
Supporting Oregonians with Disabilities to be Tobacco Free

July 16, 2014



OREGON
HEALTH & SCIENCE
UNIVERSITY

Oregon
Health
Authority



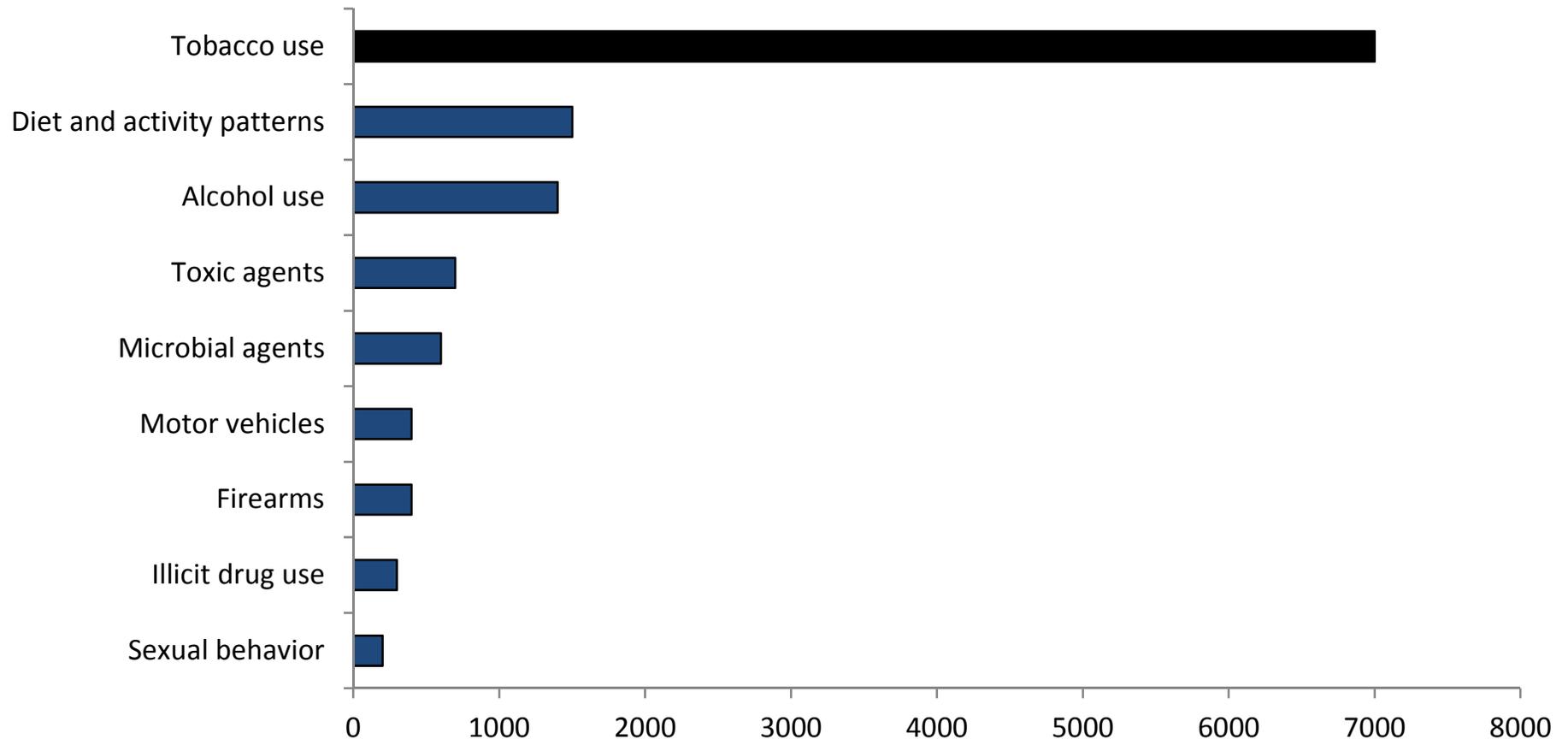


This webinar is brought to you by the Oregon Health Authority and the Oregon Office on Disability and Health. It is supported in part by Grant/cooperative Agreement # 5 U59 DD000942 from the Centers for Disease Control and Prevention's Disability and Health Program located at Health at Oregon Health 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.



