

# ODH Tobacco Products

## Product Order Form



WE QUIT POSTER  
11" x 17" or 8.5" x 11"  
Limit: 20 posters/order



QUIT NOW POSTER  
11" x 17" or 8.5" x 11"  
Limit: 20 posters/order



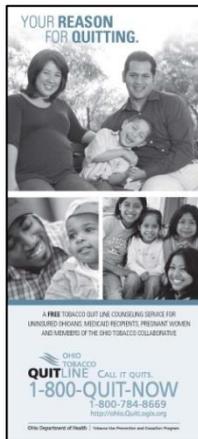
TRADITIONS POSTER  
11" x 17" or 8.5" x 11"  
Limit: 20 posters/order



QUIT NOW LAPEL PIN  
2" square  
Limit: 20 pins/order

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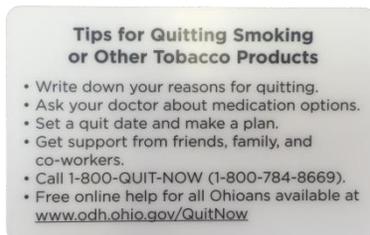
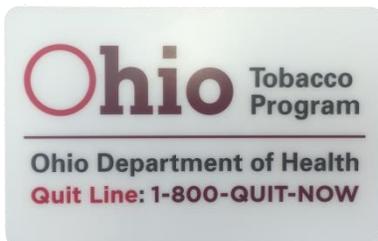


### OHIO TOBACCO QUIT LINE BROCHURE

Trifold, color brochure

1 package contains: 100 brochures

Limit: 4 packages



### TIPS FOR QUITTING BUSINESS CARDS

Two-sided (both sides shown), hard plastic

1 package contains: 100 cards

Limit: 4 packages

Please choose the statement that best describes your smoking status:

A. I have never smoked or have smoked less than 100 cigarettes in my lifetime.

B. I stopped smoking before I found out I was pregnant and I am not smoking now.

C. I stopped smoking after I found out I was pregnant and I am not smoking now.

D. I smoke some now, but I have cut down on the number of cigarettes I smoke since I found out I was pregnant.

E. I smoke regularly now, about the same as before I found out I was pregnant.

### 5A'S PROVIDER POCKET CARD

Bi-fold with screening questions on front, 5 A's

info on inside, referral resources on back

Please indicate "GENERAL MEDICAL" or "PRENATAL"

1 package contains: 25 cards

Limit: 50 cards/order



### QUIT LINE FRISBEE

Round vinyl Frisbee with Quit Line logo and

1-800-QUIT-NOW

Colors: Red, Yellow, Green, Blue, Purple

1 package contains: 100 frisbees

Limit: 3 packages/order



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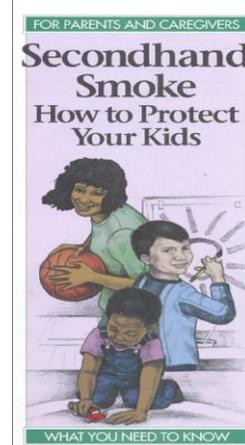
WINDOW CLING: SMOKE-FREE HOME  
3" x 3" white background  
Item #: 7182-13  
1 package contains: 50 window clings  
Limit: 1,000 clings/order



EMERY BOARD  
White with green ink  
Item #: 7172-13  
1 package contains: 25 emery boards  
Limit: 5,000 boards/order



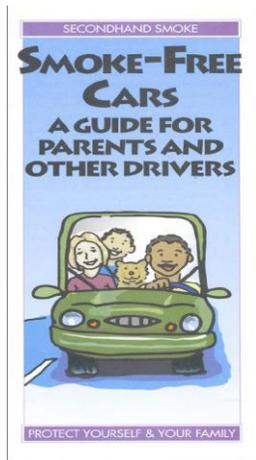
WINDOW CLING: SMOKE-FREE APARTMENT  
3" x 3" white background  
Item #: 7183-13  
1 package contains: 50 window clings  
Limit: 1,000 clings/order



SECONDHAND SMOKE: HOW TO PROTECT YOUR KIDS BROCHURE  
Journeyworks Publication  
Item #: 7164-13  
1 package contains: 50 brochures  
Limit: 150 brochures/order

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### SMOKE-FREE CARS BROCHURE

Journeyworks Publication

Item #: 7165-13

1 package contains: 50 brochures

Limit: 150 brochures/order



### SMOKE-FREE HOUSING SIGN

12" x 18", metal, 2 holes for screws

Item #: 7168-13

1 package contains: 2 signs

Limit: 30 signs/order



### STRESS STAR

3.5" diameter star

Item #: 7234-13

Limit: 50 stars/order



### DISABILITY POSTER WHEELCHAIR

"Cancer doesn't discriminate"

