

Tobacco Facts

Tobacco-related diseases kill about 7,500 Washington residents every year.

Number of Washington smokers:
Youth – 75,000
Adults – 770,000

Seventy percent of tobacco users say they would like to quit.

On average, it can take eight attempts to quit successfully.

More than 100,000 people have called the Washington Tobacco Quit Line: 1-800-QUIT-NOW

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Helping People Quit Using Tobacco

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About 46 million Americans smoke regularly, and 70 percent of them want to quit. Quitting is not easy, but studies show that tobacco users are two times more likely to quit successfully if they receive help, especially skills training, counseling, and medication, such as nicotine patches and gum.

Tobacco cessation programs prevent more deaths for less cost than other commonly provided clinical therapies such as mammography, colon cancer screening, and treatment of both high blood pressure and high cholesterol.

Washington Tobacco Quit Line

Washington introduced the toll-free Tobacco Quit Line (1-800-QUIT-NOW) in November 2000 and it has since provided services to more than 100,000 callers. Quit line callers receive:

- Individualized counseling from specialists skilled in working with all forms of tobacco addiction.
- Development of a customized quit plan over the phone, including skill building and problem-solving advice.
- Relapse prevention techniques.
- Pharmacological support information.
- Referrals to available community cessation support resources.
- A mailed Tobacco Quit Kit that includes materials tailored to the caller's needs, readiness to quit, and education level.
- Specialized services for pregnant women and those who chew tobacco.

Some quit line callers who don't have health insurance or are covered by Medicaid are offered intensive follow-up services, including telephone support calls from quit line specialists, and in some cases, nicotine patches or gum.

Healthcare provider training

Research has shown that more patients will quit tobacco when advised to do so by their doctors, and that five to 15 minutes of counseling by a healthcare provider can change smoking behavior; more intensive interventions can have an even greater impact. The Tobacco Program supplies doctors, dentists, and other healthcare providers with quit line information, and trains them on how to talk to their patients about quitting and develop systems to track patient's progress in quitting.

Increasing insurance coverage for treatment of tobacco addiction

A statewide task force works with insurance companies to develop model benefits packages for helping people quit tobacco use.

Toll-free Numbers

1-800-QUIT-NOW

Spanish:

1-877-2NO-FUME

Hearing impaired (TTY):

1-877-777-6534

Counseling for low-income pregnant women

The Tobacco Program trains Department of Social and Health Services personnel to counsel their patients – low-income pregnant women – about quitting tobacco and reducing the amount of secondhand smoke in their homes.

Training for chemical dependency professionals

The Tobacco Program partners with the Department of Social and Health Services' Division of Alcohol and Substance Abuse to train chemical dependency professionals on treating tobacco as a primary addiction.

Community and school programs

Nationwide, there are several programs underway that promise to help young people quit using tobacco. Through activities in both communities and schools, the “No On Tobacco” (NOT) and “Ending Nicotine Dependence” (END) programs are being implemented throughout the state.

The Department of Health provides funding to county health departments and others to build capacity in their communities to respond to tobacco users who want to quit.

A comprehensive approach to fighting tobacco use

Research shows that tobacco prevention programs must conduct a comprehensive set of strategies to be effective. The Washington State Tobacco Prevention and Control Program provides services to help people quit, conducts public awareness and media campaigns, supports local programs in communities and schools, supports enforcement of policies to keep kids from accessing tobacco products, and evaluates the effectiveness of program activities.

Find out more about secondhand smoke:
SmokeFreeWashington.com

Find out more about the Tobacco Quit Line at:
www.QuitLine.com

Visit our youth Web site at:
www.NoStankYou.com

For more information on tobacco prevention:
www.doh.wa.gov/tobacco