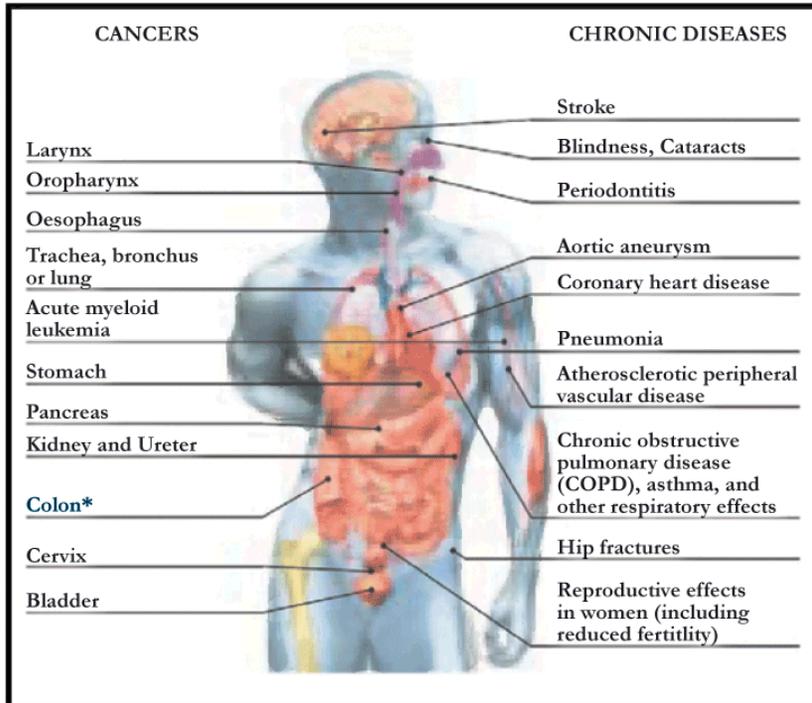
Leading causes of preventable death

Tobacco use is the leading cause of preventable death in Oregon



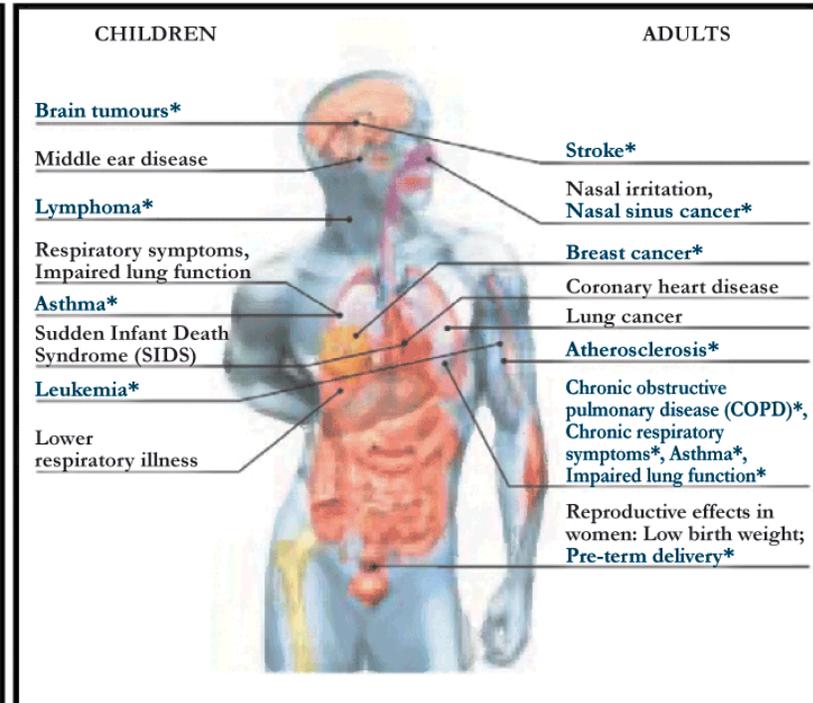
Smoking and Secondhand Smoke Damages the Entire Human Body

Smoking



Source: Adapted from reference 9.