Break Free From Tobacco with Ohio Quit Line

8.5" x 11" Item #: DisWC8

11" x 17" Item #: DisWC11

Limit: 50 posters/order

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### DISABILITY POSTER WALL ART

Disability symbol combined with no-smoking symbol

Break Free From Tobacco with Ohio Quit Line

8.5" x 11" Item #: DisGraf8

11" x 17" Item #: DisGraf11

Limit: 50 posters/order



### MINTS

Mints with Tobacco Program and Quit Line branding; maze container

Ohio Tobacco Program 1-800-QUIT-NOW

3" x 1.75" Item #: 7235-13

Limit: 50 mint containers/order



### FOR CAREGIVERS:

As a caregiver, how do I identify a person with a disability?

A person with a disability has a long lasting physical, intellectual (cognitive), mental, or emotional condition. Not all disabilities are visible. It may be necessary to refer to a patient's medical records or ask the individual if they have a disability to fully address the person's health care needs.

### Did you know?

- People with mental health disabilities die an average of 25 years younger than the general population. This is largely due to conditions caused or worsened by smoking (Ohio Department of Health)
- Smoking rates are disproportionately higher (39.2%) in persons with any disability vs. in the general population (22.9%), men and women
- People with mental illness spend as much as 25% of their income on tobacco and consume 44% of the cigarettes sold in the U.S. (American Lung Association)

Why is it important to treat tobacco use in persons with disabilities?

- Approximately 70 percent of people with disabilities want to quit smoking. This is the same as people without disabilities. (American Lung Association)
- Tobacco use is a social justice issue. Everyone deserves to be healthy and to receive advice about maintaining good health, including tobacco use assessment and treatment.
- Smoking adversely affects various secondary health conditions and may adversely affect the clinical response to the treatment of many conditions.

### How do I help people with disabilities quit tobacco?

Utilize the evidence-based "5 A's" strategy

1. ASK about tobacco use and document the status at every visit
2. ADVISE patient to quit
3. ASSESS if the person is willing to try a quit attempt within 30 days
4. ASSIST the person in the following ways:
  - Establish a quit plan including quit date
  - Refer your patients to the Ohio Tobacco Quit Line: 1-800-QUIT-NOW
  - Designate a quit smoking buddy
  - Assign the person to a staff member in the office who will follow up during the quit process
  - Provide easy to read information on strategies for quitting. Contact Tobacco Use and Dependence Unit to get order materials.
  - Discuss triggers and challenges and talk through how the patient will successfully overcome them.
  - Involves medication for tobacco dependence if not contraindicated
5. ARRANGE for follow-up contact
  - Reach out to your patients during the first week following their quit date and then again within the first month.
  - Identify problems patients encounter and talk about future challenges.
  - Assess medication use and problems. Address psychosocial or other medications if needed.
  - If tobacco use has occurred, review circumstances and elicit re-commitment to total abstinence.

1. ASK about tobacco use and document the status at every visit

"Hi, Steve, do you smoke or use quit tobacco?"

2. ADVISE patient to quit

"Hi, Steve, do you know that smoking makes your heart work harder? Quitting is one of the best things you can do to keep your heart strong?"

"Hi, Steve, I can see you are having trouble breathing. By quitting, your asthma may get better."

"Hi, Steve, smoking is making your diabetes worse. I strongly urge you to think about quitting."

3. ASSESS if the person is willing to try a quit attempt within 30 days

"Hi, Steve, when is the last time you thought about quitting? Would you be willing to try to quit within the next month?"

"Hi, Steve, let me know about a time when you quit smoking before. What helped you? We want that story!"

4. ASSIST the person in the following ways:

5. ARRANGE for follow-up contact

The "5 A's" strategy is published in the "Clinical Practice Guidelines for Treatment of Tobacco Use Dependence."

Always refer to all documented from many people quit smoking after with tobacco use and quit attempt. Always document, record and document to the Ohio Tobacco Program and tobacco use and quit attempt while ensuring the patient of tobacco products.

### DISABILITY BROCHURE INFORMATION ON QUITTING TOBACCO FOR PEOPLE WITH DISABILITIES AND THEIR CAREGIVERS

8.5" x 11" trifold brochure broken into two sections; one for caregivers with statistics and cessation strategy and another section for the disabled with important reasons to quit

Item #: DisBro

1 package contains: 50 brochures

Limit: 500 brochures/order

