

YOU CAN HELP PATIENTS QUIT TOBACCO

1-ASK

- Ask EVERY patient about tobacco use status at EVERY visit.
- Current? Former? Never?
- Ask about all forms of tobacco and not just smoking (people who vape or chew do not identify as smokers).

2-ADVISE

- Clinicians should urge all tobacco users to quit.
- Advice should be clear, strong, and personalized.

As your provider, I must tell you that the most important thing you can do to improve your health is to stop smoking.

WHY CONNECT

Most Smokers Want to Quit

75% of Utahns who smoke plan to quit within the next year.

Multiple Attempts Are Needed

On average, it takes 7-11 attempts to quit tobacco, but the chances of succeeding increase with each attempt.

Patients Expect You to Help

Tobacco screening and counseling are positively associated with patient satisfaction.

You Can Make a Difference

Talking to your patients about quitting tobacco gives them a 30% better chance of success.

Smokers are **13-30 times** more likely to enroll in treatment when they are directly connected to the Quit Line, as opposed to being encouraged to call on their own.

It Works

31% of Quit Line callers reported that they quit for 30 days or longer after using quit services.

Free Counseling & NRT

Combining phone counseling with nicotine replacement therapy (NRT) can **double** the chance of success.

3-CONNECT

Connect your patients who use tobacco to evidence-based resources like waytoquit.org and the Utah Tobacco Quit Line.

HOW TO CONNECT

1. Go to waytoquit.org, click on "Healthcare Providers" in the upper right hand corner.
2. Click "Refer Patients."
3. Click on the Utah Tobacco Quit Line Online Referral Form OR Fax Referral Form.
4. Complete the form and submit. The Quit Line will contact your patient within 48 hours.