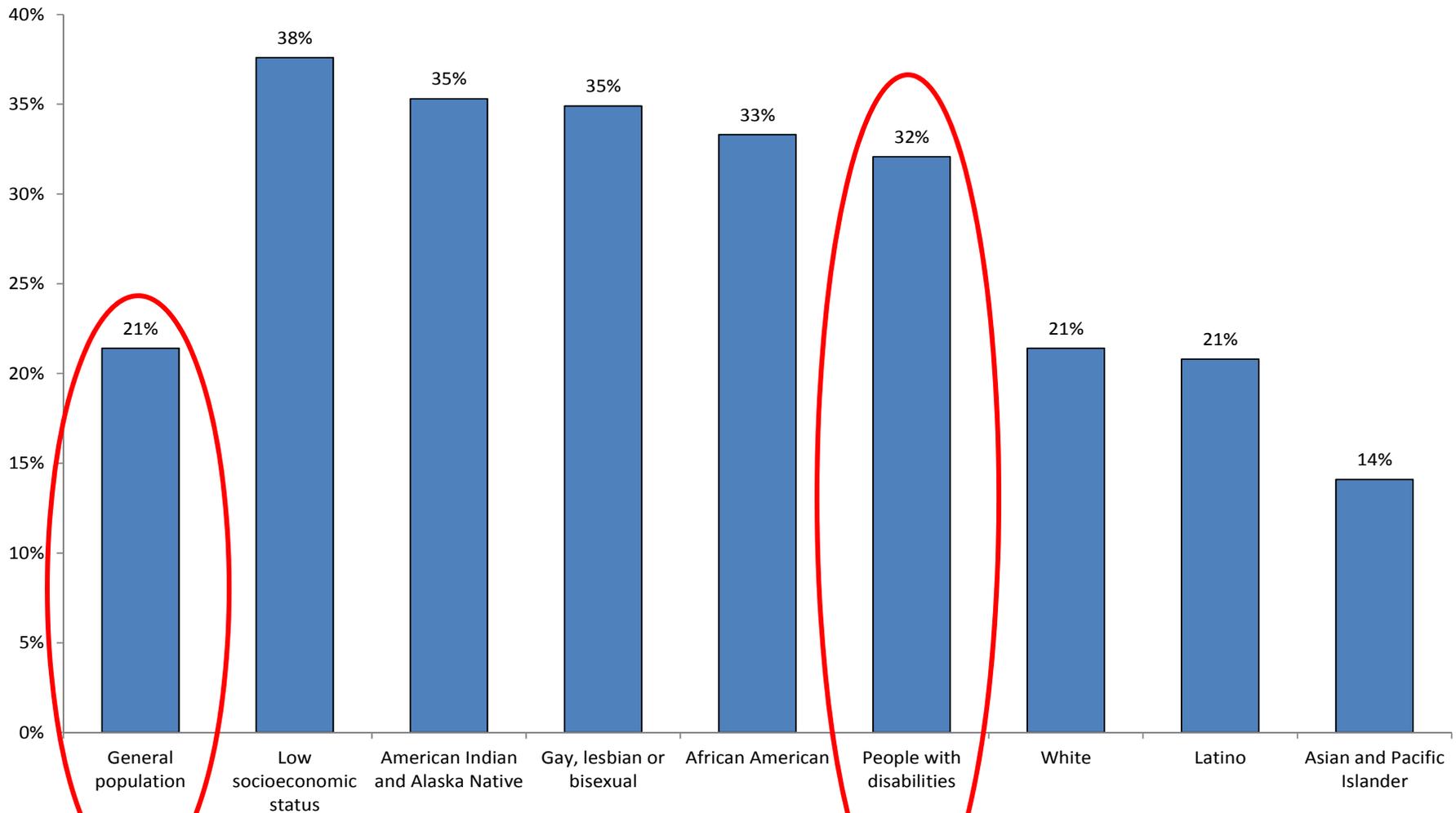
Tobacco Smoke Pollution



* Evidence of causation: suggestive
 Evidence of causation: sufficient

Cigarette smoking among select groups

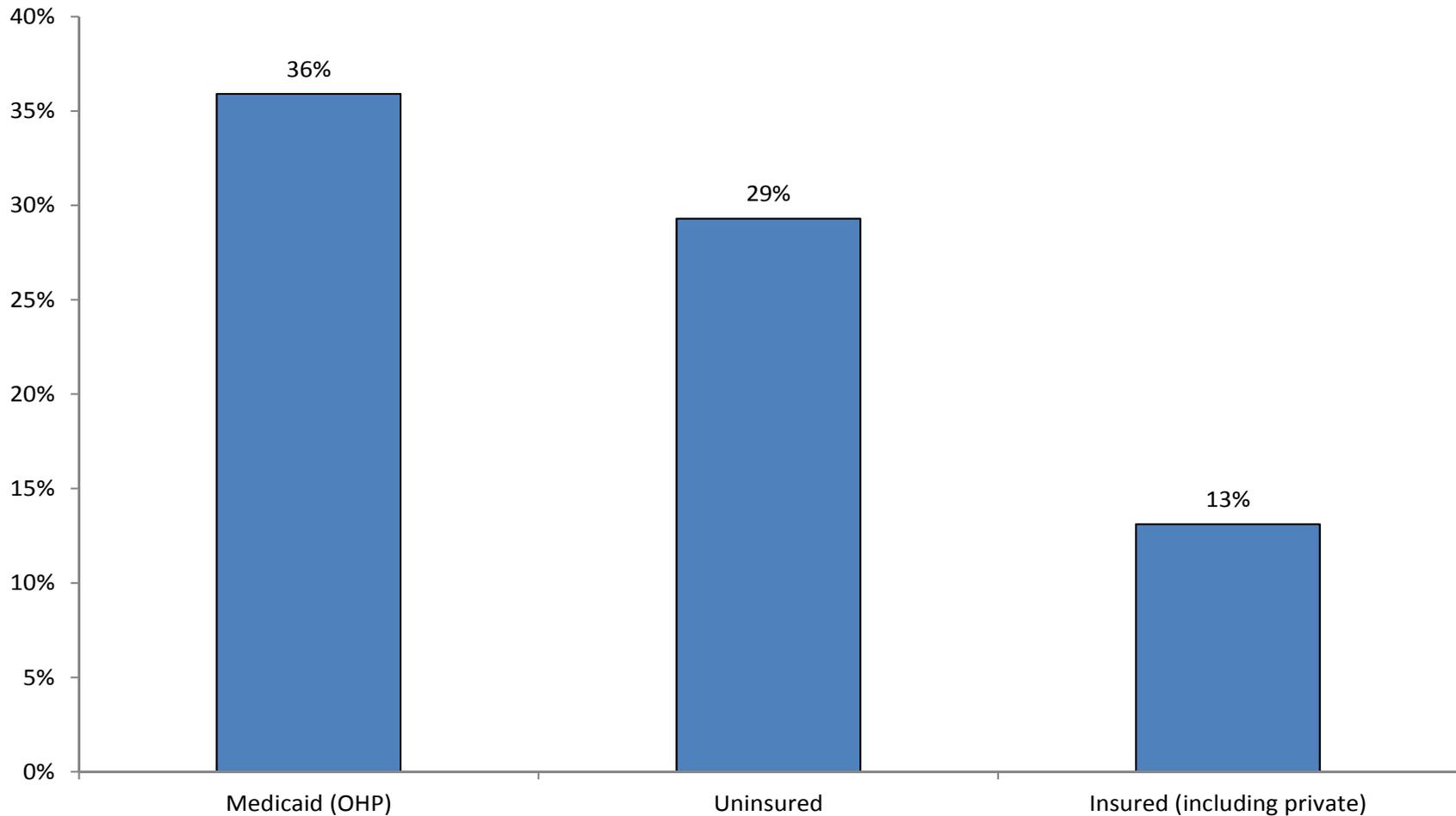
Tobacco use is an issue of health equity



BRFSS 2010-2011 Race Oversample Data Set (Sexual Orientation: 2012 BRFSS Data Set)

Cigarette smoking by insurance status

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



Oregon BRFSS, 2012

