 points
	<input type="checkbox"/> 6 - 30 minutes	2 points
	<input type="checkbox"/> 31 - 60 minutes	1 point
	<input type="checkbox"/> After 60 minutes	0 points
2. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church, library, movie theater)?	<input type="checkbox"/> Yes	1 point
	<input type="checkbox"/> No	0 points
3. Which cigarette would you hate most to give up?	<input type="checkbox"/> First one in the morning	1 point
	<input type="checkbox"/> Any of the others	0 points
4. How many cigarettes per day do you smoke?	<input type="checkbox"/> 10 or less	0 points
	<input type="checkbox"/> 11 to 20	1 points
	<input type="checkbox"/> 21 to 30	2 point
	<input type="checkbox"/> 31 or more	3 points
5. Do you smoke more frequently during the first hours after waking than during the rest of the day?	<input type="checkbox"/> Yes	1 point
	<input type="checkbox"/> No	0 points
6. Do you smoke if you are so ill that you are in bed most of the day?	<input type="checkbox"/> Yes	1 point
	<input type="checkbox"/> No	0 points
Total Points		

## THE FAGERSTRÖM TEST FOR NICOTINE DEPENDENCE

Score	What you Might Say
0 - 2 Very Low Addiction	"Your level of nicotine dependence is still low. You should act now before your level of dependence increases. "
1 - 4 Low Addiction	
5 Medium Addiction	"Your level of nicotine dependence is moderate. If you don't quit soon, your level of dependence on nicotine will increase until you may be seriously addicted. Act now to end your dependence on nicotine."
6 - 7 High Addiction	"Your level of dependence is high. You aren't in control of your smoking - it is in control of you! When you make the decision to quit, you may want to talk with your doctor about nicotine replacement therapy or other medications to help you break your addiction."
8 - 10 Very High Addiction	

**WITHIN 20 MINUTES** of quitting smoking, your body begins a series of changes that continue for years.

**20 Minutes After Quitting**

Your heart rate drops.

**12 hours After Quitting**

Carbon monoxide level in your blood drops to normal.

**2 Weeks to 3 Months After Quitting**

Your heart attack risk begins to drop.

Your lung function begins to improve.

**1 to 9 Months After Quitting**

Your coughing and shortness of breath decrease.

**1 Year After Quitting**

Your added risk of coronary heart disease is half that of a smoker's.

**5 Years After Quitting**

Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

**10 Years After Quitting**

Your lung cancer death rate is about half that of a smoker's.

Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

**15 Years After Quitting**

Your risk of coronary heart disease is back to that of a nonsmoker's.



2004 Surgeon General's Report - The Health Consequences of Smoking

State of North Carolina • Michael F. Easley, Governor  
Department of Health and Human Services  
[www.ncdhhs.gov](http://www.ncdhhs.gov)

Division of Public Health • Leah Devlin, State Health Director  
Women's and Children's Health Section  
[www.ncpublichealth.com](http://www.ncpublichealth.com)



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**To order additional copies of "A Guide For Counseling Women Who Smoke", please call the North Carolina Division of Public Health, Women's and Children's Health Section, Women's Health Branch at: 919-707-5700.**