



Overview

- Tobacco use is the single largest cause of death and disease, causing a variety of serious health consequences, including twelve different types of cancer¹
 - Each year, one in five deaths is caused by smoking¹
 - Cessation of tobacco use reduces the risk of many negative health effects, including reproductive health outcomes, cardiovascular diseases, and chronic obstructive pulmonary disease (or COPD)
- Quitting the use of cigarettes and other tobacco products is one of the hardest things a person can do, but also one of the most important things they can do for their health¹
 - There are benefits from cessation no matter how old or for how long you have smoked
 - Quitting smoking reduces the risk of an early death and can add up to ten years to your life
- Although there has been a decline in cigarette use over the past several years, there are an estimated 336,000 adults in Connecticut who still smoke cigarettes²
 - Smoking a pack a day costs CT smokers over \$4,000 per year for their cigarettes alone
 - Tobacco-caused health costs in CT are \$2.6 billion each year, with \$686.7 million in Medicaid expenditures³
 - Each member who uses tobacco costs insurers an additional \$3,962 per year³
 - For every person who quits, CT can save \$10,468³

ENDS and Vapor Products

- Some smokers report that ENDS and vapor products helped them to stop using combustible cigarettes
- 5.6% of CT adults² report use of ENDS and vapor products, while nearly 30% of high school youth nationally use them
- There remains inadequate evidence that ENDS and vapor products are successful for tobacco use cessation
- Certain types may be associated with quitting, however with the wide variety of devices, brands, and ingredients on the market, more testing is needed to determine what works best for tobacco use cessation
- Additional research is also needed on the potential harm and long-term health effects of ENDS and vapor products

Key Points:

- More than 60% of smokers have quit successfully¹
- Quitting is hard but has immediate benefits
- Behavioral counseling and Food and Drug Administration (FDA) approved tobacco use cessation medications increase the chances of quitting successfully¹
- More research is needed to determine if ENDS are effective for quitting smoking and to understand the health effects of ENDS¹

Medical Advice

- People are more likely to try quitting when advised by their health care providers
- Those who smoke, or even quit smoking right before surgery, have a significantly increased risk of experiencing a range of postsurgical complications when compared with non-smokers, but those who quit smoking at least 4 weeks before surgery have a reduced risk of postsurgical complications.⁴



Tobacco Use Cessation Resources

For Free Help or Information to Quit:

- Call the **CT Quitline at 1-800-QUIT-NOW**
- Visit **CommitToQuitCT.com**
- For the hearing impaired - TTY number is **1-877-777-6534**
- To enroll online, visit **www.QuitNow.net/Connecticut** or **www.CommitToQuitCT.com**
- Services are available in English, Spanish (**1-855-DEJELO-YA**), and other languages



- ❖ The **Become an EX online program** is also available to help you re-learn life without cigarettes or vapes
- ❖ Face-to-face "in person" programs are available: **Local Community Cessation Directory**
- ❖ Smartphone apps and more information are available at **smokefree.gov**

RESOURCES FOR YOUTH

- TEXT "DITCHJUUL" to 88-709 [Cessation Program from TRUTH Initiative]
- Get the QuitStart APP [Downloadable at <https://www.teen.smokefree.gov> or in either App Store]
- For parents (or other adults) who want to help their kids to quit; text "QUIT" to (202) 899-7550. This same number can also give them assistance with their quitting.



References

- ¹ U.S. Department of Health and Human Services. *Smoking Cessation. A Report of the Surgeon General*. Atlanta, GA. 2020.
- ² State of Connecticut, Department of Public Health. Data from the 2018 *Connecticut Behavioral Risk Factor Surveillance System*.
- ³ Tobacco Prevention and Evaluation Program at the University of North Carolina at Chapel Hill for the Connecticut Department of Public Health. *Connecticut Tobacco Control Programs are Good Investments*. December 2019.
- ⁴ Yoong, et al. *WHO Tobacco Knowledge Summaries: Tobacco and Postsurgical Outcomes*. Geneva: World Health Organization; 2020.



Beatrice also said "Each day is a new day to quit smoking" January 24, 2020