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 that become referral sources for the Oregon Tobacco Quit Line;
- Increase the number of agencies that become tobacco free workplaces



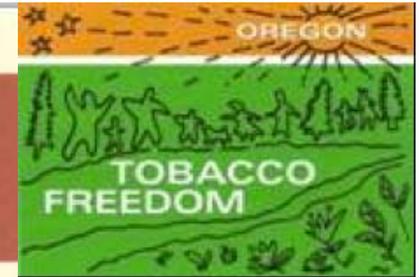
We Know What Works: Evidence-Based Interventions

- 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



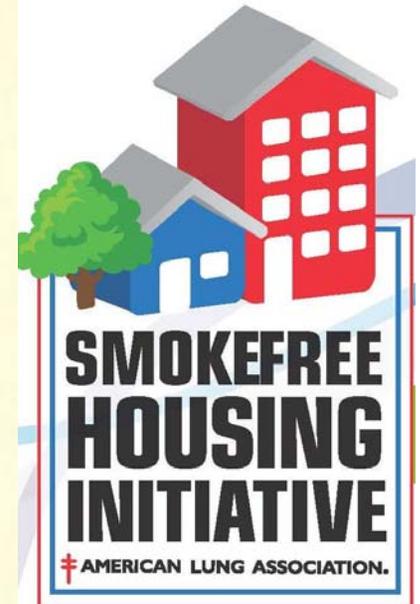
EXECUTIVE ORDER 12-13

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 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 who smoke to quit, if possible, as quickly as possible.



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

Deschutes County Administrative Policy No. GA-7
Effective Date: January 23, 2013

TOBACCO-FREE FACILITIES AND GROUNDS

STATEMENT OF POLICY

It is the policy of Deschutes County to ensure a tobacco-free environment through positive and educational messaging that promotes the long-term health and safety of Deschutes County employees and the public.

Smoking and the use of other tobacco products is the number one cause of preventable death in the United States. Secondhand smoke exposure is also a major health risk. In addition to the direct health risks of smoke inhalation, smoking is estimated to be the number one cause of fire-related death and injury in the United States, and is a major cause of wildland fires. The environmental impact of smoking is also large as toxic cigarette filters are the most frequently littered item in the United States, and have negative impacts on the environment and wildlife.

APPLICABILITY

This policy applies to all Deschutes County employees, volunteers, clients, visitors, and vendors. It is not the intent of this policy to shift tobacco use to neighboring private property without the owner's consent.

Everyone Has Access to Self Management Supports

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



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

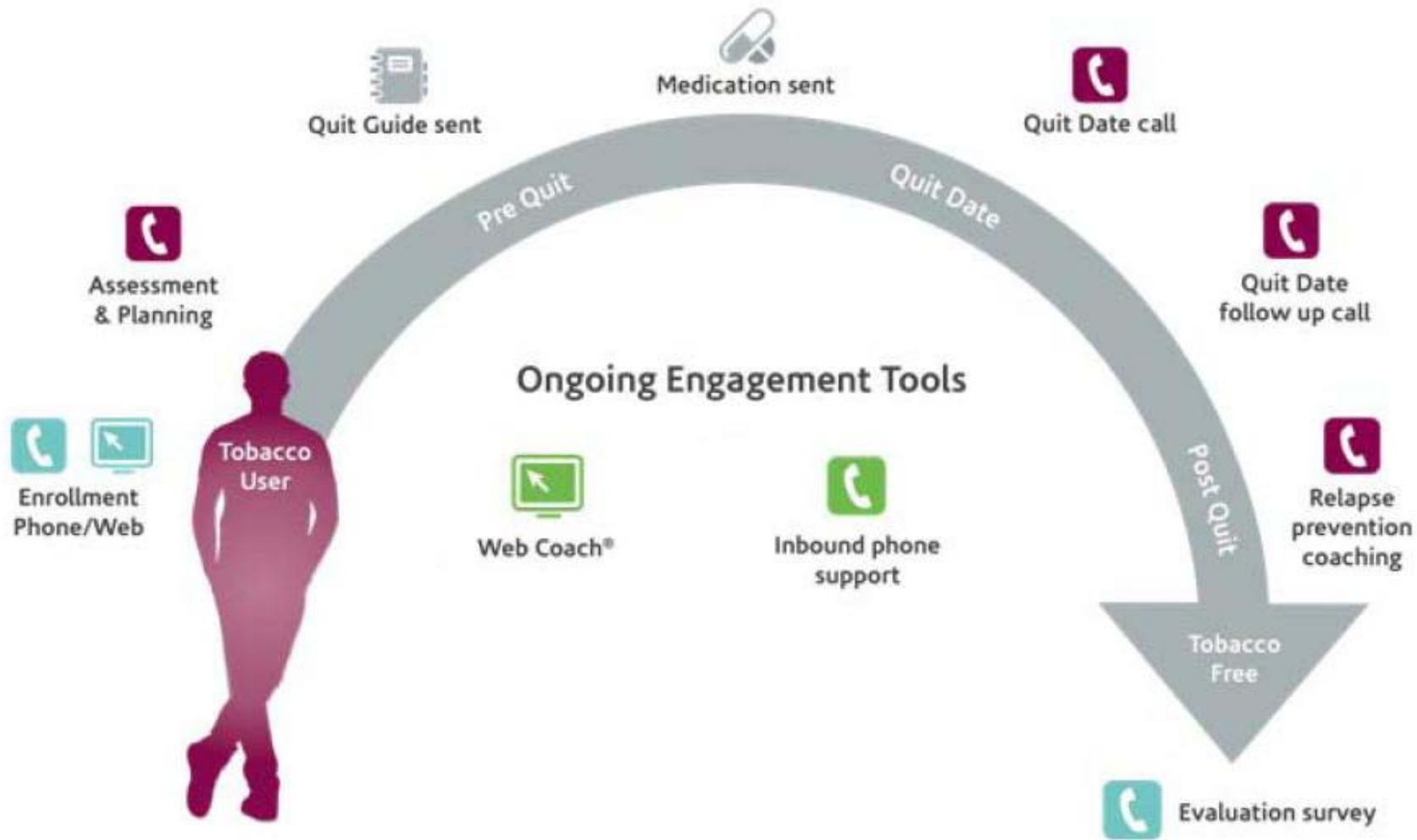
People Want to Quit!

- ~70% of Oregon's smokers want to quit (BRFSS, 2012).
- People **with** disabilities *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.

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



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

DOUGLAS COUNTY HEALTH & SOCIAL SERVICES
Policy & Procedure

NUMBER:	211.0	TITLE:	Tobacco Cessation and Chronic Disease Self-Management Services Counseling and Referral
ISSUE:	1	DATE:	February 1, 2013

PREPARED BY:	Marilyn Carter, PhD	SIGNATURE:	<i>Marilyn Carter</i>
DIV. APPROVAL:	Dawnelle Marshall, RN, BSN	SIGNATURE:	<i>Dawnelle Marshall</i>
APPROVED BY:	Peggy Madison, Administrator	SIGNATURE:	<i>Peggy Madison</i>
HEALTH OFFICER:	Paul Norris, MD	SIGNATURE:	<i>Paul Norris</i>
Review: Date:	Initial:	Date:	Initial:

I. POLICY

The U.S. Surgeon General's Guidelines for Treating Tobacco Use and Dependence strongly recommends the use of effective tobacco dependence counseling and medication treatments for individuals who use tobacco. This policy establishes practice guidelines to ensure that every Public Health Division client who uses tobacco is identified, advised to quit, and referred to effective tobacco cessation services and, as needed, chronic disease prevention and self-management services.

II. SCOPE

This policy applies to all Public Health staff whose job description includes responsibility for health education and direct client care and referral to community resources, including but not limited to Public Health Home Visit Nurses, Reproductive Health and Adult Health clinic staff, Public Health Educators, and WIC Certifiers -- hereafter referred to as *providers*.

III. PURPOSE

The purpose of this policy is to provide individuals receiving Public Health services information and referral to tobacco cessation supports and chronic disease prevention and self-management services.

IV. DEFINITIONS

A. **Oregon Tobacco Quit Line:** The Quit Line is a free and confidential service that offers telephone and/or web-based behavioral counseling for tobacco users who want to quit smoking or using other forms of tobacco. Basic Quit Line services include:

- 1) Free counseling calls with Quit Coach
- 2) Motivational Interviewing
- 3) Problem-solving and coping skills
- 4) Personalized Quit Plans
- 5) Nicotine Replacement Therapy (patch or gum) mailed directly to client's home
- 6) Quit Guide and other materials

home » referral to quit: for health systems and social service agencies

referral to quit: for health systems and social service agencies

Latest From Twitter

smoke free
Tweets from a list by Smokefree Oregon
smokefree list

Quit Tobacco @ucanquit2 2m
Do you want to #QuitTobacco? Learn the four steps to quitting: [ow.ly/NKQDx](#) #UCanQuit2

Tobacco Free Florida @tobaccofreefla 5m
NEWS: Smoking More Likely Among Teens Whose Parents Light Up [consumer.healthday.com/kids-health-l](#) via @HealthDayEditor #parenting

Tobacco is the leading preventable cause of death, killing over 7000 Oregonians each year. The top way 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?

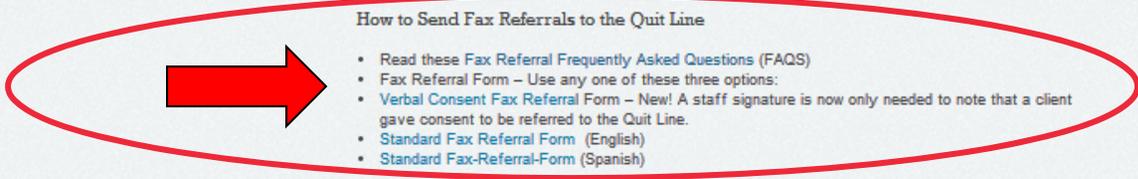
Using the fax referral form to refer clients who use tobacco to the Quit Line provides social service and behavioral health agency staff with a quick and easy way to direct their clients to make an attempt to quit tobacco and relieves clients of the barrier of having to initiate first contact with the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

Douglas County Health Department





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 Foundation

- www.lungoregon.org/quit/index.html

Self Management Programs

- public.health.oregon.gov/preventionwellness/selfmanagement/Pages/index.aspx

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

[←](#) [→](#) <http://public.health.oregon.gov/preventionwellness/selfmanagement/Pages/index.aspx>

File Edit View Favorites Tools Help

☆ Favorites ☆ Employee Resource Gr... 🇩🇪 Keep It Sacred 🌿 Tobacco Prevention 👤 Trust for America's Hea...

🌿 Self-Management - Take Control of your Health



 TEXT SIZE: A+ A- A TEXT ONLY Select Language Search Oregon.Gov Find

⚠ ADVISORY: The National Weather Service has issued a heat advisory for parts of Oregon. Learn more...



 Search Public Health... About Us | Contact Us | Jobs

Public Health

 Topics A to Z Data & Statistics Forms & Publications News & Advisories Licensing & Certification Rules & Regulations Public Health Directory

Prevention and Wellness

 📄 + SHARE

- Flu Prevention ▶
- Healthy Communities ▶
- Nutrition ▶
- Obesity Prevention ▶
- Oral Health ▶
- Physical Activity ▶
- Safe Living ▶
- Self-Management** ▶
- Tobacco Prevention ▶
- Vaccines and Immunization ▶

Ready to **Quit Tobacco?** [Learn more](#) ▶

Public Health > Prevention and Wellness > Self-Management

Self-Management - Take Control of your Health

Taking control through self-management means:

- Working with your doctor as your healthcare partner
- Getting support from family and friends
- Knowing how to work through problems such as pain, fatigue, or depression
- Learning how to be active and eat well
- Understanding how to use medications correctly



Related Topics

- [Chronic Disease](#)

Contact Us

- [Health Promotion and Chronic Disease Prevention Programs](#)

Oregon offers a variety of Self-Management Programs to promote taking control of your life and living healthier.

Programs and Resources on this page:

- [Living Well With Chronic Conditions](#)
- [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](#)

Quit Line messages for websites, newsletters & screensavers

 <p>Click to register online</p> <p>You make the plan. The Quit Line can help.</p>	 <p>SMOKEFREE oregon</p> <p>El programa para adolescentes de "La línea 'Abandona ahora' de Oregon" es GRATUITO para los jóvenes de 13 años o mayor. Llama al 1-855-DEJELO-YA (1-855-335356-92) o visite a www.quitnow.net/oregonsp/</p> <p>Puedes dejar de fumar. Te podemos ayudar.</p>
--	--

	<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/</p> <p>You make the plan. The Quit Line can help.</p>		 <p>CLICK TO CALL Speak with a Quit Coach now!</p>
---	--	---	--

For more information:

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

Oregon
Health
Authority

- › Quit Line Ads
- › Click to Call
- › Click to sign-up
- › Quit Banner Ads
- › English Quit Resources
- › Spanish Quit Resources
- › Chinese Quit Resources
- › Korean Quit Resources
- › Vietnamese Quit Resources
- › Russian Quit Resources

Latest From Twitter

smoke free Tweets from a list by Smokefree Oregon 
smokefree list

 **Seminole Buzz** @SeminoleBuzz 6 Mar
Smokeless tobacco not a safe alternative: Tobacco Free Seminole and Tobacco Free Florida have joined together to... [dlvr.it/54vjsj](#)
Retweeted by Tobacco Free Florida
Expand

 **Tobacco Free Florida** @tobaccofreefla 26m
@mattports thanks for sharing!

Posters and Palm Cards



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

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](#)

home » quit » quit resources » click to call

click to call

Quit Resources

- Quit Line Ads
- ▾ Click to Call
- Click to sign-up
- Quit Banner Ads
- English Quit Resources
- Spanish Quit Resources
- Chinese Quit Resources
- Korean Quit Resources
- Vietnamese Quit Resources
- Russian Quit Resources

Latest From Twitter

smoke free
Tweets from a list by Smokefree Oregon
smokefree list

Seminole Buzz @SeminoleBuzz 6 Mar
Smokeless tobacco not a safe alternative. Tobacco Free Seminole and Tobacco Free Florida have joined together to... [dlvr.it/54vjsj](#)
Retweeted by Tobacco Free Florida

Tobacco Free Florida @tobaccofreefla 29m
.[@mattports](#) thanks for sharing!

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.

For a website or newsletter...

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

- Quit Line Ads
- Click to Call
- Click to sign-up
- Quit Banner Ads
- English Quit Resources
- Spanish Quit Resources
- Chinese Quit Resources
- Korean Quit Resources
- Vietnamese Quit Resources
- Russian Quit Resources

Latest From Twitter

smoke free
Tweets from a list by Smokefree Oregon
smokefree list

Seminole Buzz @SeminoleBuzz 6 Mar
Smokeless tobacco not a safe alternative. Tobacco Free Seminole and Tobacco Free Florida have joined together to... [dlnr.it/54visi](#)

Tobacco Free Florida @tobaccofreefla 26m
@mattports thanks for sharing!

Posters and Palm Cards



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

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



home » quit » quit resources » quit banner ads

quit banner ads

Quit Resources

- ▶ Quit Line Ads
- ▶ Click to Call
- ▶ Click to sign-up
- ▼ Quit Banner Ads
- ▶ English Quit Resources
- ▶ Spanish Quit Resources
- ▶ Chinese Quit Resources
- ▶ Korean Quit Resources
- ▶ Vietnamese Quit Resources
- ▶ Russian Quit Resources

Latest From Twitter

smoke free

Tweets from a list by Smokefree Oregon
smokefree list

Seminole Buzz @SeminoleBuzz 6 Mar
Smokeless tobacco not a safe alternative: Tobacco Free Seminole and Tobacco Free Florida have joined together to... [dlvr.it/54vjsj](#)
Retweeted by Tobacco Free Florida

Tobacco Free Florida 32m

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



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.




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.




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.




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.




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.




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.




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.



home » quit » quit resources

quit resources

Quit

- › I Want to Quit
- › Help Someone Quit
- › la línea 'Abandone ahora' de Oregon
- › Quit Resources
 - › Quit Line Ads
 - › Click to Call
 - › Click to sign-up
 - › Quit Banner Ads
 - › English Quit Resources
 - › Spanish Quit Resources
 - › Chinese Quit Resources
 - › Korean Quit Resources
 - › Vietnamese Quit Resources
 - › Russian Quit Resources

Latest From Twitter

smoke free
Tweets from a list by Smokefree Oregon
[smokefree list](#)

Dr. Tom Frieden @DrFriedenCDC 2m
T4. As a physician, the hardest thing is telling a patient they have a disabling or deadly illness & knowing it was preventable. #SGR50chat
Retweeted by TobaccoFreeKids
Expand

Make Smoking History @MakeSmokingHistory 2h
Report: Child labor on U.S. tobacco farms.
[abon.ws/1nf231z](#)

The health and financial cost of tobacco is significant and takes a serious toll on the well-being of thousands of Oregonians.

The Oregon Tobacco Quit Line can help people who want to kick the habit for good. You can spread the word about the Quit Line's services and help people access this important health resource.

Below are downloadable and printable tools to help you share information about the [Oregon Tobacco Quit Line](#). [Click here](#) for more information on the Quit Line for Health Systems and Social Service Agencies.

Posters and Palm Cards



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

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
- Develop set of disability-specific self management promotional materials
- Tracking monthly Quit Line reports to measure progress
- One year follow up survey with agencies
- Final report

Questions?

Thank you!

Angela Weaver, MEd

Project Coordinator

Oregon Office on Disability and Health

503.494.1205, weaverro@ohsu.edu

Beth Sanders, MPH

Health Equity Systems Coordinator

Oregon Public Health Division

Health Promotion Chronic Disease Prevention

971.673.0563, elizabeth.c.sanders@state.or.us

Resources

Oregon Tobacco Quit Line

www.quitnow.net/oregon/

American Lung Association's Freedom From Smoking Program

www.lungoregon.org/quit/index.html

Self Management Programs

public.health.oregon.gov/preventionwellness/selfmanagement/Pages/index.aspx

Smoke Free Oregon

www.smokefreeoregon.com/resources/referral-to-quit-for-health-systems-and-social-service-agencies

www.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.oodh.